

AFTER SCHOOL - ACTION -

AUG. 18 THROUGH DEC. 18

COMPLIMENTARY

Sports Conditioning with Jeremy Kelley **Mondays in Strong Studio**

3:45 to 4:15 p.m. – Ages 5 to 7 4:15 to 4:45 p.m. – Ages 8 to 12

This class will focus on hand-eye coordination, stamina, speed, and strength for all sports and overall fitness. Basic functional movements with proper form will keep your child on track with their age appropriate development.

Yoga with Stephanie Ann McCarrey **Tuesdays in Strong Studio**

3:30 to 4:15 p.m. – Ages 4 to 7 4:15 to 5 p.m. – Ages 8 to 12

Grace, strength, and a little comedy! Want to work on your balance and have a blast doing it? This is the place for you. The Houstonian Club's youth yoga class teaches children to build their strength from within to gracefully flow from one yoga pose to the next.

Athletics for Kids with Jimmie Schroeder **Wednesdays in Move Studio**

4 to 4:30 p.m. – Ages 5 to 7 4:30 to 5 p.m. – Ages 8 to 12

Let's learn about different sports and the motions that go into those sports! This class will focus on introducing sports and teaching kids' different techniques and movements while having fun. Each week will focus on a different technique, movement or sport.

Dance with Emma Guzzi **Thursdays in Move Studio** **4 to 5 p.m. – Ages 5 to 12**

Our fun and energetic dance class introduces young children to the basics of movement, rhythm, and coordination in a playful and encouraging environment. Through music, games, and creative expression, kids build confidence, make new friends, and develop a love for dance!

*Parents are required to sign their child in and out for these programs.
Jr. Youth Certified children are able to sign in and out themselves.
Parents must be on campus for child to participate.*

For more information, contact the Youth Department
at youth@houstonian.com or 713.685.6753.

