



## Jan. 13 through May 22 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 and 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 Stephanie Ann McCarrey Thursdays in Move Studio

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

Learn to find your groove and rhythm in dance! We will practice a range of dance styles from hip hop, salsa, modern to ballet. Various dance methods such as a isolations, leaps, turns and current dance techniques will be taught to encourage expression and creativity in movement and rhythm.

*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](mailto:youth@houstonian.com) or 713.685.6753.

