



# AFTER SCHOOL ACTION



**Jan. 10 through May. 27**  
**(No class March 14-18)**  
**Complimentary**

## **Sports Conditioning with Matt Blackwell** **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.

## **Dance with Ben Roberson** **Tuesdays in Strong Studio**

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

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

## **Soccer Training with Coach Jose & Coach Anthony** **Wednesdays at the Field**

**4 to 4:45 p.m. – Ages 5 to 7    4:45 to 5:30 p.m. – Ages 8 to 12**

Pele, Renaldo, Hamm, these epic soccer players stated with the fundamentals. Do you want to start on your way to becoming one of the great soccer players of your day? The Houstonian Club's youth soccer class teaches you the necessary techniques and know-how to become one of the greatest. Passing, dribbling, shooting and game situations will put you ahead of the curve.

## **Yoga with Susy Crosser** **Thursdays in Move Studio**

**3:45 to 4:15 p.m. – Ages 5 to 7    4:30 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.

*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.

