

HOUSTONIAN AQUATICS

BLUEFINS

YEAR-ROUND

AFTER SCHOOL SWIM



The BlueFins Year-Round Program will focus on the development of all four competitive strokes, starts and turns to help prepare swimmers for competition. Our goal is to train proper technique, build endurance and boost overall fitness.

Participants must pass a swim test of a 50 Freestyle, 50 Backstroke and 25 Breaststroke without stopping to join the group.

Monthly Sessions:

Session 1: Jan. 15–Feb. 1
(3-week session)

Session 2: Feb. 5–29

Session 3: July 9–Aug. 1

Session 4: Aug. 5–29

Session 5: Sept. 9–Oct. 3

Session 6: Oct. 7–Nov. 1

Session 7: Nov. 4–21
(3-week session)

Session 8: Dec. 2–12
(2-week session)

Ages 7–14

The Sports Pool

Training Schedule:

	Monday	Tuesday	Wednesday	Thursday
Gold I	4:15 to 5:15 p.m.		4:15 to 5:15 p.m.	
Gold II		4:15 to 5:15 p.m.		4:15 to 5:15 p.m.
Gold III		5:15 to 6:15 p.m.	5:15 to 6:15 p.m.	5:15 to 6:15 p.m.

Gold I OR II: 2 days per week: \$130 per month

Gold III: 3 days per week: \$140 per month

Register through CampMinder on the Aquatics page
at www.myhoustonian.com.

For more information, please contact Coach
Jorge Mijares at jmijares@houstonian.com.

