

HOUSTONIAN AQUATICS

BLUEFINS

YEAR-ROUND

AFTER SCHOOL SWIM



The BlueFins Year Round Program will focus on the improvement of all four competitive strokes, starts and turns to help prepare swimmers for competitions in the Houston Country Club League (HCCL). Your child will have the option to swim competitively at monthly swim meets throughout the year.

Our goal is to train proper techniques, building endurance and boost overall fitness.

Participants must **proficiently** pass a swim test of 25 yards of Freestyle, Backstroke, and Breaststroke without stopping to participate in this program.

Monthly Sessions

Session 1: Jan. 6–31

Session 2: Feb. 3–28

Session 3: Mar. 3–28

Session 4: Aug. 4–29

Session 5: Sept. 1–26

Session 6: Sept. 29–Oct. 24

Session 7: Oct. 27–Nov. 21

Session 8: Dec. 1–19
(3 weeks, \$135)

Ages 6–18

\$180 per session

The Sports Pool

Practice Schedule

	Ages	Days	Times
Gold I	6 to 8 years old	Monday–Thursday	4:15 to 5 p.m.
Gold II	9 to 14 years old	Monday–Thursday	5 to 6 p.m.
Gold III	15 to 18 years old	Monday–Thursday	6 to 7 p.m.

Team Activity Day: Last Friday of each session 4:30 to 5:30 p.m.)

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

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

