



Group Swimming Lessons 2020

For registration information, call Kaitlyn Sowell, Aquatics Program Coordinator, 713.263.6563

Register Online at www.myhoustonian.com. Choose Online Services, Programs, Aquatics. There will be a list of class options there. Select the classes you want your child to participate in and add them to your cart. You will be contacted via email confirming your child's spot in a class. You will also receive a reminder email approximately 1 week from the start of classes. If one week prior to a class start date, there are not a sufficient number of students for the class to run, you will be contacted with alternative options. If you are on a wait list, you will be contacted when a spot in the class you want opens up. Your account will not be charged until your child has a spot in the class. If you are on a wait list for a class, you are not charged until your child's spot.

Aquatots I is for beginners ages 12 to 23 months (or first water experience) and their parents. 9x 30 min or 10x30 min, Teaches water acclimation, safety, entering & exiting pool, getting face wet, blowing bubbles and kicking. Every child MUST have an adult in the water with them.

Start	End	Price	Time	Days
June				
6/8	6/26	\$225	9:30 to 10:00 a.m.	M/W/F
6/8	6/26	\$225	4:30 to 5:00 p.m.	M/W/F
July				
7/6	7/24	\$225	9:30 to 10:00 a.m.	M/W/F
7/6	7/24	\$225	4:30 to 5:00 p.m.	M/W/F
August				
8/3	8/14	\$250	9:30 to 10:00 a.m.	M-F

Angel fish - Beginner 1 - ages 30-48 months 6 x 30 min or 10x30 min, small setting ideal first timers, and those in transition from a parent-child class. Skills include: Putting face in water, blowing bubbles, floating, kicking, beginning arm movement, and water safety.

Start	End	Price	Times	Days
June				
6/8	6/19	\$350	3:45 to 4:15 p.m.	M-F
6/8	6/26	\$210	4:30 to 5:00 p.m.	TU/TH
July				
7/6	7/17	\$350	3:45 to 4:15 p.m.	M-F
7/6	7/24	\$210	4:30 to 5:00 p.m.	TU/TH
August				
8/3	8/14	\$350	3:45 to 4:15 p.m.	M-F
8/3	8/14	\$350	4:30 to 5:00 p.m.	M-F

Stingrays- Intermediate 2 ages 4 to 5 years 6x 30 min or 10x30 min, children must be able to submerge face under water, blow bubbles, and move through the water without assistance. Skills include: floating, arm strokes, kicking, coordination of arms and legs, backstroke and beginning breast stroke

Start	End	Price	Times	Days
June				
6/8	6/19	\$300	5:00 to 5:30 p.m.	M-F
6/8	6/26	\$180	5:45 to 6:15 p.m.	TU/TH
July				
7/6	7/17	\$300	5:00 to 5:30 p.m.	M-F
7/6	7/24	\$180	5:45 to 6:15 p.m.	TU/TH
August				
8/3	8/14	\$300	5:00 to 5:30 p.m.	M-F
8/3	8/14	\$300	5:45 to 6:15 p.m.	M-F

Aquatots II is for ages 24 to 36 months and their parents. 9X 30 min or 10x30 min, teaches water skills - safety, jumping in pool, blowing bubbles, floating, and arm and leg movements. Every child MUST have an adult in the water with them.

Start	End	Price	Time	Days
June				
6/8	6/26	\$225	10:15 to 10:45 a.m.	M/W/F
6/8	6/26	\$225	5:15 to 5:45 p.m.	M/W/F
July				
7/6	7/24	\$225	10:15 to 10:45 a.m.	M/W/F
7/6	7/24	\$225	5:15 to 5:45 p.m.	M/W/F
August				
8/3	8/14	\$250	10:15 to 10:45 a.m.	M-F

Seahorse - Intermediate 1 - ages 3 to 4 years 6x30 min or 10x30 min, Intermediate level - children must be able submerge face under water, blow bubbles, and move through the water without assistance. Skills include: floating, freestyle, kicking, coordination of arms and legs, beginning backstroke, and water safety.

Start	End	Price	Times	Days
June				
6/8	6/19	\$300	4:15 to 4:45 p.m.	M-F
6/8	6/26	\$180	5:45 to 6:15 p.m.	TU/TH
July				
7/6	7/17	\$300	4:15 to 4:45 p.m.	M-F
7/6	7/24	\$180	5:45 to 6:15 p.m.	TU/TH
August				
8/3	8/14	\$300	4:15 to 4:45 p.m.	M-F
8/3	8/14	\$300	5:45 to 6:15 p.m.	M-F

Sea Lions - Advanced - ages 5 to 6 years 6x 45 min or 10x45 min, Children should already swim across the pool unassisted. Skills include: Freestyle, lateral breathing, breaststroke, backstroke, beginning dives, water safety.

Start	End	Price	Times	Days
June				
6/8	6/19	\$400	4:30 to 5:15 p.m.	M-F
6/8	6/26	\$240	5:30 to 6:15 p.m.	TU/TH
July				
7/6	7/17	\$400	4:30 to 5:15 p.m.	M-F
7/6	7/24	\$240	5:30 to 6:15 p.m.	TU/TH
August				
8/3	8/14	\$400	4:30 to 5:15 p.m.	M-F
8/3	8/14	\$400	5:30 to 6:15 p.m.	M-F

Please turn this sheet over for more information

Group Lesson Policies

- All Toddlers must wear Swim Diapers. No disposable diapers permitted.
- Registration will not be accepted over the phone. Please register online at www.myhoustonian.com.
- Your account will be billed at the time of registration. If paying by check, your child will not be registered until payment is received.
- After the first class, the instructor will suggest the best class level placement for your child. You will be offered the opportunity to move your child to the correct class only if there is a spot. If there is no space in the appropriate level class, the instructor will offer you three private lessons or four semi-private lessons.
- If a class is cancelled by the instructor due to weather, the instructor will schedule a make-up.
- Cancellations: There is a non-refundable cancellation fee of \$60 billed to your account if cancellation occurs less than seven days before a course begins. Full fees apply the first day of class.**
- There is no pro-rating for partial attendance

Other Swim Programs

Dolphins Fitness Swim: August through November 2020

Dolphins Fitness Swim is a lap swim and competitive Swim development program for children ages 7-14. It focuses on building endurance and fine tuning swimming techniques in the four competitive strokes. This program meets from July - March with a break from mid-December - mid-January. For more information contact: Clement Dulac at cdulac@houstonian.com or (713)-316-2705

BlueFins Stroke Development Clinics ***Max 9 swimmers per clinic***

For young Bluefin swimmers who need to continue their progression and refine their skills in the four strokes. To participate the swimmer must be able to comfortably swim 25 yards.

You will have two options.

Option 1 - Monday & Wednesday & Friday **Option 2** - Tuesday & Thursday

Clinics to be Offered

Area of Focus

Week 1 (June 1 st - 5 th)	Free/Back
Week 2 (June 8 th - 12 th)	Breast/Fly
Week 3 (June 15 th - 19 th)	Starts & Turns
Week 4 (June 22 nd - 26 th)	Learn to Race

<u>Group</u>	<u>Age</u>	<u>Times</u>	<u>Prices for 3/2 sessions</u>
<u>Bronze A</u>	Ages 7-8	11:30 am – 12:15 pm	\$95/\$65
<u>Bronze B</u>	Ages 7-8	12:30 am – 1:15 pm	\$95/\$65
<u>Silver</u>	Ages 9-11	2:00 pm – 3:00 pm	\$105/\$75
<u>Gold</u>	Ages 10-14	3:15pm - 4:30pm	\$120/\$80
<u>Blue</u> (max 6)	Ages 5-6	4:40pm-5:10pm	\$75/\$50

Register on CampMinder here: <https://houstonian.campintouch.com/ui/forms/application/camper/App>

Private and Semi-private Swim Lessons are available for all ages. Our pools are heated so Swim Lessons are available all year long.

Children's Lessons: Kaitlyn Sowell, Aquatics Program Coordinator, Ksowell@houstonian.com or (713)-263-6563
Teenage or Adult Lessons, Clement Dulac at cdulac@houstonian.com or (713)-316-2705