

HOUSTONIAN AQUATICS

JR. BLUEFINS SWIM TEAM PREP

AUG. THROUGH DEC. 2024 SESSIONS



Children must be able to swim freestyle and backstroke to participate in this program.

Our focus will be on 75% technique and 25% endurance.

This program will help build a strong foundation and introduce how swim team practice will be run.

Mondays AND/OR Wednesdays
Blue I: 1 day per week: \$90 per month
Blue II: 2 days per week: \$130 per month
The Resort Pool

Monthly Sessions

4.	Aug. 19–28 (2-week session)
5.	Sept. 9–Oct. 2
6.	Oct. 7–30
7.	Nov. 4–20 (3-week session)
8.	Dec. 2–18 (3-week session)

Training Schedule

	Monday		Wednesday
Blue I (Ages 4-7)	4:15 to 5 p.m.	OR	4:15 to 5 p.m.
Blue I (Ages 5-9)	5:15 to 6 p.m.	OR	5:15 to 6 p.m.
Blue II (Ages 4-7)	4:15 to 5 p.m.	AND	4:15 to 5 p.m.
Blue II (Ages 5-9)	5:15 to 6 p.m.	AND	5:15 to 6 p.m.

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

For more information, please contact Aquatics Program Coordinator Lauren Gill at lgill@houstonian.com.

