

HOUSTONIAN AQUATICS

JR. BLUEFINS

SWIM TEAM PREP

2025 SESSIONS



Participants must proficiently pass a swim test of 12 yards of Freestyle and Backstroke without stopping 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.

Monthly Sessions

Session 1: Jan. 6–29

Session 2: Feb. 3–26

Session 3: Mar. 3–26 (3 weeks, \$120)

Session 4: Aug. 11–27 (3 weeks, \$120)

Session 5: Sept. 8–Oct. 1

Session 6: Oct. 6–29

Session 7: Nov. 3–19 (3 weeks, \$120)

Session 8: Dec. 1–17 (3 weeks, \$120)

Ages 4.5 to 8

\$160 per session

The Resort Pool

Child must turn 5 years old before June.

Class Schedule

	Ages	Times	Days
Blue I	4.5 to 6 years old	4:15 to 5 p.m.	Monday and/or Wednesday
Blue II	7 to 8 years old	5:15 to 6 p.m.	Monday and/or Wednesday

(Team Activity Day: Last Wednesday of each Session 4:15 to 5:30 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.

