

Family and Youth





The Houstonian Club Youth Programs

6 WEEKS-23 MONTHS

Bungalow
Group & Private Swim Lessons
Aquatots I
Aquatots II

2-5 YEARS

Bungalow
Kids Night Out (2-12)
Children's Playground (2+)
Jr. All Star Summer Camp (3-4)
Group & Private Swim Lessons
Aquatots II
Angel Fish
Star Fish
Sea Horses
Sea Lions
Dolphins
BlueFins Swim Team
Tennis Programs (4+)
Extended Drills Tennis Camp (4+)
Quickstart Tennis
Padel, Swim & Tennis Camp (4+)



6-12 YEARS

After School Action (5-14)
Kids Gym (5-12)
Children's Playground (2-12)
All Star Camps (5-12)
Private Swim Lessons
Dolphins
AquaEdge
Splash Clinics
BlueFins Swim Team
Tennis Camps (4+)
Extended Drills Tennis Camp (4+)
Padel, Swim & Tennis Camp (4+)
Basketball (5-12)
TRI-Kid (7-13)
Junior Youth Certification (9-11)
Youth Certification (12-15)
Stand Up Paddle (8+)
Rockwall (5+)

13-17 YEARS

Private Swim Lessons
Dolphins
Splash Clinics
BlueFins Swim Team
AquaEdge
Tennis Camps (4+)
Extended Drills Tennis Camp (4+)
Padel, Swim & Tennis Camp (4+)
Designated Group Exercise Classes
TRI-Kid (7-13)
Youth Certification (12-15)
Survival Training (12+)
Teen Basketball (11-17)

Youth Department Programs

THE BUNGALOW

The Bungalow provides child care for 6 weeks to 5 years of age. Children love the Bungalow and our caring, nurturing staff. Our infant area, designed for children 6 weeks to crawling, has age-appropriate toys and furniture so our youngest guests feel safe and “at home.” Toddlers, crawling to 24 months, enjoy their own special area with age-appropriate toys and books and music time. Preschoolers, 2 to 5 years of age, can enjoy our various activities from dressing up to having a snack or even reading stories together.

HOURS OF OPERATION

The Bungalow is open Monday through Thursday from 8:00 a.m. to 8:00 p.m., Fridays from 8:00 a.m. to 4:00 p.m., Saturdays from 7:30 a.m. to 6:00 p.m., and Sundays from 9:00 a.m. to 6:00 p.m. Special hours of operation are posted for holidays.

THE KIDS GYM

The Kids Gym area offers children 5 to 12 years of age an exciting variety of age appropriate activities, including a multi-level climbing structure, arts and crafts, games and music. It is designed to develop and strengthen gross motor skills.

HOURS OF OPERATION (SCHOOL YEAR)

The Kids Gym is open Monday through Thursday from 3:00 p.m. to 8:00 p.m., closed Fridays, Saturdays from 7:30 a.m. to 6:00 p.m. and Sundays from 9:00 a.m. to 6:00 p.m. Summer hours are the same hours as the Bungalow. Special hours of operation are posted for holidays.

CHILDREN'S PLAYGROUND

The outdoor physical activity area is designed for children ages 2 to 12. Please use caution if you have a child or children younger than 5. Shoes must be worn at all times, and maximum capacity is 40 people.

CHILDREN'S PLAYGROUND HOURS OF OPERATION

The playground is open during regular Club hours, weather permitting. Use caution if it is getting dark.

Bungalow and Kids Club Gym staff will be taking children ages 2 to 12 outside, weather permitting, during non-peak times the children are in our care, with parents' approval. Parents must follow the Bungalow and Kids Club Gym standard procedures for check-in and check-out.





KID'S NIGHT OUT

Runs one Friday a month, August through April. Children between the ages of 2 to 12 come from 6:00 to 9:00 p.m. Feel free to bring the kiddos in PJs or bring them to change into. First we all meet in the Bungalow for pizza and Capri-Sun. After that, kids over the age of 5 will go to the kid's gym. Both areas watch a new release movie, make art and do activities related to the movie. This is the perfect event for a date night!

AFTER SCHOOL ACTION (AGES 5 TO 12)

Come get active at After School Action with a variety of activities, such as sports conditioning, soccer, or yoga! Find these complimentary classes for kids on the Houstonian app (or feel free to pick up a flier outside the Youth Department). **Minimum of 8; maximum of 20 children.**

SUMMER CAMPS

(Jr. All-Star Ages 3 to 4; All Star ages 5 to 12)
Junior Camps are specifically and exclusively designed for children of The Houstonian Club Members. Our goal is to help children develop healthy lifestyles, exercise routines, and good nutrition that last a lifetime through fun, hands-on, interactive play experiences. Campers will have the opportunity to explore The Houstonian Campus, get messy with arts and crafts and play games that are directly tied to the theme for that week. We want your child to always remember the wonderful experience they had at The Houstonian Camps! Campers, we play hard, learn lots, push boundaries and challenge each other without fear of failure or humiliation.

Minimum of 5; maximum of 20 children.

Must be potty trained.

BASKETBALL LESSONS

Looking for more activities for your kids, basketball lessons are the way to go! Kids will learn team drills, basic pick and roll, how to run offense and how to be a team player. To sign up for lessons, please contact our Basketball coach.

ROCK WALL (AGES 5+)

The Houstonian Rock Wall is a fantastic place for kids to get their belay on! To rock climb you must call ahead of time to the Kids Gym to reserve time. Walk-ins are welcome although time is not promised. Attire requirements include pants or shorts and socks are required to climb. For reservations call 713-685-7932.

HOURS OF OPERATION

School year: Monday-Thursday 3:00 to 6:00 p.m. By reservation only, Friday closed, Saturday and Sunday 10:00 a.m. to 2:00 p.m.

Summer and winter break: Daily 10:00 a.m. to 2:00 p.m.
Special hours of operation are posted for holidays.



Birthday Parties

Want to celebrate your child's special day at The Houstonian? Members can reserve space, time and plan their dream party with our Youth Party Coordinators.

All parties require a three weeks notice and a minimum of ten children.

INDOOR, MEADOW AND FIELD EVENTS

Fridays, Saturdays and Sundays

2:00 to 4:00 p.m. or 3:00 to 5:00 p.m. or 4:00 to 6:00 p.m.

Maximum of 40 guests.

POOL EVENTS

May through October

Monday - Friday

Noon to 2:00 p.m. or 1:00 to 3:00 p.m.

Maximum of 20 guests.

WE HAVE A VARIETY OF VENDORS INCLUDING BUT NOT LIMITED TO:

- Moonwalks/Bouncy Houses
- Petting Zoo
- Pony Rides
- Balloon Artists
- Face Painter/Airbrush Artists
- DJ
- Photo Booth
- Magician
- Yard Wars (Nerf Guns)
- Bubble Soccer
- Archery Tag
- Soccer Darts

Our Youth Party Coordinator can be reached at 713-263-6596.



Aquatics Programs

GROUP SWIM LESSONS (APRIL THROUGH AUGUST)

The Houstonian offers group swimming lessons for children ages 1 to 7. Children will learn stroke progressions and water safety in a fun, nurturing group setting. Aquatots (parent and child), StarFish (ages 3 to 4, beginner), Sea Horses (ages 3 to 4, advanced), Sting Rays (ages 4 to 6, advanced) and Sea Lions (ages 4 to 7). Fees vary. Please see registration forms on the main Aquatics page at www.myhoustonian.com.

PRIVATE SWIM LESSONS (YEAR-ROUND)

Private, semi-private and private-group lessons are offered at your convenience. By appointment only.

AQUATOTS I (AGES 12 MONTHS TO 23 MONTHS)

Children will work on water safety, basic water skills, jumping in the pool, blowing bubbles, floating and arm and leg movements.

AQUATOTS II (AGES 24 TO 36 MONTHS)

Children will work on water safety, basic water skills jumping in the pool, blowing bubbles, floating and arm and leg movements.

ANGEL FISH (AGES 2 1/2 TO 3 1/2)

The class is limited to two students, meeting twice a week for three weeks. The small setting is ideal for the first time water experiences, and those in transition from parent-child class. Skills include: putting face in the water, blowing bubbles, floating, kicking, beginning arm strokes and water safety.

STARFISH (AGES 3 TO 4)

For the more timid child. Children will work on putting their face in the water, blowing bubbles, floating, kicking, beginning arm strokes and water safety.

SEA HORSES (AGES 3 TO 4)

Children will work on floating, arm strokes, kicking, coordination of arms and legs, beginning backstrokes and water safety.

STING RAYS (AGES 4 TO 7)

Children will advance their skill in floating, arm strokes, kicking, breathing to the side, coordination of arms and legs, backstroke and beginning breast stroke.

SEA LIONS (AGES 5 TO 7)

Children will work on balance, timing, arm strokes, lateral breathing, frog kick, backstroke and beginning dives.



AQUAEDGE

On Saturdays in the spring and each Friday in July, kids ages 6 to 14 can brush up on their swimming, racing starts and turns. Skills are presented through drilling and with games. Each AquaEdge clinic focuses on different aspects of competitive swimming. Please ask for a schedule of upcoming clinics.

OTTERS PRE-SWIM TEAM

Held year-round with a break from mid-April to June for BlueFins Swim Team and Dolphins Fitness Swim.

DOLPHINS FITNESS SWIM (JULY THROUGH MARCH)

Dolphins Swim Team is a fun, low-key developmental program that focuses on stroke technique and conditioning for athletes ages 8 to 16. Kids will gain a great foundation for entering school and summer swim team programs.

BLUEFINS SWIM TEAM

Summer League Swim Team for children ages 5 to 14, May through June. Please see registration form for practice schedules. Swim Meets in June.

SCUBA PROGRAMS

SCUBA RANGERS AND STARFISH

SCUBA Rangers™ and Starfish™ Kids will learn water safety, team building and responsibility. Starfish (ages 3 1/2 to 7) is beginning snorkeling skills. SCUBA Rangers (ages 8 to 12) includes both snorkeling and SCUBA. Call Oceanic Venture at 713-523-3483.

For more information on all Youth Aquatics programs, please contact the Aquatics Department at 713-685-6751.

Youth Racquet Sports and Youth Fitness



AFTER SCHOOL JUNIOR PROGRAM

Groups are offered for ages 4 to 16. Classes are available Monday through Friday between the hours of 3:30 to 6:30 p.m. Times vary by the age of the child and ability level.

SUMMER TENNIS CAMP (AGES 4 TO 16)

Tennis Camp is held from 9:00 a.m. to noon with a snack break at 10:30 a.m. The children will learn the basic fundamentals of tennis along with fun and games constructed with the developing tennis athlete in mind. For more information, please contact the Tennis office at 713-685-6847.

PADEL, SWIM AND TENNIS CAMP (AGES 4 TO 16)

Padel, Swim and Tennis camp is held from 9:00 a.m. to 2:00 p.m. with a snack break at 10:30 a.m., recreational swimming at 11:00 a.m., followed by lunch at noon. After lunch, the kids return to the tennis courts for 90 more minutes of tennis camp to reinforce the basic fundamentals of tennis along with fun and games constructed with the developing tennis athlete in mind. For more information, please contact the Tennis office at 713-685-6847.

QUICKSTART TENNIS

The Saturday Afternoon Tennis class is designed to bring youngsters into the world of tennis by utilizing specialized equipment, shorter court dimensions and modified scoring. These all are tailored to age and size. This class is available from 1:00 to 4:00 p.m. with a snack break at 2:30 p.m. For more information, please contact the Tennis office at 713-685-6847.

JUNIOR TRI TEAM (AGES 7 TO 13)

The Junior TRI Team is a program that gets children ages 6-13 years old ready to compete in a triathlon. It promotes the importance of exercise, staying healthy, team bonding and sportsmanship. Endurance, speed, coordination, swimming technique and mental development is focused on throughout practices. In order to participate, children must be able to swim 1 length of the pool free style and breast stroke without assistance and run and bike without assistance. All training will be done on campus. The cycling piece is done with a personal stationary bike trainer. If children wish to participate they must register for 1 of the 3 races the team participates in throughout the TRI season. For more information, please contact Performance Program Coach at 713-263-6536.

JUNIOR YOUTH CERTIFICATION (AGES 9 TO 11)

Required for children to use the club (except fitness equipment or pools). Parents are required to be on property the entire time their children are in the program. Includes one-hour session with a member of the Youth Management who will demonstrate safety guidelines and club etiquette. Certification meets in the Bungalow. Sessions are made by appointment only. For more information, please contact the Youth Department at jryouth@houstonian.com.

YOUTH CERTIFICATION (AGES 12 TO 15)

Required for children to use equipment unsupervised. Includes a one-hour session with a member of the Fitness Staff who will demonstrate safety guidelines and exercise etiquette. Certification takes place in the indoor track area. Sessions are made by appointment only. For more information, call 713-685-6721.

SURVIVAL TRAINING (AGES 12+)

A 2 hour class used to teach kids (and adults) what they need to do to survive a 1 or 2 day stay in the wilderness. Skills include: basic survival attitude and thinking, signaling for help, shelter (survival tarp set up), basic map reading and fire starting (matches, flint striker and bow drill for fun). For more information, contact the Fitness Department at 713-316-2716.

STAND UP PADDLE (AGES 8+)

A 1 hour lesson used to teach the skills of stand up paddle boarding. The great new sport of standing on a surfboard and paddling! Classes take place in the Sports Pool. Must be comfortable in water to take class. For more information, contact the Group Exercise Department at 713-685-6855.



Houstonian Traditions

FALL FESTIVAL

HELD IN OCTOBER ON THE MEADOW

Entry fees will apply.

Come enjoy an afternoon filled with fun for the entire family. Includes train rides, moon walks, face painting, games, refreshments, pumpkin patch, pumpkin decorating and much more.

TREE LIGHTING

HELD IN NOVEMBER ON THE MEADOW

Complimentary. All ages welcome.

Celebrate this traditional prelude to the holidays with the lighting of The Houstonian's Grand Texas Live Oak. Activities include train rides, holiday characters, cookie decorating, face painting and much more. A DJ will provide holiday music to add to the fun. In lieu of an entry fee, we encourage families to bring canned goods and nonperishable items to be donated to the Houston Food Bank.

FROSTY'S FOLLIES

HELD IN DECEMBER IN THE HOTEL GRAND BALLROOM

Entry fees will apply.

Children will enjoy a scrumptious buffet, photo with Santa, a visit with Frosty, art and crafts, music, balloons, and much more. Reservations required. Must have reservations the Wednesday before the event. *Seating is limited.*

FESTIVAL OF LIGHTS

HELD IN DECEMBER IN A HOTEL BALLROOM

Complimentary. All ages welcome.

Join us for a Hanukkah menorah lighting, live music, dancing, desserts, children's crafts, games and more. Reservations are required. Reservations must be made two days prior to the event. Seating is limited. In lieu of entry fee, we encourage families to bring one toy to be donated per person.

DADDY/DAUGHTER DANCE

HELD IN FEBRUARY IN THE HOTEL FOREST BALLROOM

Entry fees will apply.

All ages welcome. Join us for evenings filled with every daughter's dream. The event includes a DJ, photograph, crafts, finger food buffet, characters and much more. Reservations are required. *Seating is limited.*

SPRING FLING

HELD IN MARCH OR APRIL ON THE MEADOW

Entry fees will apply.

Join us for moon walks, games, music, face painting, carnival games, refreshments, Easter egg hunts and a visit from the Easter Bunny.

MOVIE NIGHT

HELD MONTHLY ON THE MEADOW OR AT THE RESORT POOL FROM MARCH TO APRIL.

Come enjoy a different movie each month with the whole family. Complimentary refreshments are provided.

MOTHER/SON DANCE

HELD IN MAY IN THE HOTEL FOREST BALLROOM

Entry fees will apply.

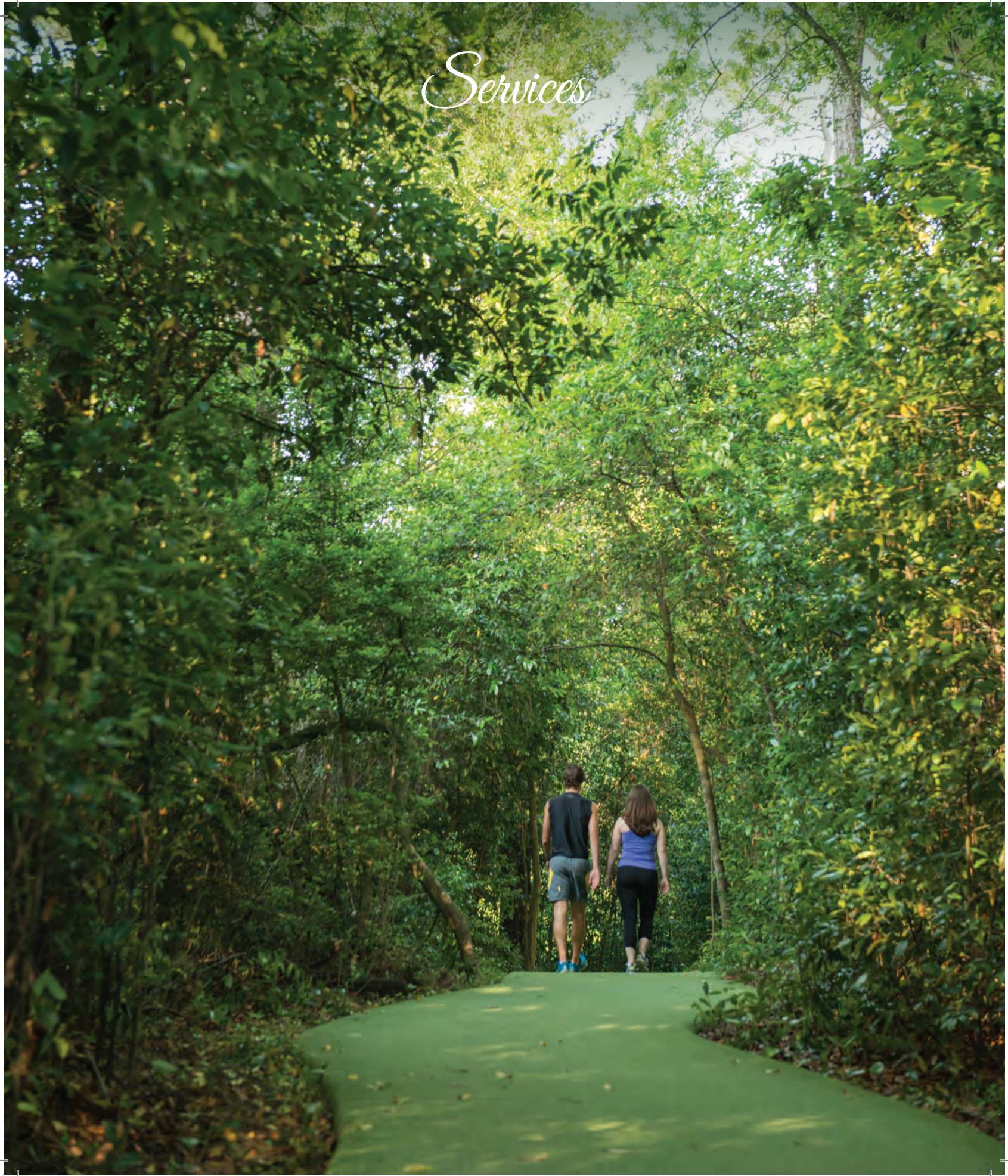
Join us for a creative, wonderful event promising to be every son's best childhood memory. The evening will include a DJ, photograph, crafts, finger food buffet, characters, and much more. Reservations are required. *Seating is limited.*



Get to a healthier place

**For more information, contact
the Youth Department at 713-685-6753
or visit www.myhoustonian.com/Youth.aspx**

Services



The Houstonian Club

A vast array of services are available for the convenience and benefit of Houstonian Club Members. This directory of services is designed to provide a limited overview of the services currently available. Please see our website for more details.

Facilities

PARKING

Convenient parking is available for Members. Complimentary valet parking may be provided during peak periods.

FITNESS CENTER

The Houstonian Club Fitness Center has more than 300 pieces of equipment, including elliptical machines, exercise bikes, step climbers, treadmills, rowers, variable resistance equipment and free weights.

INDOOR TRACK

A multi-purpose track serving the needs for walking, jogging, classes and various Member needs. The indoor track is 1/9 of a mile.

OUTDOOR TRACK

An 8/10 mile walking and running path surrounds The Houstonian Campus.

PERFORMANCE ZONE

The Houstonian Club Performance Zone is a 40-yard long turfed training area located adjacent to the Indoor Tennis Facility.

RESORT POOL/SPORTS POOL/GARDEN POOL

The Resort Pool has areas for every age group and lifestyle, and the 25-yard x 25-meter Sports Pool features advanced technology. In addition, the Garden Pool is located next to The Houstonian Hotel.

Lifeguards are on duty at all pools from Memorial Day through Labor Day during peak hours.

LOCKER ROOMS

Separate locker rooms are provided for Resident and Associate Members and their guests. Day lockers are available for users who do not wish to rent personal lockers. The Club is not responsible for lost or stolen articles. Valuables should be stored in the convenient personal lock boxes provided in each locker room.

RESIDENT MEMBER FITNESS CENTER

Located on the second floor of The Club, this room provides equipment for the exclusive use of Resident Members and their children 21 and over.

ROCK CLIMBING WALL

Try your skills on The Houstonian Club's indoor Rock Climbing Wall located adjacent to Center Court Café.

CHILDREN'S PLAYGROUND

The Children's outdoor playground has a rich assortment of equipment and play options to encourage and support a lifetime of physical fitness.

MEMBER LIBRARY AND CLUB BOARDROOM

Quiet room for Members to conduct business, read, reflect and relax.

HOURS OF OPERATION

The Houstonian Club is open
Monday - Friday from 5 a.m. to 10 p.m. and
Saturday - Sunday from 6 a.m. to 9 p.m.
Special hours of operation are posted for holidays.

Programs

SWIM PROGRAMS

A variety of special swim programs are offered for swimmers of all levels. These range from Aquatots to a nationally recognized Adult Lap Swim program.

YOUTH ACTIVITIES

Various youth programs are scheduled throughout the year such as Summer Camp, Rockwall, Basketball and more.

YOUTH CERTIFICATION PROGRAM

To encourage a life-long love of sports and fitness, we allow children ages 12 –15 more independence when they visit The Club, if they have completed our Youth Certification Program.

JUNIOR YOUTH CERTIFICATION PROGRAM

Required for children ages 9 - 11 to use the Club (except the fitness center or pools). Parents are required to be on property the entire time their children are in this program.

PERSONAL TRAINING

Personal trainers are available for every age and fitness level. Trainers are degreed in a variety of related areas, including kinesiology and exercise science.

VOYAGERS

The Voyagers program offers a variety of recommended fitness classes, socials and enrichment activities appropriate for Members 70 and older.

RACQUET SPORTS

The Houstonian Club has four indoor tennis courts with Classic Turf surface, a softer surface which reduces the impact on the body while playing, five additional outdoor tennis courts and two outdoor Padel courts.

BASKETBALL/VOLLEYBALL

A schedule of daily events is posted outside the Basketball Court. If no event is scheduled, play is open during Club hours, and all guests must register at the Club Welcome Desk.

LEAGUES & TOURNAMENTS

A variety of leagues, tournaments, and special events are conducted throughout the year. Court reservations may be preempted by scheduled events at announced times.

LESSONS

Private or group instruction is available from Club professionals for all activities.

GROUP EXERCISE

Our classes are led by highly trained and certified instructors, many of whom have traveled nationwide to bring back the most innovative and exciting class formats available in the industry. The Houstonian Club Group Exercise schedule contains more than 190 classes per week, and encompasses a broad range of formats including traditional group exercise as well as kickboxing, weight training, yoga, Pilates, and a variety of energizing “Dance” formats.

PILATES/GYROTONIC®

Our spacious and inviting Pilates/Gyrotonic® Studio looks out onto a beautifully landscaped green area, providing a warm, welcoming atmosphere for our Members and guests.

YOGA

Our exceptional Yoga Program delicately combines the ancient essence of Hatha yoga with the realities of modern day living. Working in the unique constraints of a fitness environment, our traditionally-trained yoga instructors are dedicated to making the practice of yoga accessible for newcomers and rewarding for those who have established practices.

CYCLE

The Cycle Studio is equipped with the latest state-of-the-art equipment including 50 Technogym Group Cycle bikes, three temperature zones, flat screen televisions, and hi-tech lighting and sound capabilities.

STUDIO 360

Studio 360 is a specialized studio offering small group sessions as well as private and semi-private sessions, utilizing state-of-the-art equipment by Technogym, Concept II, TRX, Power Plate and VersaClimber.

TRED & SHRED

Whether you're a runner, walker or just like a good workout... Tred & Shred will deliver! Instructors will create their own unique combination of drills on the treadmill and on the floor for a total-body cardio and strength experience. The TRED section will challenge your endurance as you grit through sprints, climbs, steady paces and even power walking, based on your personal fitness level. Floor exercises are limitless and can include anything from burpees to bicep curls. Torch some serious calories and SHRED your arms, legs and core as you get lost in the high energy music and environment of our new Tred & Shred Studio! Book your spot: <https://clients.mindbodyonline.com> or download the MindBODY App

For the most updated information about our programs, including detailed class descriptions and a current schedule, you may visit us at www.myhoustonian.com.

Athletic Facilities

- Four Indoor Tennis Courts
- Five Outdoor Lighted Tennis Courts
- Two Outdoor Padel Courts
- Outdoor Track (8/10 mile)
- Tred and Shred Studio
- Two General Group Exercise Studios
- Yoga Studio
- Cycle Studio
- Pilates/Gyrotonic® Studio
- Boxing Studio
- Studio 360 Functional Training
- Outdoor Resort Pool (heated)
- Outdoor 25-yard x 25-meter Sports Pool (heated and cooled)
- Outdoor Garden Pool (heated)
- Outdoor Baby Pool (heated)
- Outdoor Whirlpool
- 30+ Certified Personal Trainers
- Luxurious Men's and Women's Locker Rooms
- Saunas
- Steam Rooms
- Indoor Rock Wall
- Indoor Whirlpool (Resident Membership only)
- Basketball Court
- Resident Member Fitness Center
- State-of-the-Art Cardiovascular and Strength Training Equipment
- Indoor 1/9 Mile Running Track
- IHRSA Reciprocity Program
- Nutrition and Weight Management Consultation with Registered Dietitians
- Guest Privileges (fee)
- 50° Cold Showers





TRELLIS, THE SPA AT THE HOUSTONIAN

This spectacular Forbes 4-star sanctuary celebrates the healing, soothing and rejuvenating powers of water with a series of exquisite treatments in a tranquil setting. The 17,000 square foot spa houses 20 treatment rooms, luxurious locker rooms, an indoor float pool, comfortable upstairs lounge with a fireplace and a quiet room for before and after treatments.

THE SHOP

The Shop at The Houstonian provides the latest in fashion and function when it comes to apparel, gifts and more. Select from exciting fashion and unique gift items as well as numerous styles in golf, tennis, yoga, fitness and swim.

WEBSITE COMMUNICATIONS

Complete Member information is available at www.myhoustonian.com, or visit our Facebook page and follow us on Twitter and Instagram.

MEMBERS ONLY BUSINESS DIRECTORY

Available only on myhoustonian.com, this categorized directory allows Houstonian Club Members to promote their companies' businesses exclusively to other Houstonian Club Members.

WI-FI HOT SPOT

Complimentary high-speed wireless internet service is available throughout The Club.

SOCIAL EVENTS

The Houstonian Club is committed to providing a social as well as healthful experience for Members. Exciting events for individuals, couples and families are held throughout the year.

LUXURY AUTO DETAILING

Have your car professionally washed and detailed while you visit The Club. This service is available in the Tennis parking garage. Provided by a third party.

THE BUNGALOW

(Six Weeks to Five Years Old)

The Bungalow provides child care while Members are using The Club. The Bungalow is available to children for up to three hours per day per child, not to exceed 12 hours per week.

THE KIDS' GYM

This area has been created to provide exercise, games, educational and fun programs for children five to twelve years old. The Kids' Gym is available to children for up to three hours per day, not to exceed 12 hours per week.



GOLF

Members receive the accompanied golf guest rate during specified times of play at The Golf Club of Houston and BlackHorse Golf Club, as well as a reduction in the initiation fee for Shadow Hawk Golf Club, Black Hawk Country Club and The Golf Club of Houston.

WORLDVANTAGE™

Houstonian Club members have expanded golf and private club access through an exclusive partnership with Worldvantage™ concierge. This invitation-only opportunity can be secured at the exclusive rate of \$89.00 per month, per membership. Green's fees will be billed based on each course.

- Access 1,200+ Private & Championship Golf Venues in the U.S. and Around the World:
- 460+ private golf & country clubs in North America.
- 60 private city & dining clubs in North America.
- Stay and play resort golf packages
- 670+ golf destinations in over 39 other countries with preferred rates and access
- Special invitations to Member-guest golf events at some of golf's greatest venues around the country

IHRSA RECIPROCITY PROGRAM

IHRSA, The International Health, Racquet and Sportsclub Association, is an organization established to give Members reciprocal guest privileges to more than 3,500 clubs worldwide.

RESULTS CENTER

The Houstonian Results Center is designed to provide specialized programs that can be customized for the individual needs of our Members with the intention of supporting them in their weight management goals. The variety of Fee-Based programs will be as diverse as the needs of our membership, including programming for weight loss, special diets, special populations, student athletes, and sport specific performance training. The Houstonian Results Center experience involves an initial consultation with our Registered Dietitian, a full body composition analysis, diet and exercise recommendations from our credentialed staff, and a coaching/support system. The Houstonian Results Center helps our Members reach their fitness goals in a safe, healthy, time-efficient environment.

WHEELS UP

Wheels Up is a membership-based private aviation program that offers a turnkey solution to better meet your travel needs. The benefits available to Houstonian Members are \$7,500 in flight credit with purchase of a Wheels Up Individual/Family Membership.

Club Services

- The Shop at the Houstonian
- Complete spa services at Trellis - The Spa at The Houstonian
- The Bungalow (children ages five and under)
- Kids Gym (ages five to 12)
- Jr. Youth Certification (complimentary for children ages 9 -11)
- Youth Certification (complimentary for children ages 12+)
- Educational and Personal Growth Programs
- Luxury Auto Detailing Service*
- Laundry
- Private Lockers (Rentals Available)
- Beverage Service in Locker Room Lounge Areas
- Shoe Shine and Shoe Repair

**provided by a third party*



Dining and Social

TRIBUTE

TRIBUTE Restaurant, located in The Houstonian Hotel, is open for breakfast, lunch and dinner offering fine cuisine from Texas, Louisiana and Mexico. Whether we're boiling crawfish, roasting pork, or grilling steaks over an open fire, join us as we share our passion for regional cuisine from our neighbors to the north, south, and east.

CENTER COURT CAFÉ

The Center Court Café features casual, distinctively healthy dining for Members and guests. Dress is casual and exercise clothing is allowed. Swim suits with cover ups are permitted, and shoes are required.

AT YOUR SERVICE

Meals, drinks and snacks for 1–10 people can be provided by Center Court Café directly to the Tennis Deck, the Resident Locker Rooms and the pools, when Arbor Grill is closed.

ARBOR GRILL

Fresh, poolside fare plus cocktails, coolers and grilled items. Open seasonally or the perfect place to dine and enjoy the outdoors with friends and family. Poolside beverage service and catering are also available.

THE MANOR HOUSE

The Manor House, the historic estate restaurant that was once the residence of President George H.W. Bush, features Gulf Coast Creole cuisine and is open for lunch Monday through Friday and available evenings and weekends for private functions.

THE BAR AND GREAT ROOM BAR

The Bar and Great Room Bar in the lobby of The Houstonian Hotel define Texas elegance and is open daily serving cocktails, wine and a full bar menu.

SOCIAL EVENTS

Social Events are planned throughout the year for Members, providing healthy family activities, social and networking events and educational presentations that grow Member and business relationships.





Lessons / Fees

TENNIS, PADEL AND PICKLEBALL

PRIVATE - DIRECTOR OF TENNIS

One & 1/2 hours.....	\$110
One hour.....	\$75
1/2 hour.....	\$45

PRIVATE - TENNIS PRO

One & 1/2 hours.....	\$105
One hour.....	\$70
1/2 hour.....	\$40
1/2 hour - two people (per person).....	\$20

PERSONAL TRAINING

PRIVATE

One hour.....	\$95
3/4 hour.....	\$80
1/2 hour.....	\$65

SEMI-PRIVATE

One hour.....	\$75 ea.
3/4 hour.....	\$65 ea.
1/2 hour.....	\$50 ea.

TREAD AND SHED

PRIVATE

55 minutes.....	\$30
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NUTRITION

Starting at.....	\$95/hour
1/2 hour (one person) starting at.....	\$60

YOGA

PRIVATE - SENIOR INSTRUCTOR

One hour.....	\$120
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PRIVATE - STAFF INSTRUCTOR

One hour.....	\$90
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STUDIO 360

PRIVATE

One hour.....	\$95
3/4 hour.....	\$80
1/2 hour.....	\$65

CLASSES

One hour (per person).....	\$60
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SEMI-PRIVATE (2 PEOPLE)

One hour (per person).....	\$75
1/2 hour (per person).....	\$50

PILATES

PRIVATE one hour.....	\$90
PRIVATE 1/2 hour.....	\$65
SEMI-PRIVATE one hour (2+ people) (per person)....	\$65

GROUP REFORMER CLASS

50-minute (4-8 people) (per person).....	\$35
Drop-Ins (per person).....	\$40

GYROTONIC®

Private one hour.....	\$95
Semi-Private one hour (2 people) (per person).....	\$65

AERIAL PILATES AND AERIAL YOGA

Private one hour.....	\$95
Duet and Triplet one hour (per person).....	\$60

SWIMMING

for Children and Adults.....	Prices Vary
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Guest Fees

Associate Member Adult Guest	\$25
Associate Member Youth Guest Ages 6 - 15	\$15
Ages 5 and under	No Charge
Resident Member Guest	No Charge

Guests must be accompanied by Member, register at Club Welcome Desk, present photo identification and sign a guest waiver upon arrival. The same guest may not use The Club more than twice a month, not to exceed twelve visits per year or 24 visits per year for grandchildren of Members. Resident Members may have up to four guests per day at No Charge. Associate Members may not utilize the Resident Locker Rooms or the Resident Fitness Center as guests of Resident Members or otherwise. The guest policies are intended for non-members.

IHRSA Guest	\$25
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MASSAGE AT THE CLUB

Massage Establishment License #1876	
One hour and 1/2	\$135
One hour	\$95
1/2 hour	\$60

SHOE SHINE AND SHOE REPAIR

Golf shoes	\$7
Boots	\$10
Shine	\$5
Repair	Prices Vary

LOCKERS (INCLUDING LAUNDRY SERVICE)

1/2 size	\$32 + \$2.64 tax = \$34.64 mo.
Full size	\$45 + \$3.71 tax = \$48.71 mo.

RESIDENT AND ASSOCIATE LOCKER ROOMS

Membership Access Tag Replacement	\$20
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CORPORATE MEMBERSHIP TRANSFER FEE

and Membership Transfer Fee For Resident and Associate Memberships	\$5,000
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REINSTATEMENT POLICIES AND FEES

A Membership may be placed on Inactive status for up to one year when the inactive Member's residence is less than 100 miles from the Club; after one year, the Membership is canceled. A Membership may be placed on Inactive status for up to ten years when the inactive Member's residence is more than 100 miles from the Club. In that case, the inactive Member must notify the Club once each year, providing proof of residence and requesting the Membership remains on Inactive status. Any Membership that has been inactive for more than ten years is canceled.

MEMBERSHIP REINSTATEMENT FEES

Reinstatement within two years of inactivation	\$2,000*
Reinstatement more than two years but less than five years after inactivation	\$5,000*
Reinstatement more than five years but less than ten years after inactivation	\$7,000*

**All Fees are subject to applicable taxes.*

Members Only

MYHOUSTONIAN.COM

Our Members only website. The site handles virtually all the registrations for Youth, Aquatics and Racquet Sports Programs and Camps. All Group Exercise updates are on the site, and reservations for our many activities may be made on the site. In addition, Members may access their accounts through the site, see transactions and make payments.

MEMBERS ONLY BUSINESS DIRECTORY

Available only on myhoustonian.com, this categorized directory allows Houstonian Club Members to promote their companies' businesses exclusively to other Houstonian Club Members.

HOUSTONIAN CLUB APP

Use The Houstonian Club App on your smart phone to access schedules, social events, instructor substitutions or to contact any department.

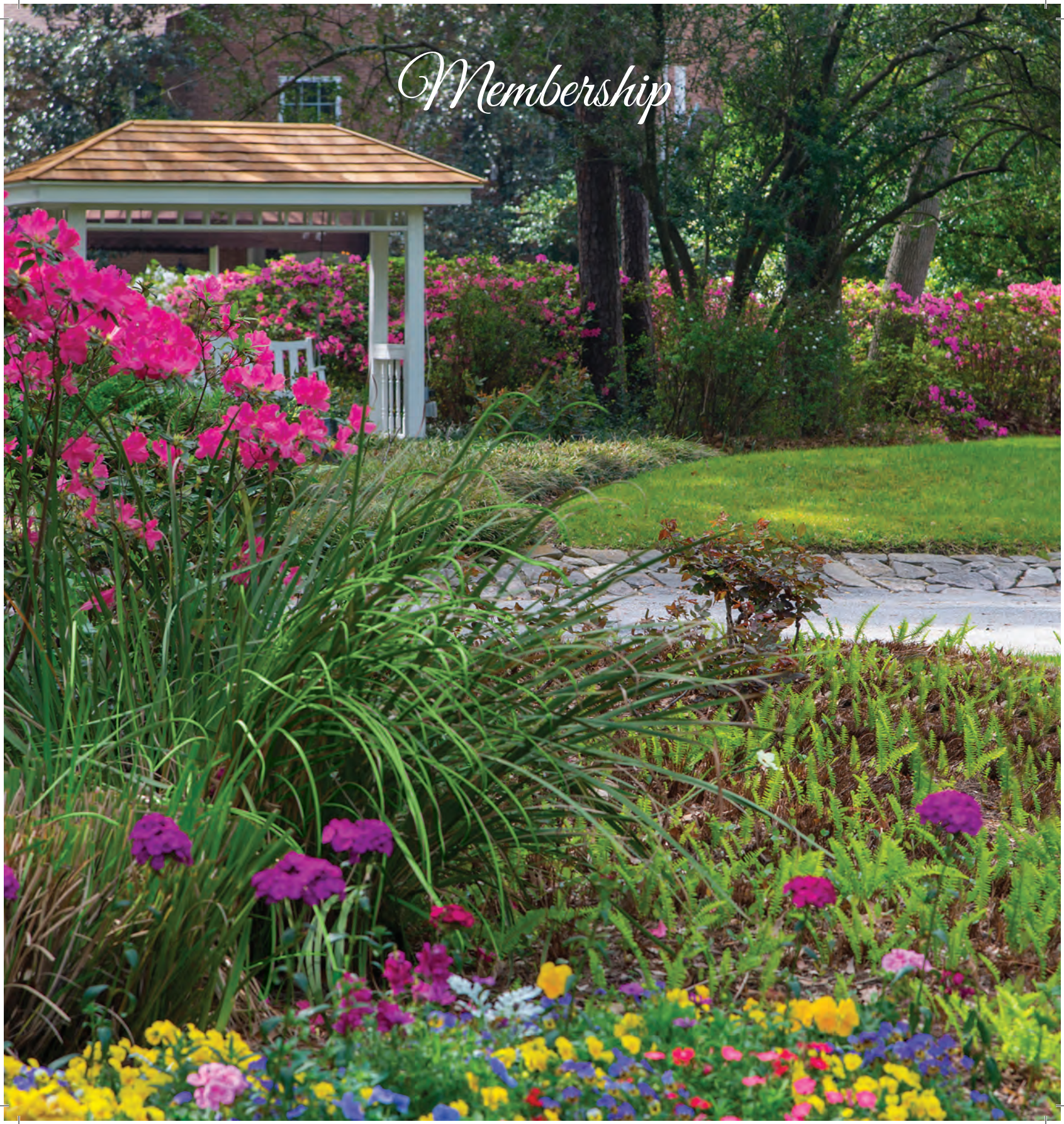
HOUSTONIAN GROUP EXERCISE VIDEO LIBRARY

Our library is complimentary to Houstonian Members and is super easy to access. Just visit our website and open up a full library of your favorite classes taught by your favorite instructors! Yoga, Pilates, Weights, HIIT... look for them all as we add 3 new videos EACH month throughout 2019!



Get to a healthier place

Membership

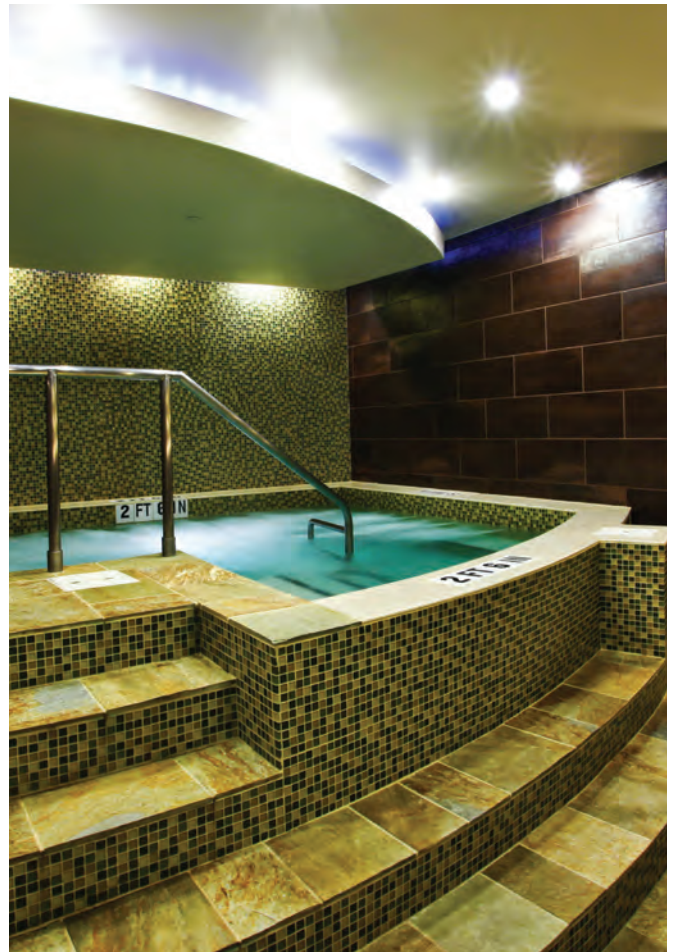
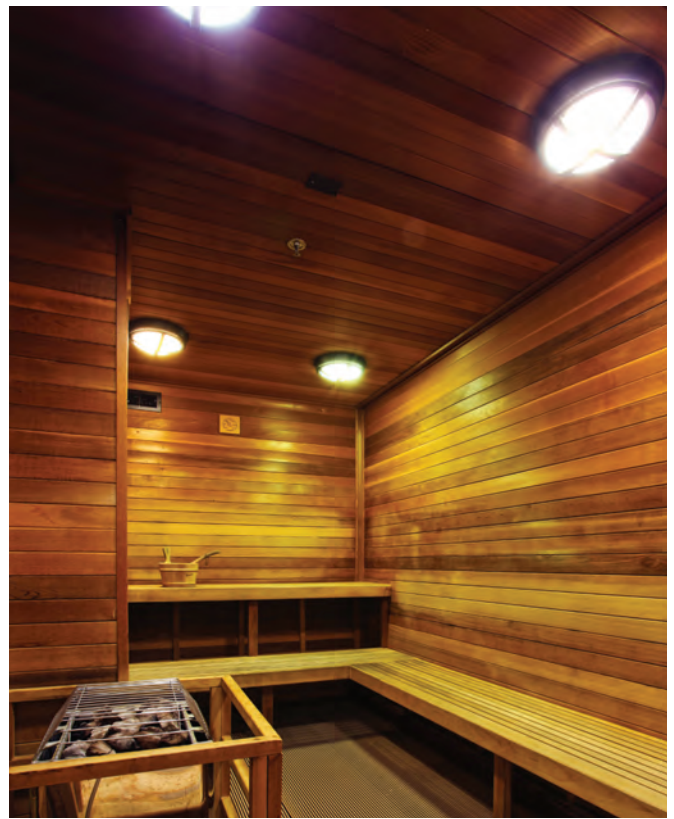


Resident Membership

Provides complete dining, social and athletic use of The Houstonian Club. Resident Members enjoy exclusive use of private Resident Member Locker Rooms, Resident Member Fitness Center and Gated Resident Parking Areas.

THE PRIVILEGES OF RESIDENT MEMBERSHIP

- Oak lockers with greater storage capacity and private lock boxes
- Whirlpools, dry saunas and steam rooms
- Inviting and comfortable lounges
- Massage and relaxation rooms
- Complimentary fruit and snacks
- Plush robes to wear in the locker rooms
- No one under the age of 21 admitted to the locker rooms unless accompanied by a parent
- Private fitness center age 21 and older
- Complimentary guest privileges
- Complimentary Bungalow Child Care
- Gate-accessed parking
- Priority reservations for all racquet sports
- Complimentary use of the Library and/or Boardroom
- 10% discount at The Shop at The Houstonian
- 15% discount on food purchases for food-catered functions at The Hotel
- 20% discount on services at Trellis
- 20% discount on food purchases at TRIBUTE, The Manor House, The Bar, and The Great Room Bar





RESIDENT MEMBERSHIP

INITIATION FEE

\$25,000
\$27,500
\$29,500

Individual	\$388
Couple	\$439
Family	\$501
Single Parent with One Dependent (under age 25)	\$439

MONTHLY DUES

VOYAGERS (70+) RESIDENT MEMBERSHIP

All the benefits of a Resident Membership for those who are 70 years of age or older.

INITIATION FEE

\$17,500
\$19,500

Individual	\$388
Couple	\$439

MONTHLY DUES

Capstone Corporate Membership **CORPORATE MEMBERSHIP FOR PEAK PERFORMANCE**

The Houstonian Club Capstone Membership is designed to set high expectations and be your pathway to excellence professionally and personally. Dedication to your company is there. Commitment to high performance is there. Now maximize your company's potential with Capstone.

- Four, transferrable Resident Memberships, with complete dining, social and athletic amenities, exclusive use of the private Resident Member Locker Rooms with whirlpools, dry saunas and steam rooms, Resident Fitness Center and Gated Resident Parking Areas, and complimentary Guest Privileges and Bungalow Child Care.
- Complimentary use of the Houstonian Club Library and Boardroom for meetings.
- 15% Discount on Catered Hotel Meetings and Functions, and 20% Discount on Trellis Spa Services billed to the Corporate Account.
- 20% off food purchases at TRIBUTE, The Manor House, The Bar, and The Great Room Bar.
- Priority Racquet Sports reservations
- Complimentary premium listing in the Houstonian Club Corporate Directory.
- 10% discount on Corporate Transfer fees
- Complimentary "Achieving Peak Performance" Library Lunch & Learn by the Club's Registered and Licensed Dietician, once-a-year, for up to 20 employees and/or Designee family members.
- Complimentary once-a-year, Executive Fitness Assessment

INITIATION FEE \$100,000

For each of the four memberships the applicable monthly dues will apply:

Individual \$388

Couple \$439

Family \$501

Associate Membership

Provides complete dining, social, and athletic use of The Houstonian Club, excluding designated Resident Member areas. Also, provides 10% discount at Trellis Spa, and a 10% discount on food purchases at TRIBUTE, The Manor House, The Bar, and The Great Room Bar.

INITIATION FEE

\$15,000
\$17,500
\$19,500

Individual
Couple
Family
Single Parent with
One Dependent (under age 25)

MONTHLY DUES

\$285
\$368
\$437
\$368

VOYAGERS (70+) ASSOCIATE MEMBERSHIP

All the benefits of an Associate Membership for those who are 70 years of age or older.

INITIATION FEE

\$10,500
\$12,250

Individual
Couple

MONTHLY DUES

\$285
\$368

JUNIOR ASSOCIATE MEMBERSHIP

Junior Associate Membership provides all the benefits of an Associate Membership for those who are age 21 –29.

INITIATION FEE

\$7,500
\$8,750

Individual
Couple

MONTHLY DUES

\$200
\$368

The balance of the Junior Membership is due at the age of 35 or the membership will terminate. The balance will be the prevailing initiation fee less the original initiation fee at the time of joining. In order to convert a Junior Associate Individual or Couple Membership to Family, the full balance is due.





Corporate Membership

ADD \$3,000 TO THE INITIATION FEE OF ANY MEMBERSHIP.

Corporate Memberships must be held by a legally formed business entity engaged in bona fide ongoing business activities and must also be designated as Individual, Couple, or Family. A business entity that is formed for the purpose of purchasing a Corporate Membership shall not qualify as engaged in bona fide ongoing business activities. Corporate Memberships shall be maintained in the name of a corporation or other business entity, and the rights and privileges thereunder shall be assigned only to a particular designated bona fide owner, employee, or officer of the firm, subject to the approval of the Owner. The designees may be changed from time to time subject to a transfer fee of \$5,000.

One of the unique offerings of The Houstonian Club is its 27-acre wooded campus. Members enjoy peaceful jogging trails, outdoor exercise areas and close proximity to Memorial Park and the Houston Arboretum and Nature Center.

Monthly Dues and Initiation Fees are effective August 1, 2019 and are subject to change. Some Memberships may be limited or available only on a waiting list basis.

All Initiation Fees and dues are subject to applicable taxes, which are in addition to said Initiation Fees and dues.





Members First!

- Resident Members receive 20% off and Associate Members receive 10% off of food at TRIBUTE restaurant, TRIBUTE Wine Room, Manor House, The Bar and Great Room Bar at The Houstonian Hotel.* Does not include alcohol.
- Resident Members receive 20% off for Trellis Spa services, and Associate Members receive 10% off.
- Resident Members receive a 10% discount on all in-store merchandise at The Shop at The Houstonian.
- For hotel rooms, all Members receive at least 20% off the hotel's Best Flexible Rate. Members may use the booking code MEM when making hotel reservations online. Includes Long Stay contracts. Summer rates will be less than public rates and published each spring.
- Gift will be given to all Members and/or their guests at check-in.
- Members will be provided 7 days to book brunch reservations before opening to the public.
- Social Business Discounts at The Houstonian Hotel.*
- Resident Members receive a 15% discount and Associate Members receive a 10% discount on food for personal social business, parties and events at the Hotel.**
- All Members have exclusive access to the new Houstonian 24/7 library of on-demand fitness videos, designed to provide classes and content for busy schedules.

*Kindly provide gratuity on amount before discount is applied.

**Discounts apply to full price products and services for 10 people or more. Member number must be noted on contract. Some restrictions apply.

For general information about Members First, please call the Houstonian Club Welcome Desk at 713-685-6888.

For hotel reservations, or personal assistance regarding Member First discounts, please contact 713-685-6798.



Get to a healthier place

Monthly Dues and Initiation Fees are subject to change.

Some Memberships may be limited or available only on a waiting list basis.

All Initiation Fees and dues are subject to applicable taxes, which are in addition to said initiation fees and dues.

myhoustonian.com