

Family Programs



The Houstonian Club Youth Programs

6 weeks - 23 months

2 - 5 years

6 - 12 years

13 - 17 years

Bungalow

After School Action (2 - 14)

Kids Night Out (2 - 12)

After School Action (2 - 14)

Group & Private Swim Lessons

Bungalow

After School Action (2 - 14)

Private Swim Lessons

Aquatots I

Children's Playground (2+)

Kids Gym (5 - 12)

Dolphins

Aquatots II

Jr. All Star Summer Camp (3 - 4)

Children's Playground (5 - 12)

Splash Clinics

BlueFins Swim Team

Group & Private Swim Lessons

Private Swim Lessons

AquaEdge

Summer Junior Tennis Program

Aquatots II

Otters

Coach Debbie's Extended Summer Program Drills

Angel Fish

Dolphins

Designated Group Exercise Classes

Star Fish

AquaEdge

TRI-Kid (7 - 13)

Sea Horses

Splash Clinics

Youth Certification (12 - 15)

Sea Lions

BlueFins Swim Team

Survival Training (12+)

Otters

Summer Junior Tennis Program

Dolphins

Coach Debbie's Extended Summer Program Drills

BlueFins Swim Team

TRI-Kid (7 - 13)

Summer Junior Tennis Program

Coach Debbie's Extended Summer Program Drills

Junior Youth Certification (9 - 11)

Youth Certification (12 - 15)

Quickstart Tennis

Stand Up Paddle (8+)



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 10 months, has age-appropriate toys and furniture so that our youngest guests feel safe and “at home.” Toddlers, 11 to 24 months, enjoy their own special area where they can climb up and slide down, as well as 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 Mondays through Thursdays from 8 a.m. to 8 p.m., Fridays from 8 a.m. to 4 p.m., Saturdays from 7:30 a.m. to 6 p.m. and Sundays from 9 a.m. to 6 p.m. Special hours of operation are posted for summer and holidays.

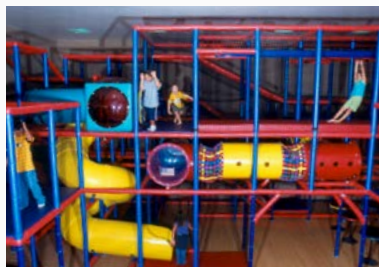


The Kids Gym

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

The Kids Gym is open Mondays through Thursdays from 3 to 8 p.m., closed Fridays, Saturdays from 7:30 a.m. to 6 p.m. and Sundays from 9 a.m. to 6 p.m. Special hours of operation are posted for summer and holidays.



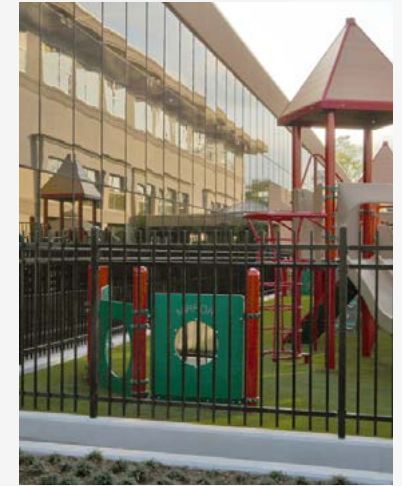
Children's Playground

This outdoor physical activity area is designed for children ages 5 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

In the fall (October 1 to March 1), the Children's Playground is open Mondays through Sundays from 7 a.m. to 5:30 p.m. and is open 8 a.m. to 7 p.m. in the spring (March 2 to September 30).

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 parent's 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, September through April. Children between the ages of age 2 to 12 come from 6 to 9 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, capri-suns, and a cookie. 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!



Youth Department Programs Continued

Jr. All-Star Summer Camps (Ages 3 to 4)

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.

Arakadoodle (Ages 3 to 4 and 5 to 12)

Is the most comprehensive art education company of its kind, offering extensive visual arts classes. Classes inspire children's imagination by immersing them in such forms as painting, sculpture, mosaics, collage, digital design, paper art, anime, sketching, studio art, foil embossing and more.

Minimum of children for camp is 6; Maximum is 20.

Basketball Camp (Ages 5 to 12)

Rock A Rim - This is a three-hour camp where participants will learn basic fundamentals of the game, which include passing techniques, dribbling, ball handling, proper shooting form, offense and defense principles and much more. The camp offers games and competition to ensure the children apply the fundamentals they have learned during the camp. The children will be divided into their own skill level. This camp will keep your children having fun this summer.

Minimum of 5; maximum of 30 children.

Extended Drills Camp (Ages 4 to 16)

Extended Drills assists children in their further development of their skills in tennis, hand-eye coordination, forehand, backhand, overhand serves. They will work on game-like situations on the court. **Minimum of 5; maximum of 30 children.**



Mad Science (Ages 5 to 12)

Encourages scientific literacy in children. In an age when science is as vital as reading, writing and arithmetic and we don't stop there. **Minimum of 12; Maximum of 20 children**

Padel, Swim & Tennis Camp (Ages 4 to 16)

Will help children develop their hand-eye coordination, forehand, backhand, overhand serves. Drills based on skill level. Swimming is included in this camp.

Minimum of 5; maximum of 30 children.

Recipe 4 Success (Ages 5 to 12)

Campers will have the opportunity to plant their own edible fruits and veggies, learn about organic gardening practices and harvest from The Houstonian's gardens.

Minimum of 5; maximum of 15 children.

Robotics (Ages 5 to 12)

Excites, inspires and motivates young minds about the important impact, as well as fun robotics technology in today's world. We aim to stimulate student's imagination and creativity by encouraging them to explore, build and express confidence and independence through our hands-on interactive robotics program. **Minimum of 5; maximum of 30 children.**

Tennis Camp (Ages 4 to 16)

Tennis Camps are specially and exclusively designed for children of The Houstonian Club Members. Tennis Camp will help children develop their skills in tennis, hand-eye coordination, forehand, backhand, over hand serves and drills based on their skill level. **Minimum of 5; maximum of 50 children.**

After School Action (Ages 2 to 14)

Come get active after school with a variety of activities, such as soccer, basketball, football, cheerleading/tumbling, aerobic dance, volleyball, rock wall and sports conditioning.

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.myhoustoniann.com.



Private Swim Lessons (Year-round)

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

Aquatots I (Ages 23 months to 12 years)

Children will work on water safety, basic water skills entering and exiting the pool, getting face wet, blowing bubbles and kicking.

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.

Star Fish (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 6)

Children will work on balance, lateral breathing, breaststroke, arms, frog kick, backstroke, timing and treading water.

Sea Lions (Ages 5 to 6)

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 Thursday between the hours of 3:30 p.m. to 6:30 p.m. Times vary by the age of the child and ability level.



Summer Junior Tennis Program (Ages 4 to 16)

Groups for advanced players available. For more information, call (713) 685-6847.

Coach Debbie's Extended Summer Program Drills (Ages 4 to 16)

Students start out the day with either The Houstonian Tennis Camp or The Houstonian Padel and Swim camp which is held from 9 to noon. After the morning camp, the kids break for lunch before they return to the tennis courts for 90 more minutes of tennis camp to reinforce the basic fundamentals of tennis along with fun and games constructive to developing a tennis athlete. For more information, please contact the Tennis at (713) 685-6847.

Quickstart Tennis

The Quickstart format is used for the after school, weekend and summer programs. QuickStart Tennis is an exciting new play format for learning tennis, designed to bring youngsters into the game by utilizing specialized equipment, shorter court dimensions and modified scoring. These all are tailored to age and size. The program is divided for those aged 8 and under – with a court size of 36 feet by 18 feet – and for those aged 10 and under – with a court size of 60 feet by 21 feet. For more information, contact the Tennis Office at (713) 685-6847.



TriKID (Ages 7 to 13)

Endurance, Speed, Coordination, Swimming Technique. Children must be able to swim two lengths of the lap pool without assistance or stopping. The cycling portion will be done at home with parents. During the Mini-Tri the cycling portion will be on campus. If children wish to participate they must register for the race separately. For more information, contact TRI Coach Karen Klucznik at HHTT@houstonian.com.

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 a one-hour session with a member of the Youth Management who will demonstrate safety guidelines and club etiquette. Certification takes place in the Youth Office. Sessions are made by appointment only. For more information, please contact the Youth Department at (713) 685-7911.

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 Bob Talamini at btalamini@houstonian.com



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 Resort Pool. Must be comfortable in water to take class. For more information, contact Jarrod Marrs at jmarrs@houstonian.com.

Houstonian Traditions



Fall Festival

Held in October on The Meadow
\$15 Entry fee • Children under 2 years are Complimentary. Come enjoy an afternoon filled with fun for the entire family. Moon walks, petting zoo, face painting, games, pony rides, cotton candy, snow cones, refreshments, pumpkin patch, pumpkin decorating and much more.

Tree Lighting

Held in November on The Meadow 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. Holiday goodies will include warm pretzels, popcorn and caramel corn, fruit, brownies and beverages. 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
\$42 for Adults • \$22 for Children (12 and under)
Children will enjoy a scrumptious buffet, photo with Santa, a visit with Frosty, art and crafts, music, balloons, caricature artists and much more. Reservations are required. Seating is limited.

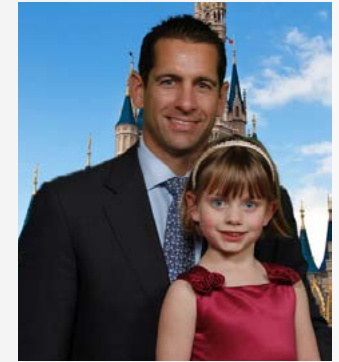


Festival of Lights

Held in December in The Hotel Grand Ballroom
Complimentary • All ages welcome. Join us for a Hanukkah menorah lighting, live music, dinner, dancing, desserts, children's crafts, games and more. Reservations are required. Seating is limited.

Daddy/Daughter Dance

Held in February in The Hotel Forrest Ballroom
\$60 for Couples • \$20 for Additional Children
All ages welcome. Join us for an evening filled with every daughter's dream to be a princess for a night. The evening 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
\$15 Entry fee • Children under 2 years are complimentary
Join us for moon walks, a petting zoo, games, music, face painting, carnival games, refreshments and a visit from the Easter Bunny.

Movie Night

Held monthly on The Meadow or at the Resort Pool. 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
\$60 per couple • \$20 for additional children
Join us for a super powered evening filled with every son's dream to be a super hero for a night. The evening will include a DJ, photograph, crafts, finger food buffet, characters, and much more. For additional information or to make reservations, call the Youth Department at (713) 685-7912.

