

AquaTech

After School Swim

The AquaTech Program will focus on the development of all four competitive strokes, starts and turns to help prepare swimmers for competitions. The goals are proper techniques, building endurance and overall fitness. Participants must pass a swim test of 50 Freestyle without stopping, 50 Backstroke without stopping and 25 Breaststroke to join the group.

Mondays, Wednesdays,
& Thursdays
Ages 7-14
5 to 6:15 p.m.
The Sports Pool

Monthly Sessions:

Feb.6 through March 2

July 10 through Aug. 3

Aug. 7 through Aug. 31

Sept. 11 through Oct.5

Oct. 9 through Nov. 3

Nov.6 through Dec.2

Dec. 4-14 (2-week session, \$110)

3 days per week: \$220 per month

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



For more information, contact Coach Calvin Spells at
kspells@houstonian.com.