

HOUSTONIAN September

Baby & Toddler
Survival Swimming
Program

“Synergy” Returns
to Houstonian
Group Exercise!

Have a Holiday
Eating Game Plan





Mark Stevens
General Manager
The Houstonian Club and Spa

A Minute with Mark

In order to maintain the levels of excellence our Members expect and deserve, The Club must have policies and rules. Often, our staff and I get asked about our policies. I thought I would address the most common questions we hear:

How many guests can a Member have?

There is a limit of four guests per day per Membership, with a local guest limit of either two visits a month, or 12 per year, whichever comes first.

Do I have to be present with my guest?

Yes. All guests must be accompanied by a Member, complete a guest liability waiver and pay the guest fee prior to using The Club (as a benefit of Resident Membership, Resident guests are complimentary).

Are access tags required for everyone?

Yes. Your personal Membership access tag should be carried at all times. This helps our staff properly identify you and prevents any unauthorized use of your Membership.

When is the parking valet service available?

Complimentary valet parking at the Club is available Fridays 7 a.m. to 7 p.m.; Saturdays 9 a.m. to 4 p.m.; holidays are variable.

Are day lockers available?

Yes. Day lockers always are available in all locker rooms.

What do we do about lost and found items?

Lost and found inquiries should be made through the Front Desk. Any type of valuable is presented to our Lost and Found, where it is secured until retrieved. Items turned in and not claimed after 60 days are donated to local charities. The Club is not responsible for lost, stolen or damaged articles.

What are The Club's emergency procedures?

Should an accident occur, the Member or guest should immediately report it to the Operator by using any Club telephone and dialing "0." The Houstonian reserves the right to call emergency rescue services. Our Loss Prevention staff includes off-duty EMTs, and the Club staff is certified in CPR and the use of AEDs.

Are there any cancellation policies?

Yes. Cancellation for all Houstonian Club program and training reservations must be made at least 24 hours in advance. Failure to do so will result in the full charge being assessed to the Membership account.

Is cell phone usage allowed at The Club?

Yes. Cell phone use is permitted in The Club's common areas including Center Court, the lobby and hallways. It is not permitted in the Fitness Center, group exercise studios and Resident Member Fitness Center.

At what age does a dependent come off the Membership?

Will we be notified?

A dependent comes off the Membership at the age of 23. Yes, you will be notified by our Membership Director when this occurs.

What are The Club's age policies for dependents?

It varies by Club facility and program. Parents are required to remain on Campus while dependents under age 12 are using The Club's amenities. Please see the "Houstonian Community" handbook for specific requirements of children in each area of operations. If you do not have a copy of this handbook, please stop by the Membership office.

The Club's policies exist to help you have a positive Club experience every time you visit. For a full listing of The Club's regulations and policies feel free to contact me, 713.685.6720 or mstevens@houstonian.com.

Finally, along with the entire Houstonian staff, allow me to wish everyone a safe, joyous and fulfilling holiday season. Remember, one of the best gifts you can give yourself is regular usage of The Club, especially this time of year.

Houstonian Club voted "Best Place to Work Out" by KHOU-TV's "Great Day Houston" viewers!

Congratulations to The Houstonian Club for being named the best place to work out in Houston! Viewers of "Great Day Houston" on KHOU-TV voted online for their favorite place to work out, and The Houstonian Club was their top choice. Club General Manager Mark Stevens was interviewed live by Deborah Duncan, while several staff members were there as well, including Matt Blackwell, Cher Harris, Melissa Hawthorne, Annabelle Landa, Nena Perdue and Melissa San Angelo.



Going Green At The Houstonian Club!

The Houstonian Hotel, Club & Spa is proud to take an active role in saving our environment and reducing our carbon footprint – all for the betterment of our future.

To show our commitment to going green, we are implementing several initiatives, and some of the steps we are taking at The Club – which you may already have noticed – include:

- Replacing Styrofoam cups with biodegradable corn-product cups
- Providing all employees a polycarbonate water bottle to help us reduce the number of cups made of other materials
- Recycling folding tissue and folding products from Sports Shop vendors
- Replacing older boilers with more energy-efficient boilers
- Using low VOC (volatile organic compound) paint for all paint projects
- Installing high-efficiency lighting
- Adding film to all exterior windows, which offers greater energy efficiency





Montgomery Selph at Super Heroes Week



Adam Zaafran at Super Heroes Week



Kate Oberg enjoys the Labor Day Pool Party



Laurel Howell, Sarika Kotha, Claire Nesbitt and Maya Venkateswaran performing their routine



Joan and Joe Alanis with nine-month-old Olivia Alanis



William Hernandez, Youssef Dahri, Iraj Taghi and Eddie Tajvari



Elizabeth Stein, Gina Benton Angulo, Tena Frith and Christi Harvey



Members Wini Lipsey, Lorelei de la Reza and Hilda Frank were featured and interviewed recently on the KHOU-TV program, "Great Day Houston," shown here with host Deborah Duncan.



Annabelle Landa with triathlon trainees Buck Alexander, Katerina Stevens and Arianna Stevens

Jazz Night

at The Resort Pool

Thursday, Oct. 9
6:30-9 p.m.

- COMPLIMENTARY
Guests are welcome!
- Snacks and Cash Bar
- Adults only
- In the event of rain, this event will be rescheduled
- For reservations, call Alex Spencer, 713.685.7929.



Featuring The Cloris Grimes Quartet

Fall Festival

Sunday, Oct. 26
1-5 p.m.

The Meadow
\$15 per person

Children under 2 years are complimentary

Come enjoy an afternoon filled with fun for the entire family. Two moonwalks, petting zoo, face painters, games, pony ride, cotton candy, snow cones, refreshments, pumpkin patch, pumpkin decorating and much more.

For additional information or to make reservations, call the Youth Department at 713.685.7912.

LADIES INVITATIONAL GOLF TOURNAMENT

Tuesday, Oct. 14 and Wednesday, Oct. 15
The Houstonian Golf & Country Club

\$300 per two-person team
(Includes gift, competitive rounds,
food and beverage)

Register by calling 281.494.4244 or email
LadiesInvitational@HoustonianGolf.com.

PERIWINKLE Cycle For Life

Saturday, Nov. 15
9 a.m.-Noon
The Club

This 15th annual fundraiser benefiting The Periwinkle Foundation will help change the lives of children with cancer.

Avid and amateur cyclists are invited to get involved by organizing their own team. Each team commits to raising \$1,000 and competing to see which can burn the most calories during the 2.5-hour event. Each team of five will share a stationary bike with each cyclist riding for 30 minutes.

One cyclist can participate as an individual team riding the entire 2.5 hours. Sign your team up today at www.firstgiving.com/theperiwinklefoundation.

The Periwinkle Foundation develops and provides programs that positively change the lives of children, young adults and families who are challenged by cancer and other life threatening illnesses, and are cared for at Texas Children's Hospital.

For more information, contact Cher Harris,
713.680.2626, ext. 6995.

Floating Pumpkin Patch and Dive-In Movies

Saturday, Oct. 18
5-6:30 p.m.

Swim in our floating pumpkin patch and find a pumpkin to decorate and take home (limit one pumpkin per child).

Movies at Sunset

6:45 p.m.

"It's the Great Pumpkin, Charlie Brown"
"Mickey's House of Villains"

No reservations needed. Seating is first come, first serve.
Daily guest fees apply.



Gingerbread Nights

Mondays - Saturdays
Nov. 23 - Dec. 15
6-7 p.m.
The Hotel

Experience the joyous sounds of the holiday season while relaxing by the 30-foot stone fireplace in The Hotel's Great Room. Local choirs, hand bells, violin ensembles, soloists and more will usher in the holiday spirit.





Thanksgiving Brunch

Thursday, Nov. 27

The Houstonian Grande Ballroom

11 a.m.-2:30 p.m.

\$65 Adults

\$25 Children ages 5-12

Children 4 and under complimentary.

For reservations, call 713.685.7904.

The Manor House

11 a.m.-2:30 p.m.

\$64 Adults

\$25 Children ages 5-12

Children 4 and under complimentary.

For reservations, call 713.685.6840.

JOYFUL TOYFUL

Donation Boxes in The Club Rotunda

Help us spread some holiday cheer to children in need in our community!

The Houstonian Club is teaming up with Joyful Toyful Fiesta to provide donated toys to children in need this holiday season, to bring smiles to their faces and joy to their hearts.

The Houstonian Club will collect new, unwrapped toys, games, sports equipment and makeup in the Houstonian Club Rotunda, where you can drop items in the donation boxes beginning Nov.1. Items are needed for children ranging in age from infants through 18. Donations can be made through Dec.2.

Joyful Toyful Fiesta Inc. was founded 19 years ago to provide holiday gifts to children in need in the greater Houston area. Joyful Toyful has distributed more than 31,500 toys to the following children's charities: Boys & Girls Harbor, Casa de Esperanza, Our Lady of Guadalupe School and Volunteer Houston.

Joyful Toyful also gathers cash donations to help these charities purchase other necessities for the children. During its 2007 event, the organization distributed \$80,000, giving \$20,000 to each of its four charities.

For more information, call, text or email Janet Wahrlich at 713.899.3316 or jwahrlich@grayent.com.



Tree Lighting

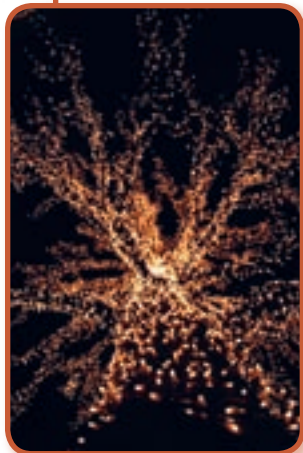
Sunday, Nov. 30

5-7 p.m.

The Meadow

For the 10th consecutive year, The Houstonian's official kickoff to the holidays includes the lighting of the grand Texas Live Oak. The tremendous tree will be adorned with more than 72,000 lights, nearly three times the number on the Rockefeller Center Christmas tree in New York City.

The festivities will 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 deejay will provide holiday music to add to the fun. As an entry fee, you are encouraged to bring canned goods and nonperishable items to be donated to the Houston Food Bank.



FROSTY'S FOLLIES

**The Hotel
Grande Ballroom
Sunday, Dec. 14
11:30 a.m.-2 p.m.**

\$18 children
(12 and under)

\$36 Adults

Children will enjoy a scrumptious buffet, photos with Santa, a visit with Frosty, arts and crafts, music, balloon and caricature artists and much more. Seating is limited. For additional information or to make reservations, call the Youth Department at 713.685.7912.



Prices do not include tax and service charges.

CHRISTMAS BRUNCH

Thursday, Dec. 25

The Houstonian Grande Ballroom
11 a.m.-2:30 p.m.

\$65 Adults

\$25 Children ages 5-12

Children 4 and under complimentary.

For reservations, call 713.685.7904.

The Manor House

11 a.m.-2:30 p.m.

\$64 Adults

\$25 Children ages 5-12

Children 4 and under complimentary.

For reservations, call 713.685.6840.



Hotel Meetings Reminder

As 2009 quickly approaches, many companies are busy holding budget meetings, strategy sessions, executive planning retreats and year-end holiday events. Be sure to plan ahead to hold your meetings at The Houstonian Hotel. The fall is shaping up to be a busy season, but there are a few dates remaining. The Hotel appreciates Club Members steering your companies' conferences to The Houstonian Hotel, and we look forward to continuing to provide you with the high level of service and facilities that you expect. For information on meetings, please contact the Hotel sales office at 713.812.6932.



Ring In The New Year, Houstonian Style!

Wednesday, Dec. 31

**The Houstonian
Grande Ballroom**
8 p.m.

What better way to ring in the new year than at The Houstonian Hotel! Join other Houstonian Club members and friends as we welcome the arrival of 2009 with the most festive celebration in town – including delectable cuisine, fabulous decorations, fun casino games, lively dancing to two bands:

The Road Crew and **The Works**, and more!

Deluxe Guest Room and Party Package

\$590 per couple inclusive (taxes and gratuities included)

\$355 per person inclusive (taxes and gratuities included)

New Year's Party Tickets Only

\$229 per person, inclusive (taxes and gratuities included)

For more information or reservations, call 713.685.6810.

No one under the age of 21 will be admitted. Same day reservations or "walk-in" tickets will be sold per availability.

Ticket prices good through Nov. 30

After Dec. 1, prices are:

\$249 per person – party only

\$630 per couple – party and Deluxe guest room

\$375 – one person and Deluxe guest room



FAMILY NIGHTS AT THE CLUB

Every Third Thursday
Center Court

\$14.50 Adults • \$7 Children under 11

October: Tex- Mex • November: Italian
December: Seafood.

HOT SPOT:

The Houstonian Pools!

The Houstonian's Resort Pool, Sports Pool and Garden Pool are all heated so swimming can be enjoyed throughout the winter.

Kids Stay Fit All Winter! Dolphins Fitness Swim

Dolphins Fitness Swim will help build a child's core fitness foundation while they fine tune their swimming technique. The program is for children ages 7-14. Mondays – Thursdays, 4:30 – 5:15 p.m. Please contact Carrie Bowden at 713.685.6751 or cbowden@houstonian.com.



New Program: The Houstonian introduces Baby & Toddler Survival Swimming

This is a 4-6-week program that teaches children the self-rescue water survival technique in private 10 minute lessons, Mondays-Thursdays. This program is designed for babies and toddlers from six months to three years old. Students will first learn this technique in a swimsuit. Yet, because most children drown while fully clothed, their skills will then be practiced while wearing summer clothing and then winter clothing including shoes.

6-18 months

The Rollback-to-Float sequence is taught. These students learn to hold their breath underwater, roll onto their back and float unassisted. The goal is to "buy time" until rescued by an adult.

2-4 years

The Swim-Float-Swim, and Climb Out sequence is taught. Students first will learn to hold their breath underwater, swim with their face down, then roll onto their back to float and rest, and finally roll back over to resume swimming until they reach the side of the pool. The objective is self-rescue.

Our instructor, Monika Wroblewska, is a certified instructor in the survival swimming technique. To sign up, please contact Monika directly at wroblewska.monika@gmail.com, or to read more about the technique and other swim related articles, visit www.infantaquatics.com.

You can turn F.E.A.R into Power

By Houstonian Member Silvia Kuri

F.E.A.R: F **alse**
E **vidence that**
A **ppears**
R **eal**

Have you ever noticed how we tell stories when we feel fear? Like saying I'm not fit enough, strong enough, I'm tired, I will never catch up, my back hurts, and my knees...don't have time... when I was younger...

My story was: I do not have time, I'm tired, the swimming pool is always crowded and my swimming is poor. What was really holding me back? It was the "False Evidence" that was making me believe I shouldn't do it.

When we tell fear stories to ourselves or to others we start losing the "opportunity" to be fit, have a peak performance, be successful, feel good and happy and be strong. Instead we get stressed, tired, unfit, sick, we feel without energy and "out of the zone."

One day I decided to challenge myself and called my children's swimming coach and asked her if she would coach me once and see how I do. And there I went, nervous and with my stomach full of butterflies, and I was amazed to see how much I enjoyed myself. So I started swimming twice a week. At the end of the first month I could go up my home stairs without stopping to catch my breath and my knees were not hurting. By the second month I was running up the stairs and breathing perfectly normal, plus I started feeling great all day long! Knee pain, back pain...what's that?!



Boot Camp is Fun!



Cameron Vasquez, Matt Duke, John Pruitt

Houstonian Members of all fitness levels, sizes and ages are gaining incredible results with Houstonian Boot Camps!

Boot camps are a fun, exhilarating, highly motivating, outdoor workout, designed to challenge all aspects of your health and fitness.

Boot Camps are run with a focus on quality instruction and execution of all exercise drills. We do not yell and scream. Instructors provide a motivating and supportive environment. But don't worry; we will push you to places you could never dream of reaching on your own.

If you are looking for a positive and motivating workout to help reach your physical best, come and join us at a Boot Camp. We strive to accommodate the least experienced participants to those who want to be pushed beyond limits they could never imagine. We create unique and highly varied workout programs that will keep your body guessing.

For more information on Boot Camps, call 713.685.6975.

Have a Holiday Game Plan



Catherine Kruppa, MS, RD, LD

The holiday season is filled with family, friends, and fun and for many people non-stop noshing and sports-channel surfing. One too many of mom's tasty temptations combined with lack of exercise can equate to a 5-10 pound weight gain during the holidays. Having a holiday game plan can help you through this tough time of year. A typical holiday meal can contain as many as 2000 calories and 58 percent of those calories are from fat. You actually can save over 1,000 calories and 120 grams of fat by revising your holiday menu. Here are a few tips to keep your waistline from expanding over the next few months:

- Choose skinless white meat over dark meat with the skin.
- Use butter flavored Pam and chicken broth for basting the turkey instead of butter.
- Beware of most gravies and juices (that is where the fat hides).
- Fill up on healthy side dishes such as broccoli, winter squash and sweet potatoes.
- Substitute fat-free butters in place of margarine in stuffing, potatoes, veggies and gravies.
- Cook stuffing in a dish verses in the turkey to prevent excess fat absorption.
- Use fat-free piecrusts or make graham cracker crusts with low fat graham crackers and fat free butter.
- Use Egg Beaters or 2 egg whites for one egg.
- Watch out for the alcohol: it can add an amazing 300-700 calories per meal.
- Select light beer and dry wines over sweet mixed drinks.
- Don't skip breakfast in preparation for a big lunch or dinner; this will lead to ravenous hunger and extreme overeating.
- Keep healthy snacks available, such as air-popped popcorn, whole-wheat crackers and low-fat cheese, ready-to-eat vegetables, low-fat dips, homemade cereal and nut mixes, and pretzels.
- Plan extra exercise around big meals. Get the family together for a game of touch football or a walk, or try activities that burn calories such as museum tours and shopping.
- Last but not least, if you do go overboard, don't starve yourself the next day. Get right back on track and exercise a little more.

Fall Nutrition Events

Nutrition Seminars

Oct. 14 – Eating for Prevention – Spa Style
Club Boardroom / 11 a.m. / \$15

Nov. 11 – Carve Calories Out of Your Turkey Dinner Without Carving the Taste
Club Boardroom / 11 a.m. / \$15

Metabolic Rate Testing

Oct. 11 8-11:30 a.m.

Nov. 8 8-11:30 a.m.

By appointment only.

Grocery Store Tours

Central Market

Oct. 16 / 8:30 a.m. / \$30

Whole Foods – Kirby

Nov. 20 / 8:30 a.m. / \$30

Rice Epicurean – Post Oak

Sept. 30 / 1 p.m. / \$25

To schedule an appointment for Metabolic Rate Testing, or to RSVP for Nutrition Opportunities, please call 713.316.5945.

New Extended Hours at Center Court Café

In order to provide you healthy food choices later in the day, Center Court Café has extended its hours! You will continue to find a variety of delicious fare, including salads, sandwiches and wraps, soup, pasta, kids meals and smoothies, as well as high-protein and low-fat selections.

Monday - Friday 7 a.m.-8 p.m.

Saturday 7 a.m.-6 p.m.

Sunday 9 a.m.-6 p.m.

New Equipment Coming to Studio A!

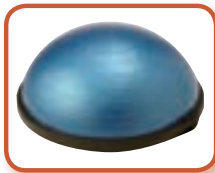
The Slanted Riser



The new Slanted Riser is an angled step riser designed specifically for use with the Original Step. From aerobic training to strength conditioning, the Slanted Riser will bring unlimited versatility to your workout.

Not only will the Slanted Riser add a new dimension to your cardio workout by transforming your flat Step into an angled platform, but paired with standard risers, the Slanted Riser also will turn your Step into an incline/decline bench.

THE BOSU



BOSU is the ultimate way to transform your body. Simple moves become fun with the Bosu. Easy moves become effective and deliver extraordinary results with the Bosu.

BOSU stands for “Both Sides Up” or “Both Sides Utilized,” depending upon whether you are referring to the BOSU Balance Trainer (the product) or BOSU (the philosophical approach to exercise). The essence of BOSU (the philosophical approach to exercise), is seeking better balance in all aspects of life.

The human body and brain are intimately linked such that enhancing balance in one enhances balance in the other. Better balance (physically and mentally) leads to better performance in all activities, whether those activities are primarily physical or mental in nature.

Athlete Development Classes

A from-the-ground-up approach to becoming a better athlete. Eric and Ben will address all components of sports performance, with focus on development of speed, agility and power as it relates to the game.

Tuesdays with Ben Fairchild, Studio A
Thursdays with Eric Vaughn, Studio A
3:45-4:30 p.m., ages 12-14
4:30-5:15 p.m., ages 15-18

For more information, contact Becky Franklin at 713.685.6855.



“Speed is something you’re born with, but with right techniques anyone can become faster. I practiced the same techniques for the last five years of my career at the Houstonian. The methods are proven to work as long as you train hard and keep a positive attitude.”

-- Former Houston Astros 2nd baseman Craig Biggio

“Synergy” Returns to The Houstonian

Many Members will remember one of the most popular classes in Club history... Synergy. Part dance, part yoga, part free-flowing athletic movement, Synergy challenges and replenishes the body, mind and spirit. And now, after a multi-year absence, Synergy is taught here once again, Mondays at 11 a.m., Studio A.



Kim Kilway

The class that many have called “a magical experience” and “a sense of freedom awakening” is taught by its creator, Kim Kilway. Well-known around The Club as the director of our Pilates and Gyrotonic® Studio, Kim provides the enthusiastic and knowledgeable leadership that leaves participants feeling great when class is over. Once you have experienced a Synergy class, you may well want to make it part of your Monday morning routine.

MONDAY SOCIALS



Oct. 13
Nov. 10
Dec. 8

The Boardroom
2 p.m.

HOLIDAY DINNER



Tuesday, Dec. 9

The Hotel
6:30-8:30 p.m.

\$35 per person

Reservations are required, call Mitzi Ruff at 713.685.7934.



Congrats to our Men's Padel team, which came in eighth at the World Championships!

PROGRAMS

Ladies' Clinics

3.5 - 4.5 levels

Fridays, 9:30-11 a.m.

Ladies' Group Lessons - Advanced Beginners

Wednesdays, 6:30-8 p.m.

\$23 per class

Men's Doubles League

3.5 level & up

Mondays, 6-8 p.m.

\$10

Squash Lessons

Private and group lessons available.

Racquetball Lessons

Private and group lessons available.

Club Construction Is On Schedule

Thanks to each of you for your patience as we make improvements and enhancements to The Club through a significant construction process. Construction is moving along nicely and is on schedule.

To recap our plans to make your fitness experience an even better one: improvements to the wet areas of the Men's and Women's Resident Locker Rooms, including more usable space; addition of a 294-space underground parking garage; four new indoor and four new outdoor tennis courts, two new Padel courts and new tennis social areas; a new Cycle studio; a new Resident Fitness Center; new lounges for the Associate Locker room; enlarged Pilates studio with new flooring, ceiling and lighting; a new fire sprinkler system; an updated and more spacious Sports Shop; and much more. Stay tuned as we continue to grow and improve!



Changes To Sports Shop Are Right In Style

For six weeks, access to the Sports Shop was temporarily relocated and its space for merchandise made smaller, so that the shop could be expanded and improved to better serve its customers. The result is a beautiful boutique that provides better use of space and more natural light.

Members are very happy with the results, as feedback has been very positive, including such comments as: "It looks like a real boutique," "It's so beautiful, I want to stay longer" and "It is organized and easy to shop."



Now, even more Country Club.



The Houstonian Golf & Country Club has expanded its luxurious amenities* with the addition of:

- A heated recreational Sport Pool with lap lanes
- Two lighted tennis courts
- Dedicated group exercise studio
- Childcare facility
- A full-service Trellis Spa (opening fall 2008)

These additions, along with the existing golf and recreational amenities, complement what is already the area's premier golf and country club.

**These amenities are available exclusively to members of The Houstonian Golf & Country Club. Contact Nicole Scarbrough, Membership Director, at 281.340.7280 or nscarbrough@houstoniangolf.com to learn about special membership incentives for Houstonian Club members.*



THE HOUSTONIAN
GOLF & COUNTRY CLUB

www.houstoniangolf.com
12600 Houstonian Drive
Richmond, TX 77469

Kid's Night Out

Children enjoy many fun-filled activities, and parents get a Friday evening break! Kid's Night Out includes pizza, games, movies, rock wall climbing, face painting and MORE!!!

Oct. 24 – Fall Frenzy Friday
Registration deadline: Monday, Oct. 20

Nov. 21 – Pilgrims and Indians
Registration deadline: Monday, Nov. 17

Dec. 5 & Dec.19 – Frosty Fridays
Registration deadline: Monday, Dec. 1
and Monday, Dec. 15

Ages 2-12
Sign-In and Drop-off: 6-6:30 p.m.
Pick-up by 9:30 p.m.

1 child: \$30 • 2 children (siblings): \$56 • 3 children (siblings): \$78
All children must be on a Family Membership.

Registration packets are located at the Club Front Desk,
Bungalow and Kids Gym.



Zachary and Mallory



Riley and Tessa

Afterschool Action

Enroll your child/teen in an afterschool activity at The Club.



Basketball*
Soccer*
Cheerleading*
Tumbling*
Kid Yoga*



Sports Conditioning
Fall/Winter Athlete Development

* Pre-registration required and fees apply

Registration packets are located at the Club Front Desk,
Bungalow and Kids Gym.

Teen Scene at The Club

Ages 12 – 15 • 6-9:30 p.m.

Here is an opportunity for all Houstonian teens to gather together to participate in wacky activities, games and MORE!!!

Nov. 28 – Wacky Sports Night
Registration deadline: Monday, Nov. 24

Dec. 12 – Holiday Blast
Registration deadline: Monday, Dec. 8

1 teen: \$20
2 or more teens (siblings): \$15 each
All teens must be on a Family Membership.

Registration packets are located at the Club Front Desk.

Saturday Sports Clinics

Cheerleading with Nena Perdue **Ages 5-12**
Learn the basic skills of cheerleading through cheers, jumps, tumbling and stunting. Perform your skills for your friends and family at the time of pick-up.
Oct. 4 1-4 p.m.
Nov. 8 1-4 p.m.

Soccer with Chris Roehsner **Ages 5-12**
Participants will learn how to master coordination, flexibility and first touch skills as opposing players challenge for the ball.
Oct. 11 1-3 p.m.
Nov. 22 1-3 p.m.

Basketball with Dimitrious Carter **Ages 5-18**
Participants will be introduced to the basic fundamentals of basketball through a variety of skills and drills.
Ages 5-11 Oct. 18 1-3 p.m.
Ages 12-18 Nov. 1 1-3 p.m.

Registration packets are located at the Club Front Desk,
Bungalow and Kids Gym.

Holiday Tennis Camp

Come and join us for our exciting Holiday Program!

Ages 4-15
9 a.m.-Noon
The Houstonian Club

Dec. 22, 24, 26, 29, 31
Jan. 2

\$180 a week for each child,
\$60 per day for each child

* All cancellations must be made in writing 7 days prior to the camp start date to avoid full charge.

For more information, contact
Leo Contini at 713.685.6847
or fax the information to
713.680.1657.



Holiday Spa Packages for Everyone!

Trellis Delight

Trellis Facial, Classic Manicure and lunch or dinner.
3 hours \$155

Perfectly Polished

Aromatherapy Massage, Classic Manicure, Classic Pedicure,
Makeup Introduction and lunch or dinner.
4.5 hours \$235

Spoiled Beautiful

Trellis Facial, Swedish Massage, Classic Manicure, Classic
Pedicure, Makeup Introduction and lunch or dinner.
5.5 hours \$345

Pure Bliss

Trellis Facial, Tension Relief Cocoon, Classic Manicure,
Shampoo, Blow Dry, Makeup Introduction
and lunch or dinner.
5.5 hours \$365

Power Recharge for Men

Deep Tissue Massage, Trellis Facial, Sports Pedicure
and lunch or dinner.
4 hours \$300

Tranquility for Two

Couples Hot Springs Shiatsu Tub, Stone Therapy Massages,
Couples Waterfall Swiss Shower, Trellis Facials
and lunch or dinner.
4 hours \$610 for two

Don't forget, Trellis Gift Certificates are available in any
amount. Your recipients will be delighted, and gifts of
spa services always are received with excitement!

TRELLIS

THE SPA AT THE HOUSTONIAN

713.685.6790 • www.trellisspa.com

Resident Members may deduct 20% • Associate Members may deduct 10% • An 18% service charge will be added to all spa packages.



THE HOUSTONIAN CLUB

111 North Post Oak Lane
Houston, Texas 77024
713.680.2626
Leslie K. Friedman, Editor

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