

SPRING 2009

HOUSTONIAN September

**Meet New
Fitness Director
Shannon Bille**

Spring Into That
New Swimsuit

**College Application
Class**





Mark Stevens
General Manager
The Houstonian Club and Spa

A Minute with Mark

Just as it is in life, there are things The Club can and cannot control. We cannot control the economy, Houston's traffic or how often our Members actually use our facilities. We can, however, influence your experience at The Club, from the time you pull into our beautiful campus to the time you say "goodbye."

Our goal is to create a stress-free, non-work environment, full of friendly faces, top-of-the-line equipment and quality programs. We also want to anticipate your expectations and do our best to exceed them.

Although The Club is not at membership capacity, becoming and staying healthy is sweeping over our Membership. Club utilization has increased, and now is the perfect time to take full advantage of the opportunities The Club has to offer.

To help with parking, our traffic control and complimentary valet services are in full swing. If you are looking for

expediency, turn directly onto Post Oak Circle, park and use our shuttle service to get to and from The Club even faster. You will see myself and other managers driving the shuttles, because your direct feedback is very important to us.

Throughout the newsletter, you will see we have implemented some exciting programs for you and your guests. Don't forget our fabulous springtime brunches! Treat the family for Easter or Mother's Day and reserve a table in The Manor House or The Grande Ballroom. And if you just need a break, attend our pool parties, schedule a Trellis service, or plan a mini-vacation with a weekend getaway at The Hotel.

Finally, the construction projects are on schedule, due for completion at the end of the year. And as for those pesky un-controllable variables...we still don't have a solution, but we are committed to helping take your mind off of them.

Access Tags Drop Box

We now have a drop box to collect your day use locker cards and day use access tags, located by the exit door in the Club Rotunda. No need to give them to a front desk agent. This corresponds with our new equipment issue program that we will use for those items.

MEMBER CHECK-IN PROCEDURES



Sarah Kelly
Membership Services Director
The Houstonian Club and Spa

We have made some changes to the check-in practices and thought these answers would be helpful to your questions.

Q: How do I check in at the front desk?

A: Scan your Membership tag on the reader on top of the front desk so we may identify your membership. It takes three seconds BEFORE the door opens, so be cautious as you approach it.

Q: What if I forgot my tag today?

A: Just sign in and have an agent check your Membership to ensure accurate entry.

Q My husband carries his tag, do I need mine?

A: Each Member must scan his/her tag individually to check in. This provides proper identification of each person entering. Never lend your access tag to another person.

Q: How do I obtain a new tag?

A: Members ages 16+ may obtain their tag at the front desk. There is a \$20 charge to replace a lost tag. Children ages 12-15 must sign in at the front desk, but can obtain their own tag with a completed Youth Certification. Call 713.685.6975 to schedule a certification class.

Q: I'm a Resident Member and forgot my tag. How can I get around the Resident level?

A: Stop by the front desk and we will issue you a temporary tag for the day.

Q: Why must we have a photo taken at the front desk?

A: Having a photo of every Member ensures the staff can identify our Members, as well as prevent erroneous charges from being made on your account.

Q: How do prospective Members check in, what do they need to bring and how often can they visit?

A: All guests, including Resident Members' guests, must sign a waiver and show a photo ID for their first visit. A photo ID is required for all subsequent visits. Notification of guest arrival is required if you are not accompanying your guest. Guest visits are limited to two visits per month, not to exceed 12 times per year. You may bring up to four guests per day.

Q: Why do I need to register a minor (ages 5-11) guest at the front desk?

A: We must be able to provide the child's information to emergency personnel if necessary.

Q: What are the fees for guests and temporary equipment?

A: Resident Members' guests do not require a charge. Associate members incur a \$15 charge for guests ages 5-15 and \$25 for guests ages 16+. Temporary locker cards and Resident access tags not turned in at the end of the day will incur a \$25 charge.

Q: Can I drop off my child at the bridge for a couple of hours of swimming?

A: Yes, as long as the child is 12 and older. All children under 12 must have adult supervision upon entering the Club. Children attending supervised activities (lessons, camp, classes, etc.) must have an adult checking them into their activity.

Q: If I can't escort my guest when they arrive, what do I do?

A: Contact the Membership office at 713.316.2729 during business hours for a guest pass. Business hours are 8:30 a.m. to 6 p.m., Monday to Friday, and 8:30 a.m. to 3 p.m., on Saturday.

LOST AND FOUND ITEMS

Several items that may be of value to you have been collected in The Club's Lost and Found, including cell phones and ipods, and many for more than six months. Unless claimed by April 30, all items will be donated to a local charity. Contact Mark Stevens to identify the items at 713.685.6888.

Don't Miss the 2009 Shell Houston Open



April 2-5

The Tournament Course
at Redstone Golf Club

For tickets and
hospitality tent information,
call 281.454.7000.



Eve Sonik's Valentine's Luncheon

*Top Row: Ana Rangel, Marti Helfman, Sue Shefman, Kathy Hatchett, Malie Luss, Barb Springer, Patrice Thompson, Susan Klaiman and Linda Griffith
Bottom Row: Eve Sonik, Dorothy Vendley, Wini Lipsy, Bo Rice, Gloria White and Cecilia Rangel*



McKenna and Connally Leach at the Whorton Hears a Who Movie Night.



Guests pause for a photo at Dorothy Vendley's 87th birthday celebration.



Richard Wilson, Carolyn Brougher (standing) with Susanne and Ernest Johnson (seated) at the Voyagers Valentine's Day Dinner and Dance.



Jeffrey Tisdale, Carmen Knebel and Ana Tisdale pause for a photo at the Voyagers Valentine's Day Dinner and Dance.

Make Yourself Comfortably Productive

Not only does the The Houstonian Hotel, Club & Spa include one of the nation's top-rated health clubs and the area's only four-star spa, it boasts cutting-edge group and corporate meeting facilities.



THE HOUSTONIAN
HOTEL, CLUB & SPA

For details contact sales2009@houstonian.com, call 713.812.6932 or visit www.houstonian.com.



Zolt and Rosalie Olah at the Voyagers Valentine's Day Dinner and Dance.

EASTER BRUNCH

Sunday, April 12

The Houstonian Grande Ballroom
10:30 a.m. to 2:30 p.m.

\$65 for adults
\$25 Children ages 5-12
Children 4 and under are complimentary.
For reservations, call 713.685.7904.



The Manor House
10:30 a.m. to 2:30 p.m.

\$64 for adults
\$25 Children ages 5-12
Children 4 and under are complimentary.
For reservations, call 713.685.7904.

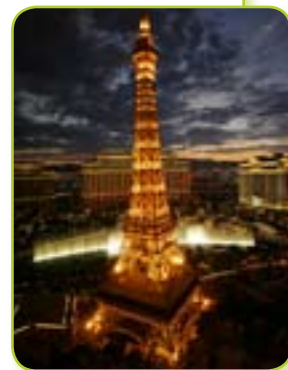
Olivette is also open for your dining pleasure, call 713.685.6713 for a reservation.

APRIL IN PARIS

Thursday, April 30

The Manor house
6 to 9 p.m.

Enjoy a spring evening as if you were in Paris. The Manor House will be transformed into a Paris chateau, featuring French wines and cuisine from many regions of France. Cost is \$55 per person, and reservations can be made by calling 713.685.6840.



Join us for Share Our Strength's TASTE OF THE NATION!



Sunday, May 3
The Meadow
5 to 8 p.m.

Enjoy a culinary extravaganza featuring food and wine from 50 of Houston's finest restaurants and caterers.

SOS hopes to raise \$150,000 this year!

General admission is \$100. One-hundred percent of ticket sales help ensure no child in America grows up hungry.

For tickets and more information, visit www.houstontaste.org or call 877.26.TASTE.

MARGARITA NIGHT

AT THE RESORT POOL



THURSDAY, APRIL 23, 6:30 TO 9:30 PM

- Guests are Welcome
- Three Margarita Choices
- Complimentary Snacks and Cash Bar
- Adults Only
- In the event of rain, this event will be rescheduled



For reservations call Alex Spencer at 713.682.7929.

FEATURING
YELBA AND HER BAND MAX CAT



Mother's Day Brunch

Sunday, May 10

The Houstonian Grande Ballroom
10:30 a.m. to 2:30 p.m.

\$65 for adults
\$25 Children ages 5-12
Children 4 and under are complimentary.
For reservations, call 713.685.7904.

The Manor House
10:30 a.m. to 2:30 p.m.

\$65 for adults
\$25 Children ages 5-12
Children 4 and under are complimentary.
For reservations, call 713.685.7904.

Olivette is also open for your dining pleasure, call 713.685.6713 for a reservation.



Spring Into Your Summer Clothes and That New Swimsuit

Melissa Hawthorne, MS, RD, LD

It's that time of year again, when the winter clothes get packed up and the sandals, shorts and swimsuits take over. If you have accumulated a few extra inches, don't worry! There's plenty of time to get back on track with these tips:



Become More Mindful of your Eating

An extra measly 100 calories a day can lead to a 10 pound weight gain a year! Cutting calories each day is as easy as switching from mayonnaise to mustard, removing cheese on an entrée or switching to skim or soy milk.

Write it Down

Writing down each bite of food and sip of drink can put extra calories in perspective. Studies show people who kept food journals lost 50 percent more weight on average. Keep a small notebook with you or send yourself quick e-mails to review your habits. Online journals are available and more nutrition applications are being designed for Blackberrys and iPhones.

Switch it Up

Try new healthy recipes and get excited about cooking by planning a Recipe Exchange Party with friends. Eating healthy is easier when friends and family have the same goal.

Visualize a Goal

Having a goal helps keep you on track to lose weight and live healthier. Maybe the reason you want to lose extra pounds is to decrease your risk of a heart attack, be more active with your children or to fit into those special jeans. Once you have a goal, find an object or picture that represents it and use it as a daily reminder.

For more information contact Melissa Hawthorne at 713.685.6894 or mhawthorne@houstonian.com.

Spring Nutrition Events

Resolution Shape Up

8-week Program

April 20 to June 12

MWF 10 to 11 a.m. / 11 a.m. to Noon / Noon to 1 p.m. / 1 to 2 p.m.
T/TH 10 to 11:30 a.m. / 5:30 to 7 p.m.

Nutrition Seminars

Tuesday, April 14 - Dining Lean in Houston

Club Boardroom / 11 a.m. / \$15

Wednesday, May 13 - 90 Seconds to Amazing Health

Club Boardroom / 6 p.m. / \$15

Tuesday, June 9 - Fastest Meals Imaginable

Cooking Demo

Club Boardroom / 11 a.m. / \$15

Metabolic Rate Testing

Saturday, April 18 8 to 11:30 a.m.

Saturday, May 23 8 to 11:30 a.m.

Saturday, June 13 8 to 11:30 a.m.

By appointment only.

Grocery Store Tours

Central Market

Thursday, April 30 / 1 to 2:30 p.m. / \$30

HEB - Bunker Hill

Tuesday, May 12 / 9 to 10:30 a.m. / \$25

Wednesday, May 20 / 6:30 to 8 p.m. / \$25

Whole Foods - Kirby

Wednesday, June 10 / 8:30 to 10 a.m. / \$30

To schedule an appointment for Metabolic Rate Testing, or to RSVP for Nutritional Opportunities, call 713.316.5945. Cancellations made less than 24 hours in advance will be charged a cancellation fee.

• Letarte • Gottex • Nat Nast •

• Speedo • TAJ • Gear



• Betsey Johnson • Lucky Brand

• Gideon Oberson •

VOYAGERS SPRING THING: CASUAL DINNER AND MUSIC

Tuesday, April 28

6:30 p. m.

\$35 per person

Featuring DJ music at The Hotel.

For details and reservations, call Mitzi at 713.685.7934 or Sam at 713.685.7946.

WELLNESS EXPERT AT THE CLUB

April 17-19

Yoga + Wine: Overcoming Fear

Yoga + Chocolate: Livin' the Moment

Chocolate Chakra Tour

David Romanelli teaches how every-day passions (chocolate, wine, music and yoga) are accessible gateways to the present moment.

For registration information contact Misha Laird at 281.635.0521 or yoga@houstonian.com.

INTRODUCING...THE H CLUB!

We are happy to announce the addition of The H Club to Houstonian Club Members, to help you improve your running, cycling, triathlon and KID triathlon experiences, through team training and racing goals. All fitness levels are welcome.

Those interested in swimming, biking, running, walking or tri will most benefit from The H Club, which will offer team training for different events throughout the year. Summer TriKID, 5K, 10K sprint/Olympian distance triathlon and a century-organized ride will be included in each training event.

Each race will offer a training program prior to the race, and each team will have race goals. Members can join the training program after they choose their race goal.

By becoming a team member, the athlete will receive the online training schedule with all the details; will be able to participate in all special monthly events, seminars, clinic and socials; and receive a Team racing top. Participants also will visit with trainers, dieticians, coaches and massage therapists, as well as be included in existing group exercise and aquatics classes.

Most of the training will take place at The Houstonian Club, but some off-site training locations will be included as well (these locations are noted on the schedules).

“We are very excited to introduce The H Club program to our Members,” said Annabelle Landa, sports performance coach. “This program will enable them to better prepare for racing events they participate in, and be at the top of their game, in terms of fitness and performance.”

For more information, contact Annabelle Landa at 713.882.9343 or ablanda@houstonian.com.

Second Annual Vertical Mileage Competition

June

Ages 8-14 and 15+

Test your endurance and strength on how many climbing routes you can complete in one month. The first 45 participants will receive T-shirts, participation prizes from various sport and climbing companies (REI, PETZL, BLACK DIAMOND), rewards for winners, and recognition in our sports display cabinet in Center Court Café.

The cost is \$45 to compete. Guests with Members are allowed.

Climbing charges will be waived with partner-belay certified competitors for the month of June.

WELCOME SHANNON BILLE



Welcome aboard to Shannon Bille, who has joined The Houstonian Club as its new Fitness Director. In her new role, Shannon is responsible for the fitness department, which includes personal training, the Resident and main fitness centers, nutrition, rock climbing wall and the Voyagers program.

“I am very excited to join The Houstonian, which is known for its excellent service, its Members and for offering the finest in fitness and training,” Shannon said.

Shannon recently relocated from Rochester, NY, where she was the Midwest territory manager for efi sports medicine, creators of the Total Gym. Prior to working with efi, she was general manager of the Harro East Athletic Club, a private, professional club in downtown Rochester. These positions have provided her the opportunity to excel in customer service, manage various departments within a fitness club, and re-energize personal training and nutrition departments.

Shannon earned a bachelor’s of science degree in athletic training from Canisius College in Buffalo, N.Y., with a minor in physical education. She also holds a certification in athletic training.

In her spare time, Shannon enjoys boxing, kayaking, competing in triathlons and half-marathons, and baking. She also has sung the National Anthem for a variety of sporting events, including for up to 10,000 at a Rochester Knighthawks professional lacrosse game.

“We are very excited to have Shannon be a part of our Club and Campus team,” said Mark Stevens, general manager of The Houstonian Club & Spa. “Please join me in welcoming her to The Houstonian family.”

Combat XPT Training

Come train in our newly-renovated Boxing Studio with Mo! Heavy bags, medicine balls and jump ropes are just a few of the tools used in this class.

You’ll undergo a combination of strength training, dynamic flexibility and heavy bag work. The focus is to emphasize muscular strength and cardiovascular endurance. Students will learn correct body alignment to maximize efficiency, while refining self defense techniques through repetition, drills and punch-kick combinations on the bag, focus mitt and/or Thai pad training.

Hand wraps and boxing gloves or bag gloves are required. These classes are designed to increase strength, power and performance in self defense or any other athletic skill.

Contact Mo Oteiza at 713.263.6524 for more information.

Houstonian Hoops!

Members Only

Keep the excitement of March Madness going! Get off the couch watching, and get on the court!

Three-on-three half-court for 35 years and up, starts Wednesday, April 8 for six games. Regular play on Wednesday nights and playoffs. Cost per team: \$475. Five players maximum per team. Captains meeting at 5:30 p.m. on Wednesday, April 1.

Five-on-five full-court, open league for 18 years and up, starts Thursday, April 9 for six games. Regular play on Thursdays nights and playoffs. Cost per team: \$555. Ten players maximum per team. Captains meeting at 6:30 p.m. on Wednesday, April 1.

Winners receive a championship T-shirt, gift cards, prizes and their team photo in the Sports Display Cabinet in Center Court Café.



For more information contact Matt Blackwell at Mblackwell@houstonian.com.

TRX at the Houstonian!

Mondays & Wednesdays 9:30 a.m.

Tuesdays & Thursdays 6:15 a.m.

TRX is the original bodyweight, portable training tool that builds strength, balance, flexibility and core stability for people of all fitness levels.

We are offering a two-week trial workout session period for \$140 (includes four sessions) April 20-30. After the trial period, we will have four-week sessions starting May 4.

On Friday, April 17 at 1 p.m., Chris Frankel, director of programming for TRX, will be at The Club to perform a demonstration for all members in the boxing studio. Join us to experience this great new class!

For more information, contact Stephanie Willis at 713.263.6534.

A SPECIAL OFFER FOR HOUSTONIAN CLUB MEMBERS FROM REDSTONE GOLF CLUB

Enjoy Member privileges at Redstone Golf Club for three months for monthly dues only, with no initiation fee commitment.

For more information, please call 281.459.7833. Offer is for a limited time only.



TREY ECKERMAN'S FOUR STEPS TO GUARANTEED FITNESS SUCCESS

The fitness trainers at The Club are pleased to offer one of the most rapidly growing fitness trends in the world: semi-private, or small-group training. These consist of a group of two, three or four individuals who can work out together to achieve their fitness goals.

Whether you're new to the fitness floor or have been trying to fine-tune your workouts, semi-private training has proven to be the most effective way to reach your fitness goals.

Here's why:

- **Accountability and social support** – one of the most important aspects of fitness is being accountable and having social support. Being accountable to only you will not always result in success. It is essential to have someone around who offers support, makes you work out harder and eat better, and has similar goals.
- **Competition** – to really take your workouts to the next level, you need to gain a competitive edge. If you have someone working out with you, you definitely will push yourself through your workout. Use your group partners to leverage fitness success.
- **Fun** – what's better than having a couple of friends or new exercise buddies nearby to push you through your tough workouts? Your enjoyment of the workouts will begin to skyrocket and that will improve your consistency and commitment, which are the greater indicators of success.
- **Economical** – let's face it, sometimes the investment in your body and health can be a little steep. This investment is an absolute necessity, and now with **semi-private** training, it's more economical. You can get much more bang for your buck and save up to 30 percent of the cost with semi-private training.

By having more people working in your exercise groups, you have a much better chance for success.

To find out more about semi-private training or to join a group, contact Trey Eckerman at 832.457.1213 or treyeckerman@gmail.com.

Upcoming Seasonal Classes

Monday, April 6 – Wednesday, Oct. 28

Adult Beginner Swim Classes

Mondays & Wednesdays
Sports Pool
6 to 7 p.m.

Monday, May 4 – Friday, Sept. 25

Aqua Steppin'

Mondays
Resort Pool
9:25 to 9:55 a.m.

Aquatic Kickboxing

Fridays
Resort Pool
9:25 to 9:55 a.m.

B.A.B.Y.

Tuesdays
Resort Pool
9 to 9:50 a.m.

Friday, May 1 – Thursday, June 18

D.A.R.T.

Fridays
Resort Pool
6 to 7 a.m.
(Starts Friday, May 1)

Cardio Kids Splash

Saturdays
Ages 7 to 10
Resort Pool
3 to 3:45 p.m.
(Starts Saturday, May 2)

Wednesday, May 13 – Thursday, June 18

Aqua Fusion

Wednesdays 7:30 to 8:20 p.m.
Thursdays 8:30 to 9:20 a.m.
Resort Pool

Wednesday, June 24 – Thursday, July 16

Aqua Power Core

Wednesdays 7:30 to 8:20 p.m.
Thursdays 8:30 to 9:20 a.m.
Resort Pool

2009 BLUEFINS, DOLPHINS AND STROKE CLINICS

The *Houstonian Bluefins* swim team, for ages 5–14, is a great opportunity for children to focus on stroke technique and start building their endurance. There will be six Saturday stroke clinics in April, May and June, to help the swimmer develop his or her individual strokes, starts and turns.

The *Houstonian Dolphins*, coached by Carrie Bowden, began in February with warmer and drier weather after a holiday. The Dolphins program returns in August.

The *Houstonian Bluefins* finished first at the CCL Invitational by our Girls team in 2008. Join the swim team and be apart of the fun and excitement.

All Bluefins registrations for preseason and regular season can be found online at www.myhoustonian.com. Forms are available at the Club Front Desk and at the Aquatics office. For more information, contact Coach Mark Hahn.

Bluefins preseason

Monday, March 30 – Friday, April 24

Bluefins regular season

Monday, April 27 – Monday, June 29

Bluefins Stroke Clinics

Saturdays, April 11, 18 and 25, May 9 and 23, and June 6

Dolphins Swim Team

Resumes in August

LIVE ENTERTAINMENT AT THE POOLS!

Join us poolside from 12 to 4 p.m. for a pool party and live music:

Mother's Day, Sunday, May 10

Wayne Holt (Jazz/Pop Guitarist)

Memorial Day, Monday, May 25

Kelly McGuire Band

Father's Day, Sunday, June 21

Moodafaruka Trio (Guitars and Congo drum)

No reservations needed. Seating is on a first-come, first-serve basis. For more information, contact Erica Meyer at 713.685.6709.



CHILDREN'S R&R HAS BEGUN

Children's R&R is designed to help parents and children take rest periods from the water to prevent accidents, preventable contaminations and the terrible "toos": Too tired, too much sun, too long between bathroom visits and too dehydrated.

All children under 12 are required to take the breaks which are 15-minute intervals every 1.5 hours. Those taking swimming lessons or are involved in swim team practice are not required to take the break during their program's scheduled times.

The schedule for Children R&R breaks is posted on the Aquatics bulletin board at the Pool House. For convenience and planning, the daily R&R schedule is as follows:

10 to 10:15 a.m.
11:30 to 11:45 a.m.
1 to 1:15 p.m.
2:30 to 2:45 p.m.
4:15 to 4:30 p.m.
5:30 to 5:45 p.m.
7 to 7:15 p.m.

The Club wants patrons to enjoy the pool areas while reducing behaviors that lead to accidents that cause pool closures and disrupt everyone's plans for a nice afternoon at the pool. Thank you for supporting our efforts.

THE GAZEBO IS OPEN!

The Gazebo is open weekends only through Sunday, April 26, and will be open full-time beginning Saturday, May 2. It will continue daily operation through Labor Day, Sept. 7, and return to weekends only through Sunday, Nov. 1.

HOURS OF OPERATION

Monday through Saturday
Kitchen: 11 a.m. to 8 p.m.
Bar: 11 a.m. to 9 p.m.

Sunday

Kitchen and Bar: 11 a.m. to 8 p.m.

More S'mores, Please!

Fridays

Resort Pool
6:30 to 8 p.m.

To help kick off the weekends, The Houstonian will have complimentary S'mores, weather permitting.

SCUBA-DUBA DOO!

Begins in April
Every second Monday
7 to 9:30 p.m.



The Houstonian is offering free SCUBA Skills Update and TRY SCUBA. Come refresh your diving skills and/or invite a buddy to try Scuba in the pool for the first time.

RSVP required one week prior.

All instructors are certified.

JOIN THE SCUBA RANGERS CLUB!

Ages 8-12

SCUBA Rangers is a pool-based program that takes the young Rangers from swimming skills to scuba skills. They will learn goal setting, water safety and confidence, underwater photography, buoyancy skills, navigation and other skills. This is a four-class program, plus a graduation class. The cost, including materials, is \$395 per session, plus a one-time \$154 fee for equipment.

June 2-16	T/Th	9 to 11:30 a.m.
June 16-30	T/Th	9 to 11:30 a.m.
July 7-21	T/Th	9 to 11:30 a.m.
Aug. 4-18	T/Th	9 to 11:30 a.m.
Sept. 8-22	T/Th	5 to 7:30 p.m.

All instructors are certified.

SCUBA STARFISH

Ages 4-7

This basic program takes the starfish from swimming skills to snorkeling skills. They will learn goal setting, water safety, confidence, navigation and other skills. This is a four-class program, plus a graduation class. The cost, including materials, is \$195 per session, plus a one-time \$154 fee for equipment.



June 2-16	T/Th	10 to 11:30 a.m.
June 16-30	T/Th	10 to 11:30 a.m.
July 7-21	T/Th	10 to 11:30 a.m.
Aug. 4-18	T/Th	10 to 11:30 a.m.
Sept. 8-22	T/Th	5 to 6:30 p.m.

All instructors are certified.

Open Water SCUBA

Adults and kids ages 10 and up

Seventy-five percent of the earth's surface is covered in water. The Open Water Scuba Course is your initial key to this hidden world.

The cost is \$1,395 for private or small groups. The fee includes everything you need to become a diver including tuition, educational materials, starting personal equipment, diving equipment rental for the course and one additional day. Don't just check diving off your bucket list, become a diver today!

June 1-11	Session 1	M/W	7 to 9:30 p.m.
June 15-25	Session 2	M/W	7 to 9:30 p.m.
July 6-16	Session 1	M/W	7 to 9:30 p.m.
July 20-30	Session 2	M/W	7 to 9:30 p.m.
Aug. 3-13	Session 1	M/W	7 to 9:30 p.m.
Sept. 4-25	Session 1	M/W	7 to 9:30 p.m.

For more information about our Scuba programs contact the Aquatics Department at 713.685.6751.

MOVING TO THE POOL: THE NEW AQUATIC TREND

Linda Griffith, Water Fitness Coordinator

Most activities done on land can be done in the water, and this includes traditional land classes.

What are the benefits of doing these activities in the water? Once a body enters the deep water its physiological state changes to weightlessness, eliminating joint compression on weight bearing joints. Due to the hydrostatic pressure of the water, the venous flow to the heart is made easier thus making your heart work more efficiently and reducing any edema in the body. The warm water relaxes and stretches muscles for a greater range of motion.

Mind and body workouts are ideal in the pool due to the increased ROM and peacefulness of the surroundings. Muscular balance and components originating from the core are challenged without undue stress on the joints or the fear of getting hurt.

The "liquid gym" is equipped with strength training exercises without requiring special aquatic equipment. Water is 12 times more resistant than air, making workouts harder.

In today's turbulent times, people are looking for workouts that provide a multitude of benefits in a short time span. Water fitness programs do just that by providing functional cardio respiratory, muscular endurance, strength, balance and flexibility training.

Proper buoyancy control encourages exercise safety and proper biomechanics. Movement originates from the co-contraction of the abdominal and back muscles, giving you a dynamic workout.

Aquatic exercise prevents injuries by strengthening muscles and surrounding tissues to improve your quality of life. These classes are for all ages, not just the injured, arthritic or seniors. A variety of classes are offered from Water Walking to H.A.R.T. (Hydro-Aerobic Rigorous Training), Kickboxing, Muscles, Yoga and Pilates. Come join Water Fitness class and experience the magical powers of the water, plus have a great time.

Youth Certifications

Lead by example and encourage your teenagers to get healthy this summer. Youth certifications are for 12-15-year olds and are available through the Fitness Department. Youth certifications will teach your teenagers policies of The Club, etiquette, equipment layout, benefits of exercise and operation of pre-selected machines.

Parents and teenagers will review the rules with a Fitness Service Agent before the certification session begins. After passing the youth certification, the teens will receive an access tag to enter The Club.

Members must be 16 to use the fitness center alone. To set up a youth certification call 713.812.6975.

NATURE CAMP!

Ages 5-12

Friday, April 10
Monday, April 13
8:30 a.m. to 3:30 p.m.

What better way for your kids to learn about nature and the outdoors, than to get them involved in our two-day Nature Camp! Kids will enjoy such activities as a nature hike in The Meadow, games, crafts, rock climbing and more.



There is a \$50 per day fee, as well as a \$7 lunch fee for each day.

Registration forms are available at the The Club Front Desk, Bungalow, and Kid's Gym. All children must be on a Family Membership.

For additional information, call the Youth Department at 713.685.7912.

Summer Tennis Program

Ages 5-16
9 a.m. to Noon
Monday - Friday

June 1 to 5
June 8 to 12
June 15 to 19
June 22 to 26
June 29 to July 3
July 6 to 10
July 13 to 17
July 20 to 24
July 27 to 31
Aug. 3 to 7
Aug. 10 to 14
Aug. 17 to 21



\$225 per week per child
\$60 per day per child

For more information or to schedule groups for advanced players contact Leo Contini at 713.768.9328 or 713.685.6847.

Youth Summer Sports

Begins June

A variety of activities will be offered for children throughout the summer. Activities will include cheerleading camps, basketball camps, soccer clinics and Kids XPT Self-Defense classes.



For more information, contact the Youth Department at 713.685.7912 or houstonianyouth@houstonian.com.

KIDS NIGHT OUT!

Ages 2-12
Fridays
6 to 9:30 p.m.



Parents – bring your children to The Club, and then enjoy a nice, relaxing evening! The kids will enjoy the rock climbing wall, games, movies, pizza and more!

April 17 - Nature Night
Special Activity – nature hike in the Club
Have your child bring his/her favorite fake bug!

May 8 - Mother May I?
Special Activity – create a Mother's Day gift.

June 12 - Luau
Special Activity – have a luau at the Club
Have your child wear his/her favorite Hawaiian shirt, dress or hat.

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

For additional information, call the Youth Department at 713.685.7912.

Crafty Kids

Resort Pool
2 to 3:30 p.m.

The Houstonian will have children's craft activities on the following days:

Easter, Sunday, April 12

Mother's Day, Sunday, May 10

Father's Day, Sunday, June 21



Are Your Kids Ready To Apply For College?

Back by popular demand, The Club is offering a class to help college-bound Members' children prepare for the college application process. The All-in-One College Application Class, helps ease the process when applying for college. Developed and taught by Jessica Givens, the class covers such topics as college selection, résumé development, essay writing, Common Application Online and Texas Application Online.

The two-week, two-hour sessions are July 13-24, and July 27-Aug. 7, 9:30 to 11:30 a.m. or 11:45 a.m. to 1:45 p.m. and are limited to eight participants per session.

Andy Ball, a student at Episcopal High School, has been accepted to all of the colleges he has applied to, including University of Miami and Trinity University, and he attributes much of that success to the All-in-One program. "Before I met Jessica, I was really confused about the application process," he said. "She helped me get my applications done quickly, easily and expertly, and I have gotten into all of the colleges I've applied to so far."

Allie Chirich, a student at Memorial High School, agrees with Andy's assessment, saying she's been accepted to Penn State University, University of Arizona and Northern Arizona University, and has been awarded a scholarship to Austin College. "Jessica was an awesome tutor," Allie said. "She answered all of my questions and was there when I needed her."

Andrew Martin, a student at Strake Jesuit, was happy to be accepted to Texas A&M University, his first choice. "Jessica was extremely helpful," Andrew said. "She helped me to write a great essay that enabled me to get into all the schools I wanted."

Jessica has 12 years experience in college admissions, having worked with hundreds of applicants over the years, with a 100 percent success rate. She earned a bachelor's degree in arts from the University of Houston, and has taught for Princeton Review, tutoring students preparing for the GMAT, MCAT and SAT.

"There are so many reasons for those heading to college to take the course, as it prepares them for college in so many ways," says Jessica. "And, by getting their applications completed early, they can enjoy their senior year stress-free!"

For more information, contact Nena Perdue at 713.685.6595 or nperdue@houstonian.com.



Eric Helfman pictured with course instructor Jessica Givens.

Saturday Night at the Movies!

Swim, relax and dine! Join us out at the Resort Pool at sunset for a movie.

April 18
"Madagascar 2: Africa"

Complimentary s'mores will be served. No reservations needed. Seating is on a first-come, first-served basis. For more information, contact the Aquatics Department at 713.685.6751.



ALL★STAR KIDS

Worry no more about how Junior and young Susie will keep busy this summer! Starting June 1 and through the week before school starts, The Houstonian Club is offering All★Star Camps, specifically and exclusively designed for children of Club Members.

Campers will learn to develop healthy lifestyles, exercise routines and good nutrition that will last a lifetime, through several fun, hands-on, interactive play experiences, all directly tied to a weekly camp theme. All★Star campers will play games, develop athletic skills, hike on the beautiful Houstonian campus, swim, do arts and crafts and lots more. They will spend most of the day grouped according to age, skill or interest level.

Theme weeks will include: Summer Blast, What's Your Sport?, Medieval Time, Detective or Go Go Gadget, Stars and Stripes, Super Heroes, Round Up, Ahoy Mate or Pirate Palooza, Outer Space, Under the Sea, and Water Palooza.

With two staff persons for every 10 campers, children are given ample attention to help them develop a 'can do' attitude through encouragement, support, coaching, positive reinforcement and team spirit.

Wendy Mehling said her children, Josh, 9, and Daryn, 5, "have a lot of fun at camp, which is the most important thing. The camp counselors seem to be very good with children, and are all involved in the activities, which makes camp more fun for the kids."

Krista Hensel was very happy with the activities and interaction her five-year-old son Matthew experienced with the counselors. "I was most impressed and appreciative with the level of enthusiasm, organization, caring and trust among the counselors toward the children," she said.

Junior All★Star Camp is for children ages 3-4, and All★Star Camp is for those ages 5-12. The camps are held each weekday from 8:30 a.m. to 3:30 p.m., at a cost of \$215 per week, or \$170 for each sibling. There is an additional one-time registration fee of \$15 per camper that is charged for the first week of camp. Lunch is \$35 each week.

Registration can be completed online at www.myhoustonian.com, or picked up at the front desk, Bungalow or Kids Gym. Children will be enrolled for camp on a first-come, first-served basis.

For more information, call the Youth Department at 713.985.7912.

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