



Group Swimming Lessons 2020

For registration information, call Kaitlyn Sowell, Aquatics Program Coordinator, 713.263.6563

Register Online at www.myhoustonian.com. Choose Online Services, Programs, Aquatics. There will be a list of class options there. Select the classes you want your child to participate in and add them to your cart. You will be contacted via email confirming your child's spot in a class. You will also receive a reminder email approximately 1 week from the start of classes. If one week prior to a class start date, there are not a sufficient number of students for the class to run, you will be contacted with alternative options. If you are on a wait list, you will be contacted when a spot in the class you want opens up. Your account will not be charged until your child has a spot in the class. If you are on a wait list for a class, you are not charged until your child's spot.

Aquatots I is for beginners ages 12 to 23 months (or first water experience) and their parents. 9x 30 min or 10x30 min, Teaches water acclimation, safety, entering & exiting pool, getting face wet, blowing bubbles and kicking. Every child MUST have an adult in the water with them.

Start	End	Price	Time	Days
May				
5/4	5/22	\$225	9:30 to 10:00 a.m.	M/W/F
5/4	5/22	\$225	4:30 to 5:00 p.m.	M/W/F
June				
6/1	6/19	\$225	9:30 to 10:00 a.m.	M/W/F
6/1	6/19	\$225	4:30 to 5:00 p.m.	M/W/F
July				
7/6	7/24	\$225	9:30 to 10:00 a.m.	M/W/F
7/6	7/24	\$225	4:30 to 5:00 p.m.	M/W/F
August				
8/3	8/14	\$250	9:30 to 10:00 a.m.	M-F

Angel fish - Beginner 1 - ages 30-48 months 6 x 30 min or 10x30 min, small setting ideal first timers, and those in transition from a parent-child class. Skills include: Putting face in water, blowing bubbles, floating, kicking, beginning arm movement, and water safety.

Start	End	Price	Times	Days
May				
5/11	5/22	\$350	3:45 to 4:15 p.m.	M-F
5/4	5/22	\$210	4:30 to 5:00 p.m.	TU/TH
5/4	5/22	\$210	5:15 to 5:45 p.m.	TU/TH
June				
6/1	6/12	\$350	3:45 to 4:15 p.m.	M-F
6/1	6/19	\$210	4:30 to 5:00 p.m.	TU/TH
6/1	6/19	\$210	5:15 to 5:45 p.m.	TU/TH
July				
7/6	7/17	\$350	3:45 to 4:15 p.m.	M-F
7/6	7/24	\$210	4:30 to 5:00 p.m.	TU/TH
7/6	7/24	\$210	5:15 to 5:45 p.m.	TU/TH
August				
8/3	8/14	\$350	3:45 to 4:15 p.m.	M-F
8/3	8/14	\$350	4:30 to 5:00 p.m.	M-F
8/3	8/14	\$350	5:15 to 5:45 p.m.	M-F

Stingrays- Intermediate 2 ages 4 to 5 years 6x 30 min or 10x30 min, children must be able to submerge face under water, blow bubbles, and move through the water without assistance. Skills include: floating, arm strokes, kicking, coordination of arms and legs, backstroke and beginning breast stroke

Start	End	Price	Times	Days
May				
5/11	5/22	\$300	5:00 to 5:30 p.m.	M-F
5/4	5/22	\$180	5:45 to 6:15 p.m.	TU/TH
June				
6/1	6/12	\$300	5:00 to 5:30 p.m.	M-F
6/1	6/19	\$180	5:45 to 6:15 p.m.	TU/TH
July				
7/6	7/17	\$300	5:00 to 5:30 p.m.	M-F
7/6	7/24	\$180	5:45 to 6:15 p.m.	TU/TH
August				
8/3	8/14	\$300	5:00 to 5:30 p.m.	M-F
8/3	8/14	\$300	5:45 to 6:15 p.m.	M-F

Aquatots II is for ages 24 to 36 months and their parents. 9X 30 min or 10x30 min, teaches water skills - safety, jumping in pool, blowing bubbles, floating, and arm and leg movements. Every child MUST have an adult in the water with them.

Start	End	Price	Time	Days
May				
5/4	5/22	\$225	10:15 to 10:45 a.m.	M/W/F
5/4	5/22	\$225	5:15 to 5:45 p.m.	M/W/F
June				
6/1	6/19	\$225	10:15 to 10:45 a.m.	M/W/F
6/1	6/19	\$225	5:15 to 5:45 p.m.	M/W/F
July				
7/6	7/24	\$225	10:15 to 10:45 a.m.	M/W/F
7/6	7/24	\$225	5:15 to 5:45 p.m.	M/W/F
August				
8/3	8/14	\$250	10:15 to 10:45 a.m.	M-F

Starfish - Beginner 2 - ages 3 to 4 years 6x30 min or 10x30 min, Skills include: Putting face in water, blowing bubbles, floating, kicking, beginning freestyle, and water safety.

Start	End	Price	Times	Days
May				
5/4	5/22	\$180	4:15 to 4:45 p.m.	TU/TH
June				
6/1	6/19	\$180	4:15 to 4:45 p.m.	TU/TH
July				
7/6	7/24	\$180	4:15 to 4:45 p.m.	TU/TH
August				
8/3	8/14	\$300	4:15 to 4:45 p.m.	M-F

Seahorse - Intermediate 1 - ages 3 to 4 years 6x30 min or 10x30 min, Intermediate level - children must be able submerge face under water, blow bubbles, and move through the water without assistance. Skills include: floating, freestyle, kicking, coordination of arms and legs, beginning backstroke, and water safety.

Start	End	Price	Times	Days
May				
5/11	5/22	\$300	4:15 to 4:45 p.m.	M-F
5/4	5/22	\$180	5:00 to 5:30 p.m.	TU/TH
5/4	5/22	\$180	5:45 to 6:15 p.m.	TU/TH
June				
6/1	6/12	\$300	4:15 to 4:45 p.m.	M-F
6/1	6/19	\$180	5:00 to 5:30 p.m.	TU/TH
6/1	6/19	\$180	5:45 to 6:15 p.m.	TU/TH
July				
7/6	7/17	\$300	4:15 to 4:45 p.m.	M-F
7/6	7/24	\$180	5:00 to 5:30 p.m.	TU/TH
7/6	7/24	\$180	5:45 to 6:15 p.m.	TU/TH
August				
8/3	8/14	\$300	4:15 to 4:45 p.m.	M-F
8/3	8/14	\$300	5:00 to 5:30 p.m.	M-F
8/3	8/14	\$300	5:45 to 6:15 p.m.	M-F

Please turn this sheet over for more information

Sea Lions - Advanced - ages 5 to 6 years 6x 45 min or 10x45 min, Children should already swim across the pool unassisted. Skills include: Freestyle, lateral breathing, breaststroke, backstroke, beginning dives, water safety.

Start	End	Price	Times	Days
May				
5/11	5/22	\$400	4:30 to 5:15 p.m.	M-F
5/4	5/22	\$240	5:30 to 6:15 p.m.	TU/TH
June				
6/1	6/12	\$400	4:30 to 5:15 p.m.	M-F
6/1	6/19	\$240	5:30 to 6:15 p.m.	TU/TH
July				
7/6	7/17	\$400	4:30 to 5:15 p.m.	M-F
7/6	7/24	\$240	5:30 to 6:15 p.m.	TU/TH
August				
8/3	8/14	\$400	4:30 to 5:15 p.m.	M-F
8/3	8/14	\$400	5:30 to 6:15 p.m.	M-F

Other Swim Programs

Dolphins Fitness Swim: January 13th through April 3, 2020 and July through November 2020

Dolphins Fitness Swim is a lap swim and competitive Swim development program for children ages 7-14. It focuses on building endurance and fine tuning swimming techniques in the four competitive strokes. This program meets from July - March with a break from mid-December - mid-January. For more information contact: Clement Dulac at cdulac@houstonian.com or (713)-316-2705

BlueFins Summer League Swim Team: May 4, 2020 through June 22, 2020

For swimmers ages 5-14. Consists of two sessions: March 30 through April, pre-season swimming starts to help kids develop their skills and endurance. BlueFins train for competitions with other Clubs. For more information contact Clement Dulac at cdulac@houstonian.com (713)263-6560

BlueFins Pre-Season Swim: April 6—May 1, 2020

Give your swimmer a jump-start into the BlueFins season with skills and endurance work. For more information contact Clement Dulac at cdulac@houstonian.com or (713)-316-2705

SCUBA Programs:

(Call Ann Keibler 713-523-3483 at Oceanic Ventures for details and fees.)

Scuba Rangers™ (Ages 8-12) & Starfish™ (Ages 4-7)

Scuba Rangers is a pool based scuba club program for children ages 8-12. The program is a modular program designed to keep kids and families involved and growing. The basic program takes the young Ranger from swimming skills to scuba skills in the pool. Along the way they will learn goal setting, water safety, confidence along with underwater photography, buoyancy skills, navigation, and other skills. The Scuba Ranger Core Course is a four session program plus a graduation session. Starfish is based on the same model but for children 4-7 using snorkeling as the foundation. Students can repeat the program and progress toward a Master Ranger Level and/or can enroll in a JR. Open Water Diver Program.

Family Snorkeling

Snorkeling is a fun way to get exercise and spend an hour or two with your children and friends. Join us as we learn to snorkel and free dive in the pool. You will learn all of the basic techniques as well as an introduction to breath hold diving. Times: 1:00 – 3:30 First Saturday of the month.

Scuba Skills Updates – Special: First Saturday of every month, or anytime by appointment

If you are a certified diver and would like to refresh your skills or try out some new equipment under the watchful eyes of a certified Dive Leader, then this is where you need to be. Sign-up at least a week before the update, dig out your old scuba equipment and be prepared to rejoin the diving community! Times: 11:00 – 12:00 Classroom, and 12:30 – 3:00 Pool, 1st Saturday of the month

Private and Semi-private Swim Lessons are available for all ages. Our pools are heated so Swim Lessons are available all year long.

Children's Lessons: Kaitlyn Sowell, Aquatics Program Coordinator, Ksowell@houstonian.com or (713)-263-6563

Teenage or Adult Lessons, Clement Dulac at cdulac@houstonian.com or (713)-316-2705

Group Lesson Policies

- All Toddlers must wear Swim Diapers. No disposable diapers permitted.
- Registration will not be accepted over the phone. Please register online at www.myhoustonian.com.
- Your account will be billed at the time of registration. If paying by check, your child will not be registered until payment is received.
- After the first class, the instructor will suggest the best class level placement for your child. You will be offered the opportunity to move your child to the correct class only if there is a spot. If there is no space in the appropriate level class, the instructor will offer you three private lessons or four semi-private lessons.
- If a class is cancelled by the instructor due to weather, the instructor will schedule a make-up.
- Cancellations: There is a non-refundable cancellation fee of \$60 billed to your account if cancellation occurs less than seven days before a course begins. Full fees apply the first day of class.**
- There is no pro-rating for partial attendance