

# DIVE INTO EXCELLENCE

# BLUEFINS

## YEAR-ROUND SWIM PROGRAM!



Get ready for an exciting year in the water! The BlueFins Year-Round Swim Program focuses on mastering all four competitive strokes, perfecting starts, and nailing turns. We aim to teach proper techniques, build endurance, and boost overall fitness.

Here's the thrilling part: HCCL teams unite to form one powerful team! Your child will have the option to compete monthly against other leagues, meaning more opportunities for growth and showcasing their skills!

To join, swimmers must proficiently swim 25 yards of Freestyle, Backstroke, and Breaststroke without stopping.

### Monthly Sessions

**Session 1:** Jan. 6–31

**Session 2:** Feb. 3–28

**Session 3:** Mar. 3–28

**Session 4:** Aug. 4–29

**Session 5:** Sept. 1–26

**Session 6:** Sept. 29–Oct. 24

**Session 7:** Oct. 27–Nov. 21

**Session 8:** Dec. 1–12  
(2 weeks, \$100)

**Ages 6–18**

**\$180 per session**

**The Sports Pool**

### Practice Schedule

	Ages	Days	Times
<b>Gold I</b>	6 to 7 years old	Monday–Thursday	4:30 to 5:15 p.m.
<b>Gold II</b>	8 to 18 years old	Monday–Thursday	5:15 to 6:15 p.m.

*Team Activity Day: Last Friday of each session 4:30 to 5:30 p.m.*

Register through CampMinder on the Aquatics page at [www.myhoustonian.com](http://www.myhoustonian.com).

For more information, please contact Coach Jorge Mijares at [jmijares@houstonian.com](mailto:jmijares@houstonian.com).

