

*Family and Youth*







# The Houstonian Club Youth Programs

## 6 WEEKS-23 MONTHS

Bungalow  
Group & Private Swim Lessons  
Aquatots I  
Aquatots II

## 2-5 YEARS

Bungalow  
Kids Night Out (2-12)  
Children's Playground (2+)  
Jr. All Star Summer Camp (3-4)  
Group & Private Swim Lessons  
Aquatots II  
Angel Fish  
Star Fish  
Sea Horses  
Sea Lions  
Dolphins  
BlueFins Swim Team  
Tennis Programs (4+)  
Extended Drills Tennis Camp (4+)  
Quickstart Tennis  
Padel, Swim & Tennis Camp (4+)



## 6-12 YEARS

After School Action (5-14)  
Kids Gym (5-12)  
Children's Playground (2-12)  
All Star Camps (5-12)  
Private Swim Lessons  
Dolphins  
AquaEdge  
Splash Clinics  
BlueFins Swim Team  
Tennis Camps (4+)  
Extended Drills Tennis Camp (4+)  
Padel, Swim & Tennis Camp (4+)  
Basketball (5-12)  
TRI-Kid (7-13)  
Junior Youth Certification (9-11)  
Youth Certification (12-15)  
Stand Up Paddle (8+)  
Rockwall (5+)

## 13-17 YEARS

Private Swim Lessons  
Dolphins  
Splash Clinics  
BlueFins Swim Team  
AquaEdge  
Tennis Camps (4+)  
Extended Drills Tennis Camp (4+)  
Padel, Swim & Tennis Camp (4+)  
Designated Group Exercise Classes  
TRI-Kid (7-13)  
Youth Certification (12-15)  
Survival Training (12+)  
Teen Basketball (11-17)



# Youth Department Programs

## THE BUNGALOW

The Bungalow provides child care for 6 weeks to 5 years of age. Children love the Bungalow and our caring, nurturing staff. Our infant area, designed for children 6 weeks to crawling, has age-appropriate toys and furniture so our youngest guests feel safe and “at home.” Toddlers, crawling to 24 months, enjoy their own special area with age-appropriate toys and books and music time. Preschoolers, 2 to 5 years of age, can enjoy our various activities from dressing up to having a snack or even reading stories together.

## HOURS OF OPERATION

The Bungalow is open Monday through Thursday from 8:00 a.m. to 8:00 p.m., Fridays from 8:00 a.m. to 4:00 p.m., Saturdays from 7:30 a.m. to 6:00 p.m., and Sundays from 9:00 a.m. to 6:00 p.m. Special hours of operation are posted for holidays.

## THE KIDS GYM

The Kids Gym area offers children 5 to 12 years of age an exciting variety of age appropriate activities, including a multi-level climbing structure, arts and crafts, games and music. It is designed to develop and strengthen gross motor skills.

## HOURS OF OPERATION (SCHOOL YEAR)

The Kids Gym is open Monday through Thursday from 3:00 p.m. to 8:00 p.m., closed Fridays, Saturdays from 7:30 a.m. to 6:00 p.m. and Sundays from 9:00 a.m. to 6:00 p.m. Summer hours are the same hours as the Bungalow. Special hours of operation are posted for holidays.

## CHILDREN'S PLAYGROUND

The outdoor physical activity area is designed for children ages 2 to 12. Please use caution if you have a child or children younger than 5. Shoes must be worn at all times, and maximum capacity is 40 people.

## CHILDREN'S PLAYGROUND HOURS OF OPERATION

The playground is open during regular Club hours, weather permitting. Use caution if it is getting dark.

Bungalow and Kids Club Gym staff will be taking children ages 2 to 12 outside, weather permitting, during non-peak times the children are in our care, with parents' approval. Parents must follow the Bungalow and Kids Club Gym standard procedures for check-in and check-out.







### KID'S NIGHT OUT

Runs one Friday a month, August through April. Children between the ages of 2 to 12 come from 6:00 to 9:00 p.m. Feel free to bring the kiddos in PJs or bring them to change into. First we all meet in the Bungalow for pizza and Capri-Sun. After that, kids over the age of 5 will go to the kid's gym. Both areas watch a new release movie, make art and do activities related to the movie. This is the perfect event for a date night!

### AFTER SCHOOL ACTION (AGES 5 TO 12)

Come get active at After School Action with a variety of activities, such as sports conditioning, soccer, or yoga! Find these complimentary classes for kids on the Houstonian app (or feel free to pick up a flier outside the Youth Department). **Minimum of 8; maximum of 20 children.**

### SUMMER CAMPS

(Jr. All-Star Ages 3 to 4; All Star ages 5 to 12)

Junior Camps are specifically and exclusively designed for children of The Houstonian Club Members. Our goal is to help children develop healthy lifestyles, exercise routines, and good nutrition that last a lifetime through fun, hands-on, interactive play experiences. Campers will have the opportunity to explore The Houstonian Campus, get messy with arts and crafts and play games that are directly tied to the theme for that week. We want your child to always remember the wonderful experience they had at The Houstonian Camps! Campers, we play hard, learn lots, push boundaries and challenge each other without fear of failure or humiliation.

**Minimum of 5; maximum of 20 children.**

**Must be potty trained.**

### BASKETBALL LESSONS

Looking for more activities for your kids, basketball lessons are the way to go! Kids will learn team drills, basic pick and roll, how to run offense and how to be a team player. To sign up for lessons, please contact our Basketball coach.

### ROCK WALL (AGES 5+)

The Houstonian Rock Wall is a fantastic place for kids to get their belay on! To rock climb you must call ahead of time to the Kids Gym to reserve time. Walk-ins are welcome although time is not promised. Attire requirements include pants or shorts and socks are required to climb. For reservations call 713-685-7932.

### HOURS OF OPERATION

**School year:** Monday-Thursday 3:00 to 6:00 p.m. By reservation only, Friday closed, Saturday and Sunday 10:00 a.m. to 2:00 p.m.

**Summer and winter break:** Daily 10:00 a.m. to 2:00 p.m. Special hours of operation are posted for holidays.





## *Birthday Parties*

Want to celebrate your child's special day at The Houstonian? Members can reserve space, time and plan their dream party with our Youth Party Coordinators.

All parties require a three weeks notice and a minimum of ten children.

### **INDOOR, MEADOW AND FIELD EVENTS**

Fridays, Saturdays and Sundays

2:00 to 4:00 p.m. or 3:00 to 5:00 p.m. or 4:00 to 6:00 p.m.

Maximum of 40 guests.

### **POOL EVENTS**

May through October

Monday - Friday

Noon to 2:00 p.m. or 1:00 to 3:00 p.m.

Maximum of 20 guests.

**WE HAVE A VARIETY OF VENDORS INCLUDING BUT NOT LIMITED TO:**

- Moonwalks/Bouncy Houses
- Petting Zoo
- Pony Rides
- Balloon Artists
- Face Painter/Airbrush Artists
- DJ
- Photo Booth
- Magician
- Yard Wars (Nerf Guns)
- Bubble Soccer
- Archery Tag
- Soccer Darts

Our Youth Party Coordinator can be reached at 713-263-6596.





# Aquatics Programs

## GROUP SWIM LESSONS (APRIL THROUGH AUGUST)

The Houstonian offers group swimming lessons for children ages 1 to 7. Children will learn stroke progressions and water safety in a fun, nurturing group setting. Aquatots (parent and child), StarFish (ages 3 to 4, beginner), Sea Horses (ages 3 to 4, advanced), Sting Rays (ages 4 to 6, advanced) and Sea Lions (ages 4 to 7). Fees vary. Please see registration forms on the main Aquatics page at [www.myhoustonian.com](http://www.myhoustonian.com).

## PRIVATE SWIM LESSONS (YEAR-ROUND)

Private, semi-private and private-group lessons are offered at your convenience. By appointment only.

## AQUATOTS I (AGES 12 MONTHS TO 23 MONTHS)

Children will work on water safety, basic water skills, jumping in the pool, blowing bubbles, floating and arm and leg movements.

## AQUATOTS II (AGES 24 TO 36 MONTHS)

Children will work on water safety, basic water skills jumping in the pool, blowing bubbles, floating and arm and leg movements.

## ANGEL FISH (AGES 2 1/2 TO 3 1/2)

The class is limited to two students, meeting twice a week for three weeks. The small setting is ideal for the first time water experiences, and those in transition from parent-child class. Skills include: putting face in the water, blowing bubbles, floating, kicking, beginning arm strokes and water safety.

## STARFISH (AGES 3 TO 4)

For the more timid child. Children will work on putting their face in the water, blowing bubbles, floating, kicking, beginning arm strokes and water safety.

## SEA HORSES (AGES 3 TO 4)

Children will work on floating, arm strokes, kicking, coordination of arms and legs, beginning backstrokes and water safety.

## STING RAYS (AGES 4 TO 7)

Children will advance their skill in floating, arm strokes, kicking, breathing to the side, coordination of arms and legs, backstroke and beginning breast stroke.

## SEA LIONS (AGES 5 TO 7)

Children will work on balance, timing, arm strokes, lateral breathing, frog kick, backstroke and beginning dives.



## AQUAEDGE

On Saturdays in the spring and each Friday in July, kids ages 6 to 14 can brush up on their swimming, racing starts and turns. Skills are presented through drilling and with games. Each AquaEdge clinic focuses on different aspects of competitive swimming. Please ask for a schedule of upcoming clinics.

## OTTERS PRE-SWIM TEAM

Held year-round with a break from mid-April to June for BlueFins Swim Team and Dolphins Fitness Swim.

## DOLPHINS FITNESS SWIM (JULY THROUGH MARCH)

Dolphins Swim Team is a fun, low-key developmental program that focuses on stroke technique and conditioning for athletes ages 8 to 16. Kids will gain a great foundation for entering school and summer swim team programs.

## BLUEFINS SWIM TEAM

Summer League Swim Team for children ages 5 to 14, May through June. Please see registration form for practice schedules. Swim Meets in June.

## SCUBA PROGRAMS

### SCUBA RANGERS AND STARFISH

SCUBA Rangers™ and Starfish™ Kids will learn water safety, team building and responsibility. Starfish (ages 3 1/2 to 7) is beginning snorkeling skills. SCUBA Rangers (ages 8 to 12) includes both snorkeling and SCUBA. Call Oceanic Venture at 713-523-3483.

For more information on all Youth Aquatics programs, please contact the Aquatics Department at 713-685-6751.



# Youth Racquet Sports and Youth Fitness



## AFTER SCHOOL JUNIOR PROGRAM

Groups are offered for ages 4 to 16. Classes are available Monday through Friday between the hours of 3:30 to 6:30 p.m. Times vary by the age of the child and ability level.

## SUMMER TENNIS CAMP (AGES 4 TO 16)

Tennis Camp is held from 9:00 a.m. to noon with a snack break at 10:30 a.m. The children will learn the basic fundamentals of tennis along with fun and games constructed with the developing tennis athlete in mind. For more information, please contact the Tennis office at 713-685-6847.

## PADEL, SWIM AND TENNIS CAMP (AGES 4 TO 16)

Padel, Swim and Tennis camp is held from 9:00 a.m. to 2:00 p.m. with a snack break at 10:30 a.m., recreational swimming at 11:00 a.m., followed by lunch at noon. After lunch, the kids return to the tennis courts for 90 more minutes of tennis camp to reinforce the basic fundamentals of tennis along with fun and games constructed with the developing tennis athlete in mind. For more information, please contact the Tennis office at 713-685-6847.

## QUICKSTART TENNIS

The Saturday Afternoon Tennis class is designed to bring youngsters into the world of tennis by utilizing specialized equipment, shorter court dimensions and modified scoring. These all are tailored to age and size. This class is available from 1:00 to 4:00 p.m. with a snack break at 2:30 p.m. For more information, please contact the Tennis office at 713-685-6847.

## JUNIOR TRI TEAM (AGES 7 TO 13)

The Junior TRI Team is a program that gets children ages 6-13 years old ready to compete in a triathlon. It promotes the importance of exercise, staying healthy, team bonding and sportsmanship. Endurance, speed, coordination, swimming technique and mental development is focused on throughout practices. In order to participate, children must be able to swim 1 length of the pool free style and breast stroke without assistance and run and bike without assistance. All training will be done on campus. The cycling piece is done with a personal stationary bike trainer. If children wish to participate they must register for 1 of the 3 races the team participates in throughout the TRI season. For more information, please contact Performance Program Coach at 713-263-6536.

## JUNIOR YOUTH CERTIFICATION (AGES 9 TO 11)

Required for children to use the club (except fitness equipment or pools). Parents are required to be on property the entire time their children are in the program. Includes one-hour session with a member of the Youth Management who will demonstrate safety guidelines and club etiquette. Certification meets in the Bungalow. Sessions are made by appointment only. For more information, please contact the Youth Department at [jryouth@houstonian.com](mailto:jryouth@houstonian.com).

## YOUTH CERTIFICATION (AGES 12 TO 15)

Required for children to use equipment unsupervised. Includes a one-hour session with a member of the Fitness Staff who will demonstrate safety guidelines and exercise etiquette. Certification takes place in the indoor track area. Sessions are made by appointment only. For more information, call 713-685-6721.

## SURVIVAL TRAINING (AGES 12+)

A 2 hour class used to teach kids (and adults) what they need to do to survive a 1 or 2 day stay in the wilderness. Skills include: basic survival attitude and thinking, signaling for help, shelter (survival tarp set up), basic map reading and fire starting (matches, flint striker and bow drill for fun). For more information, contact the Fitness Department at 713-316-2716.

## STAND UP PADDLE (AGES 8+)

A 1 hour lesson used to teach the skills of stand up paddle boarding. The great new sport of standing on a surfboard and paddling! Classes take place in the Sports Pool. Must be comfortable in water to take class. For more information, contact the Group Exercise Department at 713-685-6855.







# Houstonian Traditions

## FALL FESTIVAL

HELD IN OCTOBER ON THE MEADOW

*Entry fees will apply.*

Come enjoy an afternoon filled with fun for the entire family. Includes train rides, moon walks, face painting, games, refreshments, pumpkin patch, pumpkin decorating and much more.

## TREE LIGHTING

HELD IN NOVEMBER ON THE MEADOW

*Complimentary. All ages welcome.*

Celebrate this traditional prelude to the holidays with the lighting of The Houstonian's Grand Texas Live Oak. Activities include train rides, holiday characters, cookie decorating, face painting and much more. A DJ will provide holiday music to add to the fun. In lieu of an entry fee, we encourage families to bring canned goods and nonperishable items to be donated to the Houston Food Bank.

## FROSTY'S FOLLIES

HELD IN DECEMBER IN THE HOTEL GRAND BALLROOM

*Entry fees will apply.*

Children will enjoy a scrumptious buffet, photo with Santa, a visit with Frosty, art and crafts, music, balloons, and much more. Reservations required. Must have reservations the Wednesday before the event. *Seating is limited.*

## FESTIVAL OF LIGHTS

HELD IN DECEMBER IN A HOTEL BALLROOM

*Complimentary. All ages welcome.*

Join us for a Hanukkah menorah lighting, live music, dancing, desserts, children's crafts, games and more. Reservations are required. Reservations must be made two days prior to the event. Seating is limited. In lieu of entry fee, we encourage families to bring one toy to be donated per person.

## DADDY/DAUGHTER DANCE

HELD IN FEBRUARY IN THE HOTEL FOREST BALLROOM

*Entry fees will apply.*

All ages welcome. Join us for evenings filled with every daughter's dream. The event includes a DJ, photograph, crafts, finger food buffet, characters and much more. Reservations are required. *Seating is limited.*

## SPRING FLING

HELD IN MARCH OR APRIL ON THE MEADOW

*Entry fees will apply.*

Join us for moon walks, games, music, face painting, carnival games, refreshments, Easter egg hunts and a visit from the Easter Bunny.

## MOVIE NIGHT

HELD MONTHLY ON THE MEADOW OR AT THE RESORT POOL FROM MARCH TO APRIL.

Come enjoy a different movie each month with the whole family. Complimentary refreshments are provided.

## MOTHER/SON DANCE

HELD IN MAY IN THE HOTEL FOREST BALLROOM

*Entry fees will apply.*

Join us for a creative, wonderful event promising to be every son's best childhood memory. The evening will include a DJ, photograph, crafts, finger food buffet, characters, and much more. Reservations are required. *Seating is limited.*



*Get to a healthier place*

**For more information, contact  
the Youth Department at 713-685-6753  
or visit [www.myhoustonian.com/Youth.aspx](http://www.myhoustonian.com/Youth.aspx)**