



**Jan. 9 through May. 25**  
**Complimentary**

**Sports Conditioning with Matt Blackwell**  
**Mondays in Strong Studio**

**3:45 to 4:15 p.m. – Ages 5 to 7    4:15 to 4:45 p.m. – Ages 8 to 12**

This class will focus on hand-eye coordination, stamina, speed, and strength for all sports and overall fitness. Basic functional movements with proper form will keep your child on track with their age appropriate development.

**Yoga with Stephanie Ann McCarrey**  
**Tuesdays in Strong Studio**

**3:30 to 4 p.m. – Ages 5 to 7    4:15 to 5 p.m. – Ages 8 to 12**

Grace, strength and a little comedy! Want to work on your balance and have a blast doing it? This is the place for you. The Houstonian Club's youth yoga class teaches children to build their strength from within and to gracefully flow from one yoga pose to the next.

**Soccer Training with Coach Jose Rodriguez**  
**Wednesdays at the Field**

**4 to 4:30 p.m. – Ages 5 to 7    4:30 to 5 p.m. – Ages 8 to 12**

Pele, Renaldo, Hamm, these epic soccer players stated with the fundamentals. Do you want to start on your way to becoming one of the great soccer players of your day? The Houstonian Club's youth soccer class teaches you the necessary techniques and know-how to become one of the greatest. Passing, dribbling, shooting and game situations will put you ahead of the curve.

**Martial Arts with Coach Gustavo Vila**  
**Thursdays in Move Studio**  
**4 to 5 p.m. – Ages 5 to 12**

This class will be an introduction to martial arts and its techniques, while focusing on flexibility, form, and structure all in fun interactive games and teachings. The Houstonian Club's Martial Arts class will help kids develop a greater sense of assertiveness, self-confidence, and self-esteem. Just like exercise strengthens your body, challenges strengthen your mind.

*Parents are required to sign their child in and out for these programs.  
Jr. Youth Certified children are able to sign in and out themselves.  
Parents must be on campus for child to participate.*

For more information, contact the Youth Department at  
youth@houstonian.com or 713.685.6753.

