



## Houstonian Club Enrichment Learning Program

The Houstonian Club Enrichment Learning Program (**HELP**) provides our young Members (Ages 5-18) with educational support and physical fitness options to encourage a healthy, balanced lifestyle.

The participant can customize their experience by selecting tutoring support provided by **Staying Ahead of the Game (SAOTG)**, pre-registering for our **After School Action (ASA)** classes or **Teen Fitness** classes, and can also pre-register for fee-based Private services to enhance this program. (Pricing for Private services will vary by department.)

### HELP Program FAQ's:

#### What is the HELP Program?

The HELP Program provides tutoring support and fitness activities for young Houstonian Club Members ages 5-18.

The **HELP** services are offered as follows:

A flyer for the HELP Program. It features a yellow background with the HELP logo at the top. On the left, there is a photo of a young boy wearing a white face mask and a red plaid shirt, sitting at a desk and writing. To the right of the photo, the text reads: 'Houstonian Club Enrichment Learning Program'. Below this, it says 'Sept. 8 through Oct. 16', 'Monday - Thursday 3:30 to 6 p.m.', and 'Ages 5-18 Starting at \$200 per week.' At the bottom, it provides contact information: 'Questions? Call 713-685-7911 Register through email at youth@houstonian.com.' There are also logos for SAOTG (Staying Ahead of the Game) and The Houstonian Club.



#### Houstonian Club Enrichment Learning Program

The Houstonian Club Enrichment Learning Program (HELP) provides our young Members with educational support and physical fitness options to encourage a healthy, balanced lifestyle.

The participant can customize their experience by selecting tutoring support provided by SAOTG, pre-registering for our ASA classes, and can also pre-register for fee-based private services to enhance this program (Pricing for private services will vary by department).

**Sept. 8 through Oct. 16**

Monday - Thursday

3:30 to 6 p.m.

Ages 5-18

Starting at \$200 per week.

Questions? Call 713-685-7911

Register through email at [youth@houstonian.com](mailto:youth@houstonian.com).



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## Where are the tutoring sessions and classes held?

Kids ages 5-8 check in at the Library and will receive supervision by our Youth Department staff and tutoring support provided by **SAOTG** in this space. They will be escorted by a Youth Attendant to any After School Action class or Private lesson that they have pre-registered for each day.

Kids ages 9-18 check in at Center Court Café, and they will receive supervised tutoring services provided by SAOTG in this space. They can sign in and out with a Youth Attendant to attend any ASA, Teen Fitness, or Private lesson that they have pre-registered for each day.

## What is SAOTG? - [www.saotg.com](http://www.saotg.com)

### What fitness classes are available for my child?



**AFTER SCHOOL ACTION**  
**SOCCER TRAINING**  
WITH DAYRON RODRIGUEZ  
Aug. 17 through Dec. 14  
(No Class Nov. 23)  
Monday  
4 to 4:45 p.m. – Ages 5 to 7  
4:45 to 5:30 p.m. – Ages 8 to 12  
The Field • Complimentary

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.

Reservations required through the Mind Body App.  
For more information, contact the Youth Department at [youth@houstonian.com](mailto:youth@houstonian.com) or 713.685.6753.



**AFTER SCHOOL ACTION**  
**PICKLEBALL**  
WITH JOE NGUYEN  
Aug. 18 through Dec. 15  
(No class Nov. 24)  
Tuesday  
4 to 4:30 p.m. – Ages 5 to 7  
4:30 to 5 p.m. – Ages 8 to 12  
Court 7 • Complimentary

Pickleball is a fun racquet sport that incorporates elements of badminton, ping pong and tennis. It's an easy-to-learn game that is played on a tennis court. Pickleball is fun for players of all ages and activity levels.

Reservations required through the Mind Body App.  
For more information, contact the Youth Department at [youth@houstonian.com](mailto:youth@houstonian.com) or 713.685.6753.



**AFTER SCHOOL ACTION**  
**SPORTS CONDITIONING**  
WITH MATT BLACKWELL  
Aug. 19 through Dec. 16  
(No class Nov. 25)  
Wednesday  
4 to 4:30 p.m. – Ages 5 to 7  
4:30 to 5 p.m. – Ages 8 to 12  
Studio A • Complimentary

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.


Reservations required through the Mind Body App.  
For more information, contact the Youth Department at [youth@houstonian.com](mailto:youth@houstonian.com) or 713.685.6753.



**AFTER SCHOOL ACTION**  
**BOXING**  
WITH MO OTEIZA  
Aug. 20 through Dec. 17  
(No class Nov. 26)  
Thursday  
4 to 4:30 p.m. – Ages 5 to 7  
4:30 to 5 p.m. – Ages 8 to 12  
Studio A • Complimentary

A total body workout while learning boxing skills. Children will work on hand eye coordination, footwork, endurance and strength in a fun and challenging class.

Reservations required through the Mind Body App.  
For more information, contact the Youth Department at [youth@houstonian.com](mailto:youth@houstonian.com) or 713.685.6753.



**AFTER SCHOOL ACTION**  
**YOGA**  
WITH GUSTAVO VILA  
Aug. 21 through Dec. 18  
(No class Nov. 27)  
Friday  
4 to 4:30 p.m. – Ages 5 to 7  
4:30 to 5 p.m. – Ages 8 to 12  
Studio C • Complimentary

Grace, strength and a little comical! 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.

Reservations required through the Mind Body App.  
For more information, contact the Youth Department at [youth@houstonian.com](mailto:youth@houstonian.com) or 713.685.6753.



**KID POD STRENGTH**  
WITH PERSONAL TRAINER MATT MCCULLOUGH

Increase strength, coordination, and confidence using fitness equipment in the Pods! This class is for kids of all athletic backgrounds and levels of development. Each child will have their own, taped off 10x10ft Pod complete with a TRX, dumbbell weights, exercise mat, bench, bands, and more to begin building a foundation of strength and form in a fun and safe manner.

Aug. 18 through Oct. 8  
Tuesdays & Thursdays  
3 to 3:45 p.m., Ages 7 - 9  
4 to 4:45 p.m., Ages 10 - 12  
The Basketball Court

Only 7 kids per class.  
Complimentary

Please make reservations with the MindBody App or by contacting Matt McCullough at [mmccullough@houstonian.com](mailto:mmccullough@houstonian.com)



## What Private services are available for my child?

Our Club offers Private services in Fitness, Pilates, Yoga, Aquatics and Racquet Sports. Pricing will vary for these services and our Youth Department can assist you with arranging these sessions.

## **What are the child/tutor/Youth Department staff ratios and capacities for the sessions?**

Kids 5-8 – Capacity of 10 kids in the Library with 2 tutors and 2 Youth Attendants.  
Kids 9-18 – Capacity of 15 kids in Center Court with 2 tutors and 1 Youth Attendant.

## **What is the cost for the HELP Program?**

Weekly rate for students registered for the 6-week session:

\$200 - Tutoring only

\$225 - Tutoring and **ASA** or **Teen Fitness** pre-registration included

Weekly Drop-in rate:\*

\$225 - Tutoring only

\$250 - Tutoring and **ASA** or **Teen Fitness** pre-registration included

\*Drop-in rates are applied if the student is not signed up for the whole 6-week session

\*\*No daily drop-ins

## **Does my child have to stay for the entire time?**

No, you can drop off your child, or older children can arrive on their own any time during the session. Participation in the ASA or Teen Fitness classes needs to be reserved in advance to ensure availability. This can be arranged with our Youth Department.

## **How do I sign up for the HELP Program?**

Email [youth@houstonian.com](mailto:youth@houstonian.com) for registration instructions or contact our Youth Department at 713-685-7911 with questions.

## **How will I be billed for this program?**

You can choose to register weekly or for all 6 weeks. (We will have a capacity for each age group.) Your Houstonian Club account will be billed for the program.



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