



Group Swimming Lessons 2021

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

Register Online at www.myhoustonian.com. Log in through my membership, choose 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 - ages 15 to 36 months (Parent-Child class). 9x 30 min or 10x30 min, Teaches water acclimation, safety, entering & exiting pool, blowing bubbles, jumping in pool, floating, and arm and leg movements. Every child **MUST** have an adult in the water with them.

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 | Time | Days |
|---------------|------|-------|--------------------|-------|
| May | | | | |
| 5/10 | 5/28 | \$225 | 9:30 to 10:00 a.m. | M/W/F |
| 5/10 | 5/28 | \$225 | 4:45 to 5:15 p.m. | M/W/F |
| June | | | | |
| 6/7 | 6/25 | \$225 | 9:30 to 10:00 a.m. | M/W/F |
| 6/7 | 6/25 | \$225 | 4:45 to 5:15 p.m. | M/W/F |
| July | | | | |
| 7/12 | 7/30 | \$225 | 9:30 to 10:00 a.m. | M/W/F |
| 7/12 | 7/30 | \$225 | 4:45 to 5:15 p.m. | M/W/F |
| August | | | | |
| 8/2 | 8/13 | \$250 | 9:30 to 10:00 a.m. | M-F |

| Start | End | Price | Times | Days |
|---------------|------|-------|-------------------|-------|
| May | | | | |
| 5/17 | 5/28 | \$350 | 3:45 to 4:15 p.m. | M-F |
| 5/10 | 5/28 | \$210 | 4:30 to 5:00 p.m. | TU/TH |
| 5/10 | 5/28 | \$210 | 5:15 to 5:45 p.m. | TU/TH |
| June | | | | |
| 6/7 | 6/18 | \$350 | 3:45 to 4:15 p.m. | M-F |
| 6/7 | 6/25 | \$210 | 4:30 to 5:00 p.m. | TU/TH |
| 6/7 | 6/25 | \$210 | 5:15 to 5:45 p.m. | TU/TH |
| July | | | | |
| 7/12 | 7/23 | \$350 | 3:45 to 4:15 p.m. | M-F |
| 7/12 | 7/30 | \$210 | 4:30 to 5:00 p.m. | TU/TH |
| 7/12 | 7/30 | \$210 | 5:15 to 5:45 p.m. | TU/TH |
| August | | | | |
| 8/2 | 8/13 | \$350 | 3:45 to 4:15 p.m. | M-F |
| 8/2 | 8/13 | \$350 | 4:30 to 5:00 p.m. | M-F |
| 8/2 | 8/13 | \$350 | 5:15 to 5:45 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 for 3 ft.. Skills include: floating, freestyle, kicking, coordination of arms and legs, beginning backstroke, and water safety.

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 | | | | |
| 5/17 | 5/28 | \$300 | 4:15 to 4:45 p.m. | M-F |
| 5/10 | 5/28 | \$180 | 5:00 to 5:30 p.m. | TU/TH |
| 5/10 | 5/28 | \$180 | 5:45 to 6:15 p.m. | TU/TH |
| June | | | | |
| 6/7 | 6/18 | \$300 | 4:15 to 4:45 p.m. | M-F |
| 6/7 | 6/25 | \$180 | 5:00 to 5:30 p.m. | TU/TH |
| 6/7 | 6/25 | \$180 | 5:45 to 6:15 p.m. | TU/TH |
| July | | | | |
| 7/12 | 7/23 | \$300 | 4:15 to 4:45 p.m. | M-F |
| 7/12 | 7/30 | \$180 | 5:00 to 5:30 p.m. | TU/TH |
| 7/12 | 7/30 | \$180 | 5:45 to 6:15 p.m. | TU/TH |
| August | | | | |
| 8/2 | 8/13 | \$300 | 4:15 to 4:45 p.m. | M-F |
| 8/2 | 8/13 | \$300 | 5:45 to 6:15 p.m. | M-F |

| Start | End | Price | Times | Days |
|---------------|------|-------|-------------------|-------|
| May | | | | |
| 5/17 | 5/28 | \$400 | 4:30 to 5:15 p.m. | M-F |
| 5/10 | 5/28 | \$240 | 5:30 to 6:15 p.m. | TU/TH |
| June | | | | |
| 6/7 | 6/18 | \$400 | 4:30 to 5:15 p.m. | M-F |
| 6/7 | 6/25 | \$240 | 5:30 to 6:15 p.m. | TU/TH |
| July | | | | |
| 7/12 | 7/23 | \$400 | 4:30 to 5:15 p.m. | M-F |
| 7/12 | 7/30 | \$240 | 5:30 to 6:15 p.m. | TU/TH |
| August | | | | |
| 8/2 | 8/13 | \$400 | 4:30 to 5:15 p.m. | M-F |
| 8/2 | 8/13 | \$400 | 5:30 to 6:15 p.m. | M-F |

Please turn this sheet over for more information

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

Other Swim Programs

Aquatech Program : January– March 2021, and July– November 2021

This program is designed to aid in the development of the four competitive strokes, starts and turns. Our goal is to help build a basic understanding of the sport, thus preparing children for more intense programs and/or school competitions. The focus is placed on proper techniques, building endurance and overall fitness. Ages 6-8 in the Jr. group and 9-14yrs. In the main group. The 6-8 will be a smaller group and the focus will be getting them to the level of swimming continuously. For more information contact: Clement Dulac at cdulac@houstonian.com, (713) 316.2705

BlueFins Pre-Season Swim: April 5—30, 2021

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, (713) 316.2705

BlueFins Summer League Swim Team: May 3, 2021 through June 24, 2021

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) 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