



# GROUP SWIMMING LESSONS 2024

## Levels and Skills

### Water Acclimation

**Parent-child - Ages 1 to 2.5 years old:** A fun introduction to the water with a familiar face and interaction with other parents.

**Skills include:** Proper entry and exit of the pool, blowing bubbles, wetting face and head, floating on back and front, kicking, grabbing onto the wall, rolling from front to back and back to front. (all with assistance)

### Beginner Intro to Swim

**Preschool Aquatics - Ages 2.5 to 4 years old:** This level is ideal for first-timers and those in transition from a parent-child class.

**Skills include:** Submerging face underwater, blowing bubbles, opening eyes underwater, floating on back and front, kicking, rolling from back to front, exploring arm movement, and exiting the water safely.



### Learn to Swim

**Level 1: Intro to Water Skills - Ages 3 to 8 years old:** This level helps students feel more comfortable in the water.

**Skills include:** Independently submerging head underwater, floating, kicking, rolling, beginning arm movements, retrieving submerged object, entering the water safely by jumping or using ladder or steps.

**Level 2: Fundamental Aquatic Skills - Ages 3 to 8 years old:** This level helps students learn the fundamentals of swimming.

**Skills include:** Floating on back for 5-10 seconds, rolling from front to back and back to front, performing survival float, exploring simultaneous arm and leg movements, and performing front and back glide.

**Level 3: Stroke Development - Ages 3 to 8 years old:** This level helps students begin to develop the strokes of swimming.

**Skills include:** Jumping into deep water, performing back and front glide, freestyle arms (catch, pull, recovery), side breathing, backstroke and breaststroke arms and legs.

**Level 4: Stroke Refinement - Ages 5 to 8 years old:** This level provides further coordination and refinement of the strokes. (Swim Team preparation)

**Skills include:** Treading water using sculling arms and kick, rhythmic breathing, introduction to butterfly arms and legs, performing shallow and standing dives, flip turns, and open turns.

## Sessions and Classes

### Summer Sessions

Fridays will be used as make-up days in case of inclement weather

#### Session Dates (every 2 weeks)

- Session 1: June 3 - June 14
- Session 2: June 17 - June 28
- Session 3: July 8 - July 19
- Session 4: July 22 - August 2

Classes

Levels	Price	Days	AM Times	PM Times	Time frame	# of classes
Parent-child	\$100	TU/TH	9 to 9:30am	3:45 to 4:15pm	30 minutes	4
Preschool Aquatics	\$280	M-TH	9 to 9:30am	3:45 to 4:15pm	30 minutes	8
Level 1: Intro to Water Skills	\$280	M-TH	9:45 to 10:15am	4:30 to 5pm	30 minutes	8
Level 2: Fundamental Aquatic Skills	\$240	M-TH	9:45 to 10:15am	4:30 to 5pm	30 minutes	8
Level 3: Stroke Development	\$240	M-TH	10:30 to 11am	5:15 to 5:45pm	30 minutes	8
Level 4: Stroke Refinement	\$240	M/W	10:30 to 11:15am	5:15 to 6pm	45 minutes	6

### Fall & Spring Sessions

\$210 | Tuesdays & Thursday only | PM times only

#### Session Dates (every 3 weeks)

- Fall**
- Session 1: Sept. 3 - Sept. 19
  - Session 2: Oct. 8 - Oct. 24
  - Session 3: Nov. 5 - Nov. 21

- Spring**
- Session 1: April 2 - April 18
  - Session 2: May 7 - May 23

Classes

Levels	Price	Days	PM Times	Time frame	# of classes
Parent-child	\$210	TU/TH	3:45 to 4:15pm	30 minutes	6
Preschool Aquatics	\$210	TU/TH	3:45 to 4:15pm	30 minutes	6
Level 1: Intro to Water Skills	\$210	TU/TH	4:30 to 5pm	30 minutes	6
Level 2: Fundamental Aquatic Skills	\$210	TU/TH	4:30 to 5pm	30 minutes	6
Level 3: Stroke Development	\$210	TU/TH	5:15 to 5:45pm	30 minutes	6
Level 4: Stroke Refinement	\$210	TU/TH	5:15 to 6pm	45 minutes	6

### Saturday Sessions

\$210 | AM times only

#### Session Dates (monthly)

- Session 1: April 6 - April 27
- Session 2: May 4 - May 25
- Session 3: June 1 - June 22
- Session 4: July 6 - July 27
- Session 5: Aug. 3 - Aug. 24
- Session 6: Sept. 7 - Sept. 28
- Session 7: Oct. 5 - Oct. 26
- Session 8: Nov. 2 - Nov. 23
- Session 9: Dec. 7 - Dec. 28

Classes

Levels	Price	AM Times	Time frame	# of classes
Parent-child	\$210	9 to 9:30am	30 minutes	4
Preschool Aquatics	\$210	9 to 9:30am	30 minutes	4
Level 1: Intro to Water Skills	\$210	9:45 to 10:15am	30 minutes	4
Level 2: Fundamental Aquatic Skills	\$210	9:45 to 10:15am	30 minutes	4
Level 3: Stroke Development	\$210	10:30 to 11am	30 minutes	4
Level 4: Stroke Refinement	\$210	10:30 to 11:15am	45 minutes	4



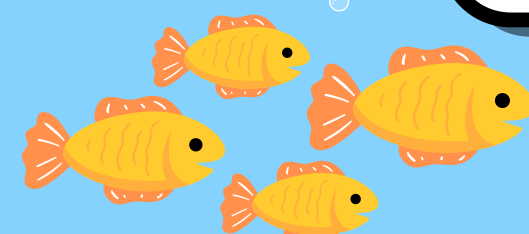
Please see back for more information!

### Special Sessions

Ages 2 to 8 years old only.

#### Session Dates (3 days)

Session Dates	Price	Times	Time frame	# of classes
Spring Break Swim Lessons: March 12, 13, 14	\$140	2 to 2:45pm	45 minutes	3
Thanksgiving Swim Lessons: November 25, 26, 27	\$140	2 to 2:45pm	45 minutes	3
Holiday Group Swim Lessons: December 16, 17, 18	\$140	2 to 2:45pm	45 minutes	3





# GROUP SWIMMING LESSONS 2024

For registration information, please call the Aquatics Program Coordinator 713.685.6750.

## How to Register Online

Please register online using **CampMinder**. Go to [www.myhoustonian.com](http://www.myhoustonian.com), click the Aquatics tab towards the top right, and then select "Youth Swim". Feel free to read through our program options for this year! Select the "click here" hyper link next to CampMinder. Fill in your information and create an account. Fill out your child's information and if you have multiple children you will be able to come back and add another. Select Aquatics yearly programs and choose which programs and sessions you would like your children to attend. Please fill out your contact information and add two emergency contacts. Please upload a picture of your child and review and sign our Houstonian Club Activities and Photo waivers. Immunization Record or Exemption from Immunization for Reasons of Conscience are NOT REQUIRED for aquatics programs.

## Group Swim Lesson Policies

- All toddlers must wear swim diapers. No disposable diapers are permitted.
- Registration will not be accepted over the phone. Please register on **CampMinder** online through [myhoustonian.com](http://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 instructors will suggest the best 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 available. If there is no space in the appropriate level, 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.
- You will also receive a reminder email approximately one week before the start of a session. If there are not a sufficient number of students enrolled one week prior to the start of a session, 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 confirmed spot in the class.
- **Cancellation Policy:** There is a **non-refundable cancellation charge of \$60** billed to your account if cancellation occurs seven days before a session begins. **Full fees apply 24 hours** after the first day of a session.

## Our times don't work?

We offer flexible **Private Swim Lessons** to fit your schedule! Private, duet, trio, and quad lessons are available for all ages, all year long. Our instructors will work one on one with you or your child to improve swimming abilities. If interested, please contact our Aquatics Program Coordinator, Lauren Gill, at [lgill@houstonian.com](mailto:lgill@houstonian.com) or 713.685.6750.

## Other Swim Programs

### BlueFins Year Round After School Swim

*Held February 5 through February 26 and July 8 through December 11 | Ages 7 - 14*

This program focuses on the development of all four competitive strokes, starts, and turns, and helps prepare swimmers for competitions. For more information, please contact Head Coach Calvin Spells at [kspells@houstonian.com](mailto:kspells@houstonian.com).

### Junior BlueFins Swim Team Prep

*Held January 15 through March 27 and August 19 through December 18 | Ages 4 - 9*

This program will help build strong technique and endurance and introduce how swim team practice will be run. For more information, please contact our Aquatics Program Coordinator, Lauren Gill, at [lgill@houstonian.com](mailto:lgill@houstonian.com).

### BlueFins Preseason

*Held April 1 through April 26 | Ages 5 - 14*

Give your swimmer a jump start into the BlueFins season with skills and endurance work. For more information, please contact Head Coach Calvin Spells at [kspells@houstonian.com](mailto:kspells@houstonian.com).

### BlueFins Summer League Swim Team

*Held May 1 through June 28 | Ages 5 - 14*

The BlueFins swim team trains for competitions with other clubs. For more information, please contact Head Coach Calvin Spells at [kspells@houstonian.com](mailto:kspells@houstonian.com).