

HOUSTONIAN AQUATICS

BLUEFINS

YEAR-ROUND

AFTER SCHOOL SWIM



The BlueFins Year-Round Program will focus on the development of all four competitive strokes, starts and turns to help prepare swimmers for competition.

Our goal is to train proper technique, build endurance and boost overall fitness.

Participants must pass a swim test of a 50 Freestyle, 50 Backstroke and 25 Breaststroke without stopping to join the group.

**Mondays, Wednesdays,
& Thursdays**

Ages 7-14

5 to 6:15 p.m.

The Sports Pool

Monthly Sessions:

Session 1: Jan. 15–Feb. 1
(3-week session, \$165)

Session 2: Feb. 5–29

Session 3: July 8–Aug. 1

Session 4: Aug. 5–29

Session 5: Sept. 9–Oct. 3

Session 6: Oct. 7–Nov. 1

Session 7: Nov. 4–29

Session 8: Dec. 2–12
(2-week session, \$110)

3 days per week: \$220 per month

Register through CampMinder on the Aquatics page at www.myhoustonian.com.



For more information, please contact Coach Calvin Spells at kspells@houstonian.com.