



## Group Swimming Lessons 2023

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

**Register online** using CampMinder, see back for details. 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 there are not a sufficient number of students one week prior to the start of class, 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. .

**Aquatots - ages 15 to 36 months (parent-child class). 9x30 min.** Teaches water acclimation, safety, entering and exiting the pool, blowing bubbles, jumping in the pool, floating, and arm and leg movements. Every child **MUST** have an adult in the water with them.

| Start              | End  | Price | Time            | Days  |
|--------------------|------|-------|-----------------|-------|
| <b>April</b>       |      |       |                 |       |
| 4/10               | 4/28 | \$225 | 9:30 to 10 a.m. | M/W/F |
| 4/10               | 4/28 | \$225 | 5 to 5:30 p.m.  | M/W/F |
| <b>May</b>         |      |       |                 |       |
| 5/8                | 5/26 | \$225 | 9:30 to 10 a.m. | M/W/F |
| 5/8                | 5/26 | \$225 | 5 to 5:30 p.m.  | M/W/F |
| <b>June</b>        |      |       |                 |       |
| 6/5                | 6/23 | \$225 | 9:30 to 10 a.m. | M/W/F |
| 6/5                | 6/23 | \$225 | 5 to 5:30 p.m.  | M/W/F |
| <b>July-August</b> |      |       |                 |       |
| 7/17               | 8/4  | \$225 | 9:30 to 10 a.m. | M/W/F |
| 7/17               | 8/4  | \$225 | 5 to 5:30 p.m.  | M/W/F |

**Seahorse - Intermediate 1 - ages 3 to 4 years. 6x30 min. or 10x30 min.** 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.

| Start              | End  | Price | Time              | Days  |
|--------------------|------|-------|-------------------|-------|
| <b>April</b>       |      |       |                   |       |
| 4/11               | 4/27 | \$180 | 5 to 5:30 p.m.    | TU/TH |
| 4/10               | 4/26 | \$180 | 5:45 to 6:15 p.m. | M/W   |
| <b>May</b>         |      |       |                   |       |
| 5/8                | 5/19 | \$300 | 4:15 to 4:45 p.m. | M-F   |
| 5/9                | 5/25 | \$180 | 5 to 5:30 p.m.    | TU/TH |
| 5/8                | 5/24 | \$180 | 5:45 to 6:15 p.m. | M/W   |
| <b>June</b>        |      |       |                   |       |
| 6/12               | 6/23 | \$300 | 4:15 to 4:45 p.m. | M-F   |
| 6/6                | 6/22 | \$180 | 5 to 5:30 p.m.    | TU/TH |
| 6/5                | 6/21 | \$180 | 5:45 to 6:15 p.m. | M/W   |
| <b>July-August</b> |      |       |                   |       |
| 7/18               | 8/3  | \$180 | 5 to 5:30 p.m.    | TU/TH |
| 7/17               | 8/2  | \$180 | 5:45 to 6:15 p.m. | M/W   |

**Angelfish - Beginner 1 - ages 30 to 48 months. 6x30 min. or 10x30 min.** Small setting ideal for first-timers and those in transition from a parent-child class. Skills include: Putting face in the water, blowing bubbles, floating, kicking, beginning arm movement, and water safety.

| Start              | End  | Price | Time                | Days |
|--------------------|------|-------|---------------------|------|
| <b>April</b>       |      |       |                     |      |
| 4/10               | 4/26 | \$210 | 4:15 to 4:45 p.m.   | M/W  |
| 4/10               | 4/26 | \$210 | 4:45 to 5:15 p.m.   | M/W  |
| <b>May</b>         |      |       |                     |      |
| 5/8                | 5/24 | \$210 | 10:15 to 10:45 a.m. | M/W  |
| 5/8                | 5/19 | \$350 | 3:45 to 4:15 p.m.   | M-F  |
| 5/8                | 5/24 | \$210 | 4:15 to 4:45 p.m.   | M/W  |
| 5/8                | 5/24 | \$210 | 4:45 to 5:15 p.m.   | M/W  |
| <b>June</b>        |      |       |                     |      |
| 6/5                | 6/21 | \$210 | 10:15 to 10:45 a.m. | M/W  |
| 6/12               | 6/23 | \$350 | 3:45 to 4:15 p.m.   | M-F  |
| 6/5                | 6/21 | \$210 | 4:15 to 4:45 p.m.   | M/W  |
| 6/5                | 6/21 | \$210 | 4:45 to 5:15 p.m.   | M/W  |
| <b>July-August</b> |      |       |                     |      |
| 7/17               | 8/2  | \$210 | 10:15 to 10:45 a.m. | M/W  |
| 7/17               | 8/2  | \$210 | 4:15 to 4:45 p.m.   | M/W  |
| 7/17               | 8/2  | \$210 | 4:45 to 5:15 p.m.   | M/W  |

**Sea Lions - Advanced - ages 5 to 6 years. 6x45 min.** Children should already swim across the pool unassisted. Skills include: Freestyle, lateral breathing, breaststroke, backstroke, beginning dives, water safety.

| Start              | End  | Price | Time              | Days |
|--------------------|------|-------|-------------------|------|
| <b>April</b>       |      |       |                   |      |
| 4/10               | 4/26 | \$240 | 5:30 to 6:15 p.m. | M/W  |
| <b>May</b>         |      |       |                   |      |
| 5/8                | 5/24 | \$240 | 5:30 to 6:15 p.m. | M/W  |
| <b>June</b>        |      |       |                   |      |
| 6/5                | 6/21 | \$240 | 5:30 to 6:15 p.m. | M/W  |
| <b>July-August</b> |      |       |                   |      |
| 7/17               | 8/2  | \$240 | 5:30 to 6:15 p.m. | M/W  |

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](http://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 prorating for partial attendance.**

## Other Swim Programs

### AquaTech Program

February 6 through March 31, and July 10 through December 14, 2023

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. The junior group will consist of ages 6 – 8 and the main group will be for ages 9 – 14. The junior group will be a smaller group to focus on improving continuous swimming. For more information contact: Coach Calvin Spells at [kspells@houstonian.com](mailto:kspells@houstonian.com).

### BlueFins Preseason

April 3 – 28, 2023

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

### BlueFins Summer League Swim Team

May 1 through June 28, 2023

For swimmers ages 5-14. BlueFins train for competitions with other clubs. For more information contact: Coach Calvin Spells at [kspells@houstonian.com](mailto:kspells@houstonian.com).

### Goldfish Swim Team Prep

January 24 through April 1, 2023 and August through November 2023

This program is for children who can swim, but needs more technical training before joining Swim Team in April or May. This program will help prepare the children for swim team practices and provide them with the skills necessary to be successful. For more information contact: Charlotte Strom at [cstrom@houstonian.com](mailto:cstrom@houstonian.com).

## How to Register Online

Go to [www.myhoustonian.com](http://www.myhoustonian.com), hover over "Aquatics" at the top right corner and then select "Youth Swim." Feel free to read through our program options for this year! Click on REGISTER NOW at the top of the page. Fill in your information. Select 2023. 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 then choose what program session you would like to attend. Fill out your contact information and add two emergency contacts. Upload a picture of your child. You have now applied. You may choose to add another child, or continue to review and sign our Houstonian Club Activities and Photo waivers. Immunization Record or Exemption from Immunizations for Reasons of Conscience are NOT REQUIRED for aquatic yearly programs.

**Private and semi-private swim lessons are available for all ages, all year long.**

Children's Lessons: Erica Meyer, [emeyer@houstonian.com](mailto:emeyer@houstonian.com).

Teenage or Adult Lessons: Coach Calvin Spells, [kspells@houstonian.com](mailto:kspells@houstonian.com).