

Spring 2005

# HOUSTONIAN *Member*



**Celebrate  
Spring With  
“April in Paris” at  
The Manor House**

***Sign up  
for Youth  
Activities,  
Summer  
Sports Camp  
& Aquatics  
Programs***

**Improve Techniques &  
Coordination with Houstonian  
Speed & Strength Camp**





Mark Stevens  
General Manager,  
The Houstonian Club

## A Minute With Mark

Spring always brings excitement to The Club and Spa. This is a beautiful time of year with the azaleas starting to bloom, the weather changing to brighter sunnier days and more Members beginning to use the Club and Spa to get into shape for the summer. Our staff continues to strive to create an atmosphere that allows for maximum enjoyment by our Club Members and guests. With this effort, we have been working on several areas to provide better services and to accommodate your expectations.

### Member Survey Coming Soon

We are currently in the process of creating a Member survey that will be mailed to our entire membership. I encourage each of you to take a few minutes with the survey so that we may better understand your expectations for service, programs, staff, security and overall enjoyment. Our desire is to exceed your expectations on a daily basis while providing the highest level of facilities, equipment and staff. Also, please feel free to share your concerns directly with one of the members of our management team. Your feedback is very valuable to us.

### Club Access

Our desire is to offer facilities and services to our Members in the most convenient and effective manner while providing for your safety, security and comfort. As a result, we are in the process of completing a security audit. We are monitoring the daily use of the facility for Member and non-member use and have recently installed new security surveillance cameras to our entrances and elevators that link directly to the Front Desk. We are also restricting the entrance/exit locations of The Club and ask that all Members enter at the front of The Club. Access tags are to be used by the

Member and not shared with non-members. Additional identification may be asked of you for your security and safety. Guests are to be accompanied by the Member at all times and are permitted to use The Club a maximum of two times per month, not exceeding four visits per year. Please help us in coordinating this effort.

### Spring Fling Scheduled for April 3rd

This year's Spring Fling will be in lieu of the annual Easter Egg Hunt and will include face painters, a petting zoo, carnival games, moonwalks, balloon artists, caricature artist, music, refreshments, friendly characters and lots more. It will be a great opportunity to enjoy the spring season with family and friends.

### NEW POOLS!

The Garden Pool is open and the remainder of the pool project will soon be complete including the Sports Pool, a 25 meter by 25 yard 9 lane competition pool and the Resort Pool, featuring a rock waterfall, water slide, zero degree entry, and children's pool. Look forward to seasonal events such as Memorial Day, Independence Day and Labor Day celebrations, summer features of snow cone days, calypso bands, improved pool side food/beverage service and excellent lifeguard and pool staff service.

### Trellis Spa

Trellis Spa continues to serve our members and guests with the highest level of customer service, treatments and product. As we approach the second anniversary for Trellis Spa, we encourage you to take advantage of your membership discounts and treat yourself or family to a day of relaxation and pampering. Gift certificates are also available - perfect for Mother's Day.

We hope these services and improvements provide quality and added value to your membership and we look forward to seeing you and your family enjoy the festivities of the season.



Jim Mills  
Manager  
The Houstonian Hotel

## Hotel Happenings

There are many exciting events to consider at The Hotel over the coming months. I hope your plans include one of the spring holiday brunches. The buffet served in the Grande Ballroom continues to excel, and Chef Jesse always has some new dishes to delight our guests. Chef Joey has been working on his offerings for the Manor House, and the warm setting and friendly service are the perfect compliments to a great meal. As always, Olivette offers a special menu and a la carte pricing to meet every taste. I believe our trio of venues provides the perfect choice for any family.

As the seasons turn, so do the menus in Olivette and the Manor House. Our culinary team has been hard at work developing many new excellent dishes that we will be highlighting over the next few months. Look for the new features to debut sometime in early April, showcasing many seasonal items and different cooking techniques. We are also working to expand the breadth of our Room Service menus. We are expanding not only the range of food choices, but also wine and spirit offerings, including in-room martini service featuring Belvedere vodka. At your request, our staff will mix your martini to your exact specifications in your guestroom. Chef Jesse has even designed a special hors d'oeuvre menu to go along.

The Manor House will celebrate its annual April in Paris event. Celebrate the beauty of the spring foliage on the Manor House Meadow while sampling select French wines and cuisine. Watch the calendar and keep in touch as the staff and culinary team will continue to host memorable Member functions through the rest of the year that are customized based on your interests.

Many of you have already been enjoying the new Garden Pool located near The Hotel. Upon completion of the pool project, we will also open an expanded service Gazebo bar and grill. It will offer bar seating as well as poolside service with longer operating hours. We are close to finalizing the design and should begin construction soon to ensure that we are ready to serve as the pools open. Our service capability will be above previous levels, and I'm excited to share our plans.

Don't forget that The Hotel offers special guest room rates for Club Members. With Spring Breaks scheduled and summer on the way, consider The Houstonian for a family getaway. The Club offers numerous activities for the kids to enjoy, while you indulge in dining experiences or a well-deserved spa treatment at Trellis. Or use The Hotel for visiting friends and relatives. We'd like to be your "spare bedroom" for all gatherings.

We look forward to hosting you and your guests.



## Villarreal Joins The Manor House

Joe Villarreal was recently named Manor House Chef, where he will lead the culinary operations for the exclusive Member dining venue. Joe previously served as Sous Chef at Bank-Jean George at The Hotel Icon in Houston, The Manor House, The Westin Riverwalk Hotel in San Antonio and Le Paris Bistrot in Dallas.



The winner of the San Antonio Chapter 2001 Chaine Des Rotisseur "Jeune De Commis" Culinary Competition, Joe continues to be involved in numerous local community and culinary endeavors. He received an Associates Degree in Culinary Science from Johnson & Wales University in Providence, Rhode Island.

Joe looks forward to working with Members during lunch dining experiences or in planning special events or business functions at The Manor House.

## Garden Pool Opens

Many Members are enjoying the newly renovated Garden Pool that recently opened. Part of the new pool complex currently under construction, the Garden Pool has had a major facelift and is serving as an upgraded amenity for Members and Hotel guests.



The pool has been replastered with new flagstone coping around the edge, a resurfaced deck with new deck coating, fencing and beautiful landscaping around the area. A new lane divider has also been added to allow the opportunity for lap swimming. For a complete list of pool features, see the Aquatics section (page 5).

## Men's Fitness Award

Men's Fitness Magazine, the publication that annually ranks the "Fattest" and "Fittest" cities in America, is touring the U.S. to observe how the "Fattest" cities are responding to their obesity problems. This tour, sponsored by V8, came to Houston recently and at a special ceremony in front of City Hall, Men's Fitness Editor, Neal Boulton, presented Mayor Bill White with a proclamation as the "Fastest to Fit" city in their cross country tour. This was recognition that the city of Houston is doing more than any of the other "fat cities" on the list to improve the overall health and wellness of its residents and workers!

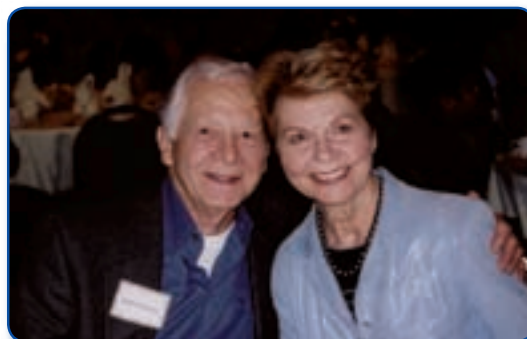
As Mayor White's appointed Chairman of The Mayor's Wellness Council, Herb Lipsman is leading this effort for the City.

**Pictured are: Neal Boulton, Herb Lipsman and Mayor Bill White**



## Voyagers Host Mayor Bill White

Mayor Bill White shared his plans for the city with members of the Houstonian Voyagers at a dinner held recently at The Hotel.



## Easter Brunch

**Sunday, March 27**

Celebrate this special day with family and friends.

### Houstonian Grande Ballroom

\$49 Adults, \$16 Children age 12 and under.  
Includes Champagne and Mimosas  
and complimentary Valet Parking.  
For reservations, call 713.685.6888.

### Manor House

\$54 Adults  
\$16 Children age 12 and under.  
Special a la carte menu for Members  
in this exclusive setting.  
For reservations, call 713.685.6840.

### Olivette

Enjoy tasteful selections from a special menu.  
For reservations, call 713.685.6713.



## The Manor House presents April in Paris

**Wednesday, April 20**

6:00 – 9:00 pm

The Manor House & Meadow

Highlighting French cuisines, strolling musicians  
and a selection of undiscovered French wines  
from many regions of France.

**\$45**

Space is limited. For reservations, call 713.685.6840.



## SPRING FLING



**Sunday, April 3**

2:00 – 4:00 pm

The Meadow

Moonwalks, face painters,  
petting zoo, carnival games,  
refreshments, balloon art,  
caricatures, music, and  
friendly characters.

\$10 per person, Children age 2  
and under – no charge

Reservations (a must!):  
713.685.6888.

## Mother's Day BRUNCH

**Sunday, May 8**

Treat mom to the special day she deserves  
in one of three Houstonian dining venues.

### Houstonian Grande Ballroom

\$49 Adults, \$16 Children age 12 and under.  
For reservations, call 713.685.6888.

### Manor House

\$54 Adults, \$16 Children age 12 and under.  
For reservations, call 713.685.6840.

### Olivette

Special Mother's Day Menu.  
For reservations, call 713.685.6713.



## Share Our Strength Taste of the Nation

**Sunday, April 10**

4:00 – 7:00 pm

The Meadow

A culinary extravaganza featuring food and wine from 50 of  
Houston's finest restaurants and caterers. Spend a gala afternoon  
strolling, sampling, sipping and socializing with fellow  
Houstonians, while being serenaded by the Static Band from  
Lake Charles, Louisiana. All proceeds support The End Hunger  
Network and The Houston Food Bank.

**\$85**

For reservations, call 713.355.7766.

## MEMORIAL DAY POOL PARTY

**Monday, May 30**

Noon – 3:00 pm

The Club

Celebrate with live music, food, games and fun for the entire family.  
For more information, call 713.685.6888.



Prices do not include tax and gratuity.

# NEW POOLS OPENING!

The newly opened Garden Pool and the soon to be completed Sports and Resort Pools will offer new features and opportunities for new services, activities (water volleyball, basketball) and new classes. Other exciting events such as family nights, pool-side music and dive-in movies are also currently under consideration.

## Sports Pool

- 25 meters x 25 yards
- 8 lanes for lap swimming. Extra wide 9th lane for water walking, therapy and relaxing
- 4' 6" – 6' 6" feet deep
- Overflow drains and wave reduction lane lines to cut wave action
- Programs: Swim Team, SwimFit, Swim Classes, Water Fitness, Water Walking and Swim Lessons



## Resort Pool

- Family oriented pool
- For ages 5 and older unless participating in a class
- Zero-depth (walk in) entry with geysers
- 32' long slide built into rock landscaping
- Rock waterfall with a sitting bench below
- Rock sunning deck in the pool
- Conversation benches
- 6' 6" deep end for swimming, aqua-classes and SCUBA
- Water basketball and volleyball activities
- Poolside Hot Tub
- Programs: Swim Lessons, Water Fitness, SCUBA, Splash Time



## Little Lagoon (Baby Pool)

- For children ages 5 and under
- Located by the Resort Pool
- Walk-in entry to 1' 6" deep

## Garden Pool

- Serene and secluded for hotel guests and adults to enjoy a quieter environment
- A "turning-wall" for lap swimming
- Programs: Private Swim Lessons, Aquatic Therapy and relaxing classes



## TriFit

Triathlon training and preparation

March 5 – May 5  
Tuesdays/Thursdays  
10:00 – 11:30 am

## Water Fitness Classes

### Mondays/Wednesdays/Fridays

10:00 – 11:00 am  
11:15 – Noon

### Tuesdays/Thursdays

9:30 – 10:30 am  
10:45 – 11:30 am

### Saturdays

9:15 – 10:15 am





## A Healthy Recipe (Good all year long)

- 6 deep breaths/day
- 3-4x/week cardiovascular training
- 100 kisses/day for children or favorite pet
- 2x/week weight training
- 8 hours sleep/night
- 5 servings/day fruits and vegetables
- 2x/day say no to something that would stress you out
- 10 positive thoughts/day
- 5 really hard laughs/day
- 1-2x/day sitting quietly alone
- 8 glasses water/day
- 1x/day remind loved ones you love them

### Mix above together and you will get:

- low stress
- low blood pressure
- high energy
- low cholesterol
- strong bones
- 10 years added to your life
- front row seat at your grandchildren's wedding
- happy home
- happy children
- happy you

Created by Houstonian Personal Trainer Connie Stetler, NSCA, ACE, and recently featured in "Health Letter," a White House publication.

## Houstonian Speed & Strength Camp

**Session 1 (May 30 - June 24)**

**Session 2 (June 27 - July 22)**

For the average person or athlete wanting to improve their speed, strength, agility and coordination. The camp will focus on a proper warm-up, form running, acceleration/deceleration and agility drills, proper weightlifting techniques and how to make workouts more effective.

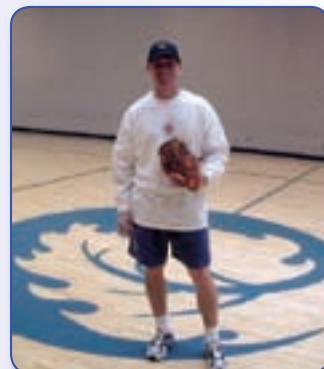
*"Speed is something you're born with, but with the right techniques and training methods, anyone can become faster. I practice the same techniques in my training that The Houstonian Speed & Strength Camp uses. The methods are proven to work as long as you train hard and keep a positive attitude."*

Houstonian Member - Craig Biggio plays outfield for the Houston Astros and won the Golden Glove Award for second base 1994-1996.

### Instructors:

Jazz Hamilton, Trey Eckerman,  
Daniel Oliver, Eric Vaughn and Sean Cashman.

For more information, contact Eric Vaughn at 713.318.9236.



## Houstonian Co-Ed Slow-pitch Softball



The Houstonian Co-Ed slow-pitch softball team is unlike any other slow-pitch team. Practice is held once a week between games to work on strength, speed, power, and agility. No experience required, but all skill levels are welcome. The first Spring I season is already off to a great start. Come out and join the fun. Ages 18 and older.

### SPRING II LEAGUE

**May 16 - July 1**

5-Week Doubleheader Season

Memorial Park

Includes 2 rainout weeks

Game Night: Wednesdays

Practice time: TBA

Registration Deadline: May 1

### SUMMER LEAGUE

**July 18 - Sept 2**

5-Week Doubleheader Season

Memorial Park

Includes 3 rainout weeks

Game Nights: Wednesdays

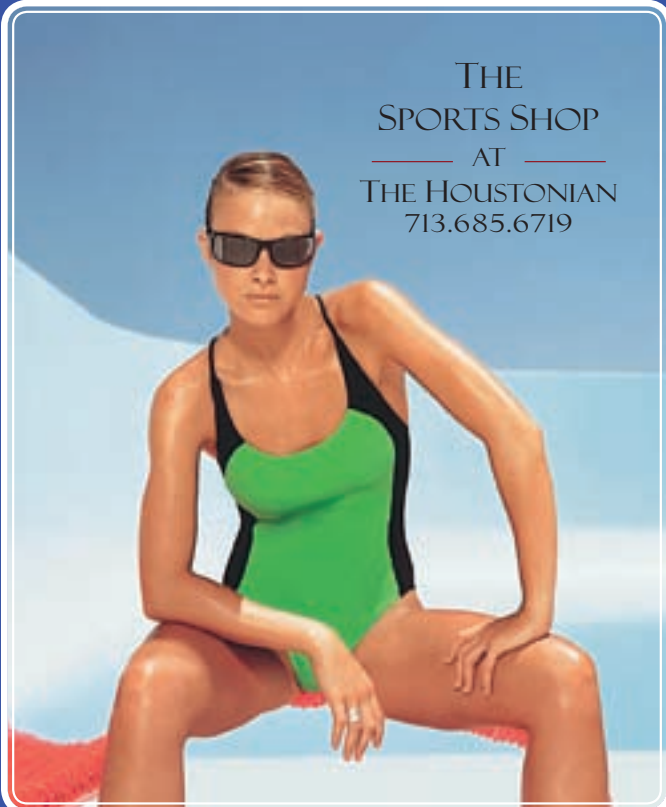
Practice time: TBA

Registration Deadline: June 15

For more details, call Houstonian Personal Trainer Alicia Harrison at 281.702.2597. Alicia is also available for youth softball private or group sessions.

✓ LACOSTE POLOS ✓ PUMA SHOES ✓

✓ SPEEDO SWIMSUIT ✓ BRONZO SUNSCREEN



THE  
SPORTS SHOP  
— AT —  
THE HOUSTONIAN  
713.685.6719

✓ MAUI JIM SUNGLASSES ✓ GEAR SPORTS BAG ✓

✓ SPRING BREAK CHECKLIST ✓

## Nutrition Seminars

11:00 am  
The Club Library  
\$15

**Wednesday, April 13**  
**The Calcium Connection:**  
**Weight Loss, Osteoporosis**  
**and More**

**Wednesday, May 11**  
**The Beating Heart:**  
**Guidelines for Preventing**  
**Heart Disease**

Learn the difference between the symptoms of heart disease for men and women. Review the latest research on how to prevent or reverse heart disease. Taste test some of the newest heart friendly foods.



## Metabolic Testing

**April 9: 8:00 - 11:30 am**  
**April 11: 6:00 - 8:00 pm**  
**May 14: 8:00 - 11:30 am**  
**May 16: 6:00 - 8:00 pm**

Knowing your metabolic rate is the key to weight management. Sign up for a session to discover your resting metabolic rate and receive a nutritional consultation designed just for you.

## Resolution Shape Up

**8 Week Weight Management Program**  
**April 25 - June 17**

**M/W/F: Noon - 1:00 pm session or**  
**T/Th: 5:30 - 7:00 pm session**

Eight weeks of combined strength and cardiovascular training with nutrition counseling for all ages and levels of fitness. The class includes a complete fitness evaluation at the beginning and end of the program as well as a workbook to use during the program and for years to come. For more information or reservations, call Catherine Kruppa at 713.316.2707.



## Jeff Seewald

Jeff Seewald joined the Houstonian's 8 week Fitness and Weight Management Program in the Fall of 2004 to improve his overall health. At the age of 40, he had recently been diagnosed with sleep apnea, and the doctor suggested it could be minimized if he lost 5-10 percent of his body weight. "In addition, my blood pressure had begun to increase and I knew that exercise and improving my diet would help that as well," said Jeff. He also wanted to improve his mental health, increase his energy level and work off some stress.

Prior to the start of the program, Jeff had begun doing some cardio. But as an attorney, husband and father of two children, it was hard to stay committed to it. "With work and family it was hard to set aside the time, and it seemed like I always had excuses to procrastinate," he said. "Once I signed up for the program, I made the time commitment and had a specific timed exercise. Plus, the program gave me the knowledge to know what my options were with regard to diet."

"The biggest change I made (nutritionally) was to try to eat three fairly balanced meals a day. Prior to the program I usually skipped breakfast and would have one large meal a day and one smaller meal. I also eliminated high calorie drinks. I ate more salads, but generally would also have a protein like chicken or fish. I reduced the amount of beef I ate and used more low fat proteins. I also reduced the amount of bread products I ate. Volume-wise, it feels like I am eating more, but I'm simply substituting certain things. By having to remember my goals on a daily basis and track calories, the changes were not difficult." The weight management program includes a manual to help you keep track of your nutrition and exercise. This made it easy for Jeff to incorporate the dietary changes into his daily routine.

Some of the keys to Jeff's success included "not letting myself come up with excuses not to exercise and not getting too far off track on my meals. Once both the exercise and the diet became a habit, it was much easier. Plus, I was seeing results, which reinforced my commitment," he said. What Jeff liked best about the program was that he had not been exercising seriously prior to the start of the program, and "it was not too much too fast. The trainers, Ronnie and Leslie, and Catherine, the dietitian, set realistic goals and were very encouraging. Also, the information I learned about diet options, my metabolism and essentially being able to calculate how much exercise and calories per day would be required to maintain or lose weight was invaluable."

"Obviously, good nutrition combined with exercise works because I have lost weight, my blood pressure has gone down, my sleep apnea has improved and I feel better."

**In 8 weeks, Jeff Seewald lost 9 pounds,**  
**6 percent body fat and 11.2 inches.**  
**He also gained 4 pounds of lean body mass.**  
**Congratulations Jeff!**

**For information or reservations on all these programs,**  
**call 713.316.5945.**

## 2005 Concert Series



**Moores Opera House  
Moores School of Music  
University of Houston**

**Wednesday, April 20, 7:30 pm**

**JAZZ ORCHESTRA/JAZZ ENSEMBLE**

Noe Marmolejo, director

**"New Music for Big Band"**

\$5 per person

RSVP by Wednesday, April 13

**Friday, April 29, 7:30 pm**

**SYMPHONY ORCHESTRA,  
CONCERT CHORALE,  
CONCERT WOMEN'S CHORUS,  
UNIVERSITY MEN'S/WOMEN'S CHORUSES**

Franz Anton Krager, conductor

Timothy Jones, bass - baritone soloist

Betsy Cook Weber, Richard Robbins, Amy Solberg, directors

**Mendelssohn: Elijah, Opus 70**

\$10 per person (reserved seating)

RSVP by Friday, April 22

**Sunday, May 22, 7:30 pm**

**HOUSTON BOYS CHOIR SPRING CONCERT**

Carole Nelson, Thomas Rinn, Holly Holt, directors

**American folk music and works by**

**J.S. Bach, W.A. Mozart, Rutter**

\$7 per person

RSVP by Monday, May 16

**Transportation to each event: \$10 per person  
Departs Houstonian Club Bridge at 6:00 pm**

## Social Gatherings & Outings

### MARCH

#### **Bowling - AMF Bunker Hill Lanes**

Thursday, March 24, 3:30 - 5:30 pm

Transportation will depart at 3:00 pm

from The Houstonian Club Bridge

\$12 per person (covers shoes and 2 hours of bowling)

Dinner following at Sweet Tomatoes Restaurant

#### **Voyagers Ladies Forum**

Thursday, March 31, 2:30 pm

Club Library

Guest speaker: Reverend Helen Havens,

Retired Rector, St. Stephens Episcopal Church

Tea and coffee served

### APRIL

#### **New Orleans Dinner**

Featuring The Leo Polk Band

Tuesday, April 12, 5:30 pm

The Hotel

#### **Birthday Social**

Wednesday, April 13, 2:30 pm

Club Library

#### **Stroke Screening Information Presentation**

Date to be determined

### MAY

#### **Birthday Social**

Wednesday, May 11, 2:30 pm

Club Library

#### **Croquet**

Thursday, May 12, 4:30 pm

Houston Croquet Association Courts at Memorial Park

Transportation will depart at 4:15 pm

from The Houstonian Club Bridge

\$15 (wine and hors d'oeuvres included)

#### **Stroke Screening**

Wednesday, May 25, 8:30 am - 4:00 pm

#### **Bowling - AMF Bunker Hill Lanes**

Thursday, May 26, 3:30 - 5:30 pm

Transportation will depart at 3:00 pm

from The Houstonian Club Bridge

\$12 per person (covers shoes and 2 hours of bowling)

Dinner following at Sweet Tomatoes Restaurant

**For more information or reservations, call**

**Sam Grow, 713.685.7946 or**

**Mitzi Ruff, 713.685.7934.**



## PRO TIP: SHOULDER INJURIES



Mike May  
Racquet Sports Director

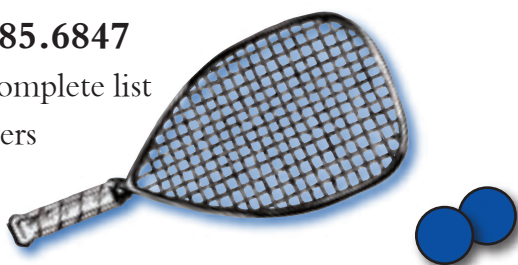
The shoulder is the most mobile joint in the body, and therefore the least stable. The rotator cuff muscles are more explosive muscles that generate excessive force and quick movements during serve and volley motions. If these muscles are weak due to overuse, they are vulnerable to tendon damage or inflammation such as tendonitis. This injury especially occurs in players over age 40 when a combination of wear and tear and overuse can result in a shoulder problem that might manifest initially as elbow pain.

To protect from this type of injury or to improve these muscles, seek the advice of a professional personal trainer. The trainer can create a program to protect the muscles using a variety of exercises as well as increase your overall effectiveness on the court. Contact one of our personal trainers at The Club and see the difference within a few short weeks.

## RACQUETBALL ENTHUSIASTS!

**Please call 713.685.6847**

We'd like to have a complete list of all racquetball players or those interested in the game.



## PROGRAMS

### Ladies Friday Clinics

3.5 - 4.5 levels  
Fridays, 9:30 - 11:00 am  
\$23 per class

### Ladies Group Lessons

#### Beginners

Mondays, 6:30 - 8:00 pm

#### Advanced Beginners

Wednesdays, 6:30 - 8:00 pm  
\$23 per class

### Doubles League

3.5 level & up  
Mondays, 6:00 - 8:00 pm  
\$10

For more information,  
call Leo Contini at 713.685.6847.

### Squash

Private & Group Lessons Available  
Call Guy Cowen, 713.685.5212.

## YOUTH

## Register Now for Summer Sports Camp

**Ages 5-12 | 9:00 am - Noon**

Activities will include baseball, basketball, dodge ball, soccer, rock climbing, tennis, kickball, swimming, and other active games.

Week 1: May 31 - June 3 | \$160/week;  
\$120 for each additional child (this week only)

Week 2: June 6 - 10

Week 3: June 13 - 17

Week 4: June 20 - 24

Week 5: June 27 - July 1

**No camp the week of July 4**

Week 6: July 11 - 15

Week 7: July 18 - 22

Week 8: July 25 - 29

Week 9: August 1 - 5

\$200/week for the first child and  
\$160 for each additional child

Camp provided to Houstonian Club Members only.  
Applications can be picked up at The Club Front Desk,  
The Kids Gym, or The Bungalow.

For more information, call Carter Ayers at 713.685.7911.



## Summer Youth Tennis Program

**May 31 - August 19**

**Mondays - Fridays**

**9:00 am - Noon**

**Ages 4 - 15**

\$225 per week for each child, \$50 per day for each child. For more information, contact Leo Contini at 713.768.9328 or 713.685.6847.

## COACHING 1 2 1

Private instruction teaching hand-eye coordination and balance and one-on-one training on sport specific skills such as baseball, basketball, soccer, etc.

**\$60 per hour**

For more information, call Carter Ayers at 713.685.7911.

## Youth Aquatics

**Aquatots I** Ages 12 mo - 23 mo (Child + Parent)  
Skills: Water safety and teaching instruction for parents:  
Introduction to water, basic skills.

**Aquatots II** Ages 24 mo - 36 mo (Child + Parent)  
Skills: Water safety and teaching instruction for parents:  
Rhythmic bubble blowing, kicking, arm movement, floating,  
jumping in the pool.

**Star Fish** Ages 3 - 4  
Skills: Putting face in water, blowing bubbles, floating, kicking,  
beginning arm strokes, water safety.

**Sea Horse** Ages 3 - 4  
Skills: Floating, arm strokes, kicking, coordination of arms  
and legs, beginning backstroke, water safety.

**Sea Lions** Ages 4 - 6  
Skills: Floating, arm strokes, lateral breathing, frog kick,  
backstroke, beginning dives.



**Splash Camp** Ages 6 - 14  
Kids will enjoy this fun-filled camp. Each week techniques and  
games will help swimmers develop strong understanding of the  
four different strokes (Freestyle, Backstroke, Breaststroke and  
Butterfly). Camps will meet from 2:00 - 4:15 PM.

**Sharks (Advanced)** Ages 4 - 7  
Sharks is a fitness and swim team development class for children  
who have experience with swim classes but would like to be  
more prepared to join a swim team. The main focus of this class  
is the foundations of balance, stroke timing, breathing, streamlining  
and coordination on Freestyle, Backstroke and Breaststroke. Skills  
tests required before being accepted into this level class.

**Minnows (Intermediate)** Ages 4 - 7  
Minnows is an introductory swim team development class for  
children who have some experience with swim classes but would  
like to be more prepared to join a swim team. The main focus of  
this introductory level class is the foundations of balance,  
streamlining and coordination on Freestyle and Backstroke.  
Skills tests are required before being accepted into this class.

**Dolphins Swim Team** Ages 8 - 16  
Coached by Master's National Champion, Mark Hahn, Dolphins  
Swim Team is a fun, low key developmental program that focuses  
on stroke technique and conditioning. Meets Monthly.

**Bluefins Swim Team** Ages 5 - 14  
Summer League Swim Team. May - June.

**For more information and schedules  
call the Aquatics Department at 713.685.6751.**

## SCUBA Programs

**Starfish™** Ages 3 - 7  
Starfish™ teaches water safety and team building using snorkeling  
skills. Must be a swimmer.

**Scuba Ranger™ Basic Program** Ages 8 - 12  
SCUBA Rangers™ teaches water safety, team building and  
responsibility while experiencing SCUBA in the pool.  
Basic program is required for other SCUBA programs.

**Junior Open Water SCUBA** Ages 10 - 16  
Become a certified Open Water Diver with your parents  
and friends.

Call Ann Keibler 713.523.3483  
at Oceanic Ventures for details and fees.

## Private and Semi-private Swimming Lessons

**Available for all ages 7 days a week.  
Please contact the Aquatics Department  
to make an appointment.**

## SPLASH TIME

Fun activities such as swimming, hiking, shooting hoops and  
playing Frisbee are offered from 9:30 - 11:00 am (ages 5-7)  
and 11:30 - 1:00 pm (ages 8 - 12) on Saturdays and Sundays.  
Parents can relax by the pool or go take a class knowing their  
child is having fun and getting exercise. Reservations required.





## Houstonian Lite: One Membership - All Clubs

Houstonian Lite provides complimentary reciprocity for use at any of its facilities to those who pay dues at one of the other Lite locations. Those members who have a membership to the Sugar Land club can now work out at the new Downtown location at no additional charge. This policy will also apply to the upcoming Woodlands location when it opens at Market Street later this year (tentatively scheduled for opening in October or November). Also, Houstonian Club Members may join Houstonian Lite with no initiation fee.

For more information see [www.houstonianlite.com](http://www.houstonianlite.com).



## Sales Center Now Open for The Redstone

Redstone is debuting The Redstone Condominium Sales Center to much fanfare this month, with parties and open houses planned for realtors, designers and those wanting a first glimpse of the prestigious high-rise project. The 5,000 square foot center features the lifestyle story of the property, a virtual tour, model kitchen & master bath, and other rooms designed to display the exquisite finishes that come standard with all residences. Subject to pre-sales, Redstone plans to break ground on The Redstone, on the grounds of The Houstonian Hotel, Club & Spa, this spring. The Sales Center is located on the 4th floor of The Redstone Building.

For information see [www.theredstone.com](http://www.theredstone.com).

## What's New at the Shell Houston Open

The Shell Houston Open, April 18-24 at Redstone Golf Club, has some new spectator enhancements for 2005. The Champions Pavilion, an air-conditioned tent with the look and feel



of a sports lounge, is now open to everyone. Located near the 16th green, the Champions Pavilion is one of the few open-to-all venues on the PGA TOUR with a golf view. In addition to the sports lounge, where food and beverages may be purchased, the Champions Pavilion features a deck complete with umbrella tables.

Good-Any-Day ticket coupons, priced at \$25 each, are another new convenience. Those coupons may be purchased on-line at [www.shellhoustonopen.com](http://www.shellhoustonopen.com) with a major credit card. Coupons can then be exchanged at the gate for the appropriate day's ticket.

The Bunker, an open-to-all entertainment tent located between the 9th and 18th greens will feature live entertainment after play Friday-Sunday. During the day Wednesday-Sunday patrons may purchase food and beverages while relaxing and viewing programming on a huge jumbotron TV.

Vijay Singh, the world's top-ranked golfer and winner of nine tournaments in 2004, is the defending Shell Houston Open champion. For more information contact the Houston Golf Association at 281.454.7000.

## Big Bank Products Small Bank Service

Redstone Bank is a locally owned full service bank conveniently located in The Redstone Building at the entrance to The Houstonian Hotel, Club and Spa. The bank operates a second location at San Felipe and South Post Oak Lane, next to Rice Epicurean Market and Post Oak Pharmacy.

**Redstone provides the products of large banks but with a "small bank" approach. This means Redstone Bank is committed to:**

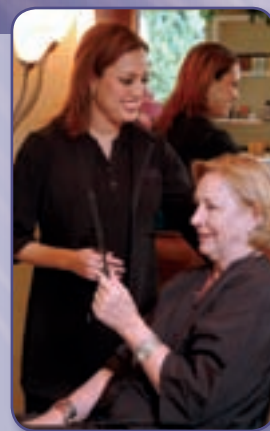
- Knowing our clients' names and their needs.
- Paying competitive rates on deposits.
- Providing fast turnaround on credit decisions.
- Offering full function internet banking for commercial and individual clients.
- Providing innovative ways to expand convenience.



We invite you to join many of your fellow Club Members who have experienced the Redstone Bank difference. Contact Gail Rasmussen at 713.316.3674, stop by one of our offices or see [www.redstonebank.com](http://www.redstonebank.com).

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