

Winter 2006

# HOUSTONIAN *Member*

Steal Away for a  
Special Valentine's  
Day Hideaway

**Hammerheads Cycling  
Team Gears Up for  
Annual MS150**

Youth Aquatics  
Registration  
See Spring  
Planning Guide





Mark Stevens  
General Manager  
The Houstonian Club

## A Minute With Mark

Congratulations! Having joined the premier health club in Houston and one of the Top 10 in the country, I'm sure you are aware that the decision you made is one of the best for your health. I'd like to take this time to wish you a Happy and Healthy New Year and tell you about some of the benefits of exercise and The Houstonian.

To start, you made the right decision. You purchased the most practical, efficient and rewarding "health insurance policy"

on the market. During the past 20 years, hundreds of studies have convincingly demonstrated the wide range of physical and mental benefits of exercise, including protection from heart disease, certain cancers, diabetes, bone loss and depression, among others. The best news is that a small amount of regular exercise goes a long way. Just adding a 30-minute workout three times per week will protect you from most of the lifestyle related diseases. It will also help you relieve stress, help you sleep better and provide you with more energy.

Regardless of your fitness goals, in order for you to be successful, you need a program that you will enjoy and maintain. Let me offer a few suggestions to help you start your year:

### Sign up for a Fitness Assessment.

The more you know about your current level of fitness, the more comfortable and educated you are about The Club, our staff and benefits, the better you are going to do. Make sure you participate in activities you really like to do. One of the biggest barriers in fitness is boredom. Ask our expert fitness staff to tailor a program that fits your interest, work and family life.

### Don't hesitate to ask for assistance.

Our staff is highly qualified and eager to assist you in any manner we can. We are committed to providing fitness programs, services and facilities which exceed your expectations. Our staff is highly regarded in the industry as being one of the tops in the country. Staff is available in aquatics, personal training, racquet sports, massage, youth, group exercise and Pilates, at all the highest levels of education and certifications in their respected fields.

### Try new competitive programs or just compete against yourself.

We all get into ruts, doing the same workout every day of the year. Your body becomes accustomed to this and reaches its peak unless it is stimulated in a different fashion. To truly stimulate you physically, try some of our competitive programs and compete against others or just yourself. RunFit, SwimFit, Houstonian Hammerhead Cycling Team, Adventures in Fitness, Outdoor Challenge, BOD Squad and POW! are just a few of our many offerings that will spark your competitive fire, while providing you with excellent workouts.

### Pamper yourself!

Part of every great fitness program is a time for relaxation and pampering. With this, why not be pampered by the very best – Trellis, The Spa at the Houstonian. The Trellis staff has great suggestions and services that are sure to become a part of your fitness regimen.

### Have a Happy and Healthy 2006!

**We look forward to working with you during the year.**



Jim Mills  
General Manager  
The Houstonian Hotel

## Hotel Happenings

On behalf of the entire Hotel staff, I would like to express our best wishes for a prosperous and safe 2006! We have many exciting plans and new items to offer our guests during the upcoming year. My wish is to use this article to inform Club Members of these Hotel events and our plans, plus occasionally communicate information that will allow more effective use of the property. After all, our Members are our most special visitors.

First, I would like to announce two significant management changes that we have made recently. Steve Fronterhouse joined The Hotel a few months ago as Food and Beverage Director. I anticipate that you have already noticed the impact of his leadership in the service offered in Olivette, The Bar and The Manor House. Additionally, last month we welcomed Jeff Everts in the role of Executive Chef. As the year progresses, we will see more and more of his influence in each area of food service on our campus. Look for new menus soon reflective of Chef Everts' straightforward yet innovative style.

Another noteworthy development for this year includes our plan to add entertainment in The Bar on Thursday evenings.

Our trio's conversation-friendly, yet danceable style will make the bar a natural gathering place. I encourage you to meet friends or colleagues for a glass of wine or your favorite cocktail and try us out.

Don't forget to keep The Hotel in mind as you make Valentine's Day plans. Hotel and restaurant availability is already very tight for the weekend of February 17, as Houston will host the NBA All Star Game. For that reason, I suggest that you consider a romantic celebration mid-week or the prior weekend. Let us know how we might assist with creating a memorable occasion.

Our plans for this year also include upgrading the bedding in our guest rooms. We will begin just before midyear to install new ultra-plush beds fitted with luxurious new linens in each of our rooms. Along with the bathroom redo we completed in the latter part of 2005, our rooms will be more comfortable than ever. Of course, many hotel companies offer lots of elegant products. These alone do not create excellence. I am certain that the unique appeal of our property is based on the attentiveness of our wonderful staff, the natural beauty of our grounds and the special relationship between The Hotel, The Club and Trellis. We look forward to welcoming you and your associates as our guests in the coming year.

## Tree Lighting



Images by Genesis Photographers.

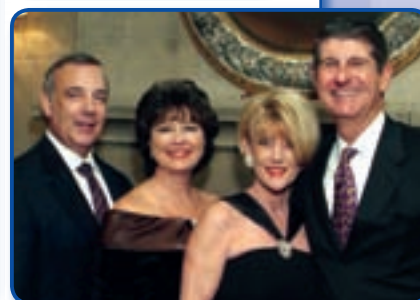
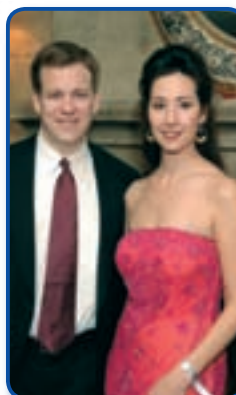
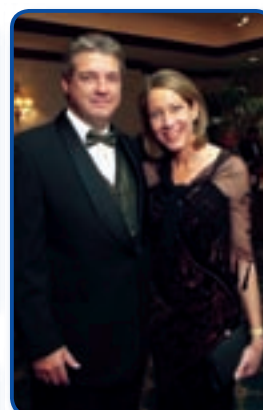
## FALL FESTIVAL



## Komen Race Team

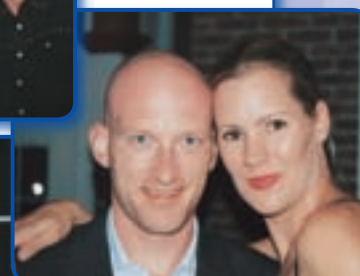
For the 8th year in a row, The Houstonian Team won First Place in the Corporate Division of the 2005 Susan G. Komen Race for The Cure. Members of the team included Bridget Degan, Bart and Lisa Rainey and Terie Littlepage.

## New Year's



Images by Genesis Photographers.

## TAPAS NIGHT





## HEALTHFIX'06

This can be the best year of  
your life!

Plan to attend one or more of these educational  
events, all designed to benefit your family,  
your friends and you!

### The Last Ten Pounds

Tuesday, January 24  
11:30 am - 1:00 pm  
The Houstonian Hotel  
Refreshments  
Complimentary

If it's time to get down to goal weight, this seminar  
is for you. Learn to take off ten pounds in 35 days  
and keep it off.

### Getting Your Kids to Eat Healthy

Wednesday, February 8  
9:00 am - 11:00 am  
The Houstonian Hotel  
Refreshments  
Complimentary

What could be more important than good nutrition  
for your family? Learn to make healthy eating a  
happy and habitual experience.

### Dr. Bob Arnot Luncheon

Monday, February 20  
11:30 am  
Hotel Grande Ballroom  
\$35

Dr. Bob Arnot is one of the  
most recognized names in the  
medical and health professions.  
A bestselling author, Dr. Arnot  
has published nine books,  
including *Wear and Tear*, *The  
Prostate Cancer Protection Plan*,  
*The Breast Health Cookbook*,  
*The Breast Cancer Prevention Diet*, and *The Biology of  
Success*. A native of Boston, Massachusetts, Dr. Bob  
received a bachelor of medical science degree from  
Dartmouth College in 1972 and a medical degree from  
McGill University in Montreal in 1974. His presenta-  
tion will focus on longevity and quality of life issues.



Seating is limited. For more information,

## VALENTINE'S DAY AT THE HOUS- TO- NIAN



For a special Valentine's  
celebration, enjoy a  
romantic dinner in Olivette or take  
advantage of the  
Valentine's Hideaway Package featuring:

- Deluxe Guest Room
- Bottle of Champagne served with  
Chocolate Strawberries
- Truffles delivered upon arrival
- Breakfast for two (2) at Olivette or In-Room  
Dining from Room Service

The following services can be arranged to complement  
your package:

- Flowers delivered to  
your room
- Dinner for two at  
Olivette or In-Room Din-  
ing  
from Room Service



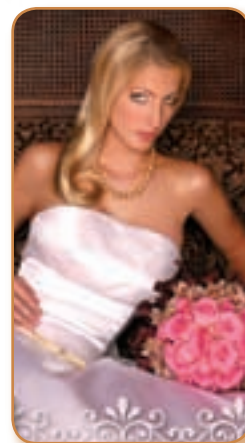
## Before You Say "I Do" BRIDAL SOIREE

Sunday, March 26  
1:00 - 6:00 pm  
The Hotel

\$12 in advance  
\$15 at door

Meet with more than seventy of  
Houston's finest wedding experts  
and find everything you need to  
plan the perfect wedding.

Featuring champagne and canapes,  
this exclusive bridal runway show  
will highlight Houston's most  
talented wedding experts in a  
beautiful setting.



For more information, call 713.464.4321  
or visit [www.houstonbridalshows.com](http://www.houstonbridalshows.com)

## Does Swimming Make You Trim?

Hear what some of our Members have to say:

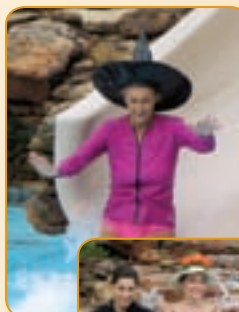
*"The coaches cater to all levels of swimming whether you are a beginner or past Olympian. The classes definitely make swimming more enjoyable."*

---Nancy Randall

*"It gives you a chance at a better workout than swimming by yourself, a little more competition, and a few social benefits."*

---Harriet Hearn

For more information on swim classes offered, please contact the Aquatics office at 713-685-6751 and ask for coaches Mark Hahn or Kristin Schiller.



HALLOW-  
EEN  
PARTY



Cookie Ex-  
change

## The ABCD of Water Fitness

Linda Griffeth, Water Fitness Coordinator

A - Abdominal Training and perfect Alignment

B - Balance Training and Buoyancy

C - Core Conditioning & Cardio  
Respiratory Endurance

D - Deep Relaxation and Disciplines  
such as

Aqua Yoga, Pilates, Tai Chi, Ai Chi  
and Watsu

**Deep and shallow water fitness classes offer numerous benefits such as:**

- Decreasing weight bearing and joint compression forces and making exercise enjoyable.
- Increasing range of motion, functional abilities and venous return and circulation.
- Creating muscular conditioning and enhancing stability by stabilizing the core. More fat calories are burned. Increased ventilation of the lungs, muscular endurance and balance are all achieved due to the resistance, hydro-static pressure and multi-directional movement in the water.

A variety of water fitness classes are offered to promote cardio-respiratory endurance, strength and muscular endurance, relaxation and balancing of the body. These classes are for all ages from the well-conditioned to those returning to exercise.

• FITNESS FASHION FROM •

THE  
SPORTS SHOP  
— AT —  
THE HOUSTONIAN  
713.685.6719



YOGI • MOD O'DOC • GREEN DRAGON

TWISTED HEART • LACOSTE • BEJEWELLED •

• NILLA SHIELDS •



## BFIT+ 2006

12-week program starting January 23, 6:00 am  
Get fit and stay fit with The Houstonian BFIT+  
cross training program!

Train six days a week and meet with a fun group to cross train and BFIT. Activities will include running, swimming, spinning, water boot camp, core training and functional/weight training. All fitness levels welcome.

## Hammerheads/BFIT+

Houstonian Hammerheads cycling team can join the BFIT+ activities during the week. Get fit and ready for the annual MS 150 by incorporating cross training and core training into your regimen and be a more complete athlete and a faster, stronger cyclist with HH+.

\*Additional cost for both programs.

For more information, contact Annabelle Landa,  
ABlanda@houstonian.com.

For more information on the Hammerheads  
Cycling Team see page 10.

## BOOT CAMP

Starting in January  
6 week camp – 12 sessions  
Tuesdays and Thursdays  
5:30 – 6:15 am



High intensity workout focusing on strength, endurance, agility, core conditioning and flexibility. On The Meadow, tennis courts and outdoor track or indoor gym if raining.

You must be registered for the entire 6 week class to attend.

For information, call Alicia Harrison at 281.702.2597.

## VIDEOTAPED RUNNING GAIT ANALYSIS

January 24, 6:00 – 8:00 pm  
Indoor Track

Analysis by Dr. John Cianca,  
Director of Rehabilitation at TIRR, and  
Houstonian Trainer Kristin Schiller.

Only four appointments available.  
Call 713.685.7947.



## Training and Injuries: Moving Beyond Symptom Management

John Cianca, M.D.

Training for athletic competition requires pushing yourself beyond your current capabilities in order to attain a higher level of performance. This is a readily accepted principle of training. However, this entails some risk. Specifically, anytime one pushes themselves beyond their tolerance level, the risk of injury increases. This risk increases as one increases their training intensity, duration, or frequency. Almost inevitably, when training for triathlons or marathons, injuries occur. How one addresses these injuries will greatly influence the likelihood of injury recurrence, as well as successful rehabilitation.

Most of the injuries I have diagnosed and treated over the years are related to this axiom of risk/benefit. What I have found more times than not is that athletes will often feel that once the symptoms are resolved, the problem is resolved. Unfortunately, this is not the case. The reason for this unfortunate truth is that the environment in which the injury has occurred has not changed. In other words, the athlete goes back to doing things just as they did prior to their injury.

In addition to too hard, too long, too often, the athlete is quite likely utilizing poor or flawed techniques. Let's consider running, which would seem to be a very hard activity to mess up since most of us have been running since shortly after we learned how to walk. Well, from my perspective, most runners could use some work on their running form. Next time you are in the park, watch the runners ahead of you. It often isn't pretty.

Running injuries are predicated on faulty biomechanics (bad technique). There is a "right way" to run, and everything else is a compromise. As a result, the threshold for too hard, too long, too often is lowered, and the incidence of injury increases. It is essential to change the technique that resulted in the injury to a more efficient form. So once you are successful in alleviating the symptoms, the real work of rehabilitation needs to begin.

Regaining strength, flexibility, proprioception (position sense), and endurance are the building blocks to proper function. You can begin working on these once your symptoms are controlled or eliminated. However, it is important to make these building blocks fit the activity. This is referred to as specificity. This is where a good physical therapist and/or personal trainer comes in very handy. They can help you develop a rehabilitation regimen that focuses on your deficiencies and applies to your activity. This is referred to as functional rehabilitation. And most important of all, you must correct the flaws in your technique. This goes beyond the building blocks and requires an analysis of how you perform. Just as with a golf swing or a tennis stroke, running, cycling, and swimming have mechanics that need to be considered and optimized.

Let's go back to running. A good way to improve your running is to analyze your running form or technique. This is best accomplished using a video gait analysis. Simply having someone watch you run will never be enough because the running motion is too quick to successfully analyze with the "naked" eye. Video gait analysis allows you to see your running form from different angles in a frame-by-frame analysis. It allows you to see yourself in three dimensions. This visual experience gives you an entirely new perspective on your running. When you are assisted by someone with the training in running technique and gait analysis, this can be very helpful. Body position, joint alignment, rhythm, and motion control are just some of the factors that should be looked at with a good gait analysis. Small changes can result in dramatic differences in injury susceptibility and performance. Most importantly, it supplies the education you need to run differently, more efficiently. This will allow the building blocks you have rehabilitated to be based on a sturdy foundation that in turn will raise your threshold to injury and increase your ability to train and recover.

## Resolution Shape Up

### Fitness and Weight Management Programs

#### 12 Week Program

Through April 7

#### 8 Week Program

April 24 – June 16

#### 6 Week Program

July 17 – August 25

#### 8 Week Program

September 25 – November 17

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.

## Metabolic Testing

January 21	8:00 – 11:30	am
January 23	6:00 – 8:00	pm
February 18	8:00 – 11:30	am
February 20	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.

## Grocery Store Tours

Thursday, February 23, 9:00 – 11:00 am  
Whole Foods

Wednesday, March 22, 6:00 pm  
Rice Epicurean

Learn to breeze through the supermarket filling your basket with nutritious foods and great meal ideas. This is a great beginning to establishing a healthier lifestyle.

## You're The Chef! Party For Kids

Kids love to use their creative imaginations and they love to cook. These events are ideal for birthday parties, Girl Scout/Boy Scout meetings, or just a special day. Your child and his/her friends will prepare and enjoy 3-4 kid friendly recipes. Ages 5 – 18.

Ideal for groups with less than 10 individuals.

## Shape Up Success Story: Sandy Norris

In April, I was 51 years old and I was bigger than I had ever been in my life. My clothes did not fit, and I felt horrible about myself. I had come to the realization that I absolutely had to do something. The Resolution Shape Up Program was a Mother's Day gift from my husband. When I started last April, I weighed 153 pounds – now I weigh approximately 131 pounds. You do not know how much better I feel and how much easier it is for me to get around!!

Each week when we weighed in, Catherine Kruppa, MS, RD, LD was so excited when my weight kept going down – I remember when I got below 150 pounds and then below 140 pounds. Ronnie Klaus, Leslie Walton and Patrick Lucas were so supportive in class and with their weekly phone calls. When I started the class, I could hardly squat, and now I do a pretty good squat. But I think the most important thing I learned is that this is a lifestyle change – and I'm determined to keep it up.

When I look at people at The Houstonian who are in shape, I know that they work out every day – not just whenever they feel like it. This program has taught me so much about a healthy diet; I am constantly reading labels now!! It's like Ronnie and Leslie said – if you come to the classes and do what you're told to do, the weight will come off. I'm proof of this! I highly recommend Resolution Shape Up -- it is a commitment but one that is well worth it. It has truly changed my life.

*Sandy Norris lost a total of 22 pounds,*

*25 inches and 8% body fat.  
Congratulations Sandy!*

## Nutrition Seminars

Wednesday, February 8  
11:00 am

### What's in a Grain? Club Library

You know we need them, but what foods have them and how much do we need?

Tuesday, February 21  
6:00 pm  
Peak Performance Nutrition  
Club Library

Are you an athlete or fitness enthusiast? Would you like to eat to fuel your active lifestyle and improve your performance? This comprehensive seminar is for you.

Wednesday, March 8



For all programs, call 713.316.5945.

# Youth Aquatics Planning Guide

## GROUP LESSONS

### Aquatots I Ages 12 months - 23 months

Water safety, basic water skills—entering and exiting pool, getting face wet, blowing bubbles, kicking.

Dates	Day	Time	Location
5/1 - 5/19	M/W/F	10:00-10:30 am	Resort Pool
5/2 - 5/20	T/Th/Sat	10:00-10:30 am	Resort/Garden
6/5 - 6/23	M/W/F	10:00-10:30 am	Resort Pool
6/6 - 6/24	T/Th/Sat	10:00-10:30 am	Resort/Garden
7/10 - 7/28	M/W/F	10:00-10:30 am	Resort Pool
8/7 - 8/25	M/W/F	10:00-10:30 am	Resort Pool

### Aquatots II Ages 24 months - 36 months

Water safety, basic water skills—jumping in pool, blowing bubbles, floating, arm and leg movements.

5/1 - 5/19	M/W/F	10:45-11:15 am	Resort Pool
5/2 - 5/20	T/Th/Sat	10:45-11:15 am	Resort/Garden
6/5 - 6/23	M/W/F	10:45-11:15 am	Resort Pool
6/6 - 6/24	T/Th/Sat	10:45-11:15 am	Resort/Garden
7/10 - 7/28	M/W/F	10:45-11:15 am	Resort Pool
8/7 - 8/25	M/W/F	10:45-11:15 am	Resort Pool

### Star Fish Ages 3 - 4

For the more timid child. Skills include: Putting face in water, blowing bubbles, floating, kicking, beginning arm strokes, water safety.

4/10 - 4/26	M/W	4:15-5:00 pm	Garden Pool
4/10 - 4/26	M/W	5:15-6:00 pm	Garden Pool
5/1 - 5/17	M/W	3:15-4:00 pm	Resort Pool
5/1 - 5/17	M/W	4:15-5:00 pm	Resort Pool
5/2 - 5/18	T/Th	4:15-5:00 pm	Resort Pool
6/5 - 6/21	M/W	3:15-4:00 pm	Resort Pool
6/5 - 6/21	M/W	4:15-5:00 pm	Resort Pool
6/6 - 6/22	T/Th	11:00-11:45 am	Resort Pool
7/10 - 7/26	M/W	3:15-4:00 pm	Resort Pool
7/10 - 7/26	M/W	4:15-5:00 pm	Resort Pool
7/31 - 8/4	M/W/F	4:15-5:00 pm	Resort Pool
8/7 - 8/11	M/W/F	4:15-5:00 pm	Resort Pool
8/14 - 8/18	M/W/F	4:15-5:00 pm	Resort Pool
8/21 - 8/25	M/W/F	4:15-5:00 pm	Resort Pool

### Sea Horses Ages 3-4

For the more advanced child. Skills include floating, arm strokes, kicking, coordination of arms and legs, beginning backstroke, water safety.

4/10 - 4/26	M/W	4:15-5:00 pm	Garden Pool
4/10 - 4/26	M/W	5:15-6:00 pm	Garden Pool
5/1 - 5/17	M/W	3:15-4:00 pm	Resort Pool
5/1 - 5/17	M/W	4:15-5:00 pm	Resort Pool
5/2 - 5/18	T/Th	4:15-5:00 pm	Resort Pool
6/5 - 6/21	M/W	3:15-4:00 pm	Resort Pool
6/5 - 6/21	M/W	4:15-5:00 pm	Resort Pool
6/6 - 6/22	T/Th	3:15-4:00 pm	Resort Pool
7/10 - 7/26	M/W	3:15-4:00 pm	Resort Pool
7/10 - 7/26	M/W	4:15-5:00 pm	Resort Pool
7/31 - 8/4	M/W/F	4:15-5:00 pm	Resort Pool
8/7 - 8/11	M/W/F	4:15-5:00 pm	Resort Pool
8/14 - 8/18	M/W/F	4:15-5:00 pm	Resort Pool
8/21 - 8/25	M/W/F	4:15-5:00 pm	Resort Pool

### Sea Lions Ages 5-6

Skills: floating, arm strokes, lateral breathing, frog kick, backstroke, beginning dives.

5/1 - 5/17	M/W	4:15-5:00 pm	Garden Pool
5/1 - 5/17	M/W	5:15-6:00 pm	Garden Pool
6/5 - 6/21	M/W	3:15-4:00 pm	Garden Pool
6/5 - 6/21	M/W	4:15-5:00 pm	Garden Pool
6/5 - 6/21	M/W	5:15-6:00 pm	Garden Pool
7/10 - 7/26	M/W	3:15-4:00 pm	Garden Pool
7/10 - 7/26	M/W	4:15-5:00 pm	Garden Pool
7/31 - 8/4	M/W/F	5:15-6:00 pm	Garden Pool
8/7 - 8/11	M/W/F	5:15-6:00 pm	Garden Pool
8/14 - 8/18	M/W/F	5:15-6:00 pm	Garden Pool
8/21 - 8/25	M/W/F	5:15-6:00 pm	Garden Pool



## SWIM TEAM DEVELOPMENT

### Minnows Ages 4 - 7, Beginner

Minnows is an introductory swim team development class for children ages 4-7 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. A skills test is required before being accepted into this class.

3/6 - 3/29	M/W	4:15-5:00 pm	Sports Pool
4/3 - 4/26	M/W	4:15-5:00 pm	Sports Pool
5/1 - 5/24	M/W	4:15-5:00 pm	Sports Pool
6/5 - 6/28	M/W	4:15-5:00 pm	Sports Pool
7/10 - 8/2	M/W	4:15-5:00 pm	Sports Pool
8/7 - 8/30	M/W	4:15-5:00 pm	Sports Pool

### Sharks Ages 4 - 7, Advanced

Sharks is a fitness and swim team development class for children ages 4-7 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. A skills test is required before being accepted into this level class.

3/6 - 3/29	M/W	5:15-6:00 pm	Sports Pool
4/3 - 4/26	M/W	5:15-6:00 pm	Sports Pool
5/1 - 5/24	M/W	5:15-6:00 pm	Sports Pool
6/5 - 6/28	M/W	5:15-6:00 pm	Sports Pool
7/10 - 8/2	M/W	5:15-6:00 pm	Sports Pool
8/7 - 8/30	M/W	5:15-6:00 pm	Sports Pool



# Spring and Summer 2006

## SWIM TEAM

### Dolphins

**Ages 6-15, Sports Pool  
Year Round Swim Team**

**Spring** Through March 30  
**Fall/Winter** Monday, July 31 – Thursday, December 14

**Practice Time** M/T/W/Th 5:00-6:00 pm

### BlueFins

**Ages 5-18, Sports Pool  
Country Club Summer League**

**Pre-Season** Monday, April 3 – Friday, April 28

#### April Practice Times

Blue Team	Ages 5-6	T/Th	4:15-5:00 pm
Bronze Team	Ages 5-7	T/Th	5:00-5:45 pm
Silver Team	Ages 7-8	M/W/F	4:15-5:00 pm
Gold Team	Ages 7-18	M/W/F	5:00-5:45 pm

**Regular Season** Monday, May 1 – Monday, June 26

#### May Practice Times

Blue Team	Ages 5-6	T/Th	4:15-5:00 pm
Bronze Team	Ages 5-7	T/Th	5:00-5:45 pm
Silver Team	Ages 7-8	M/W/F	4:15-5:00 pm
Gold Team	Ages 7-18	M/W/F	5:00-5:45 pm

#### June Practice Times

Blue Team	Ages 5-6	M/W	2:45-3:30 pm
Bronze Team	Ages 5-7	M/W	3:30-4:15 pm
Silver Team	Ages 7-8	M/W	4:15-5:00 pm
Gold Team	Ages 7-18	M/W	5:00-5:45 pm
Elite Team	Time Qualifications	TBA	

#### June Swim Meet Schedule

4:00-7:30 pm Home Meets at Sports Pool

Tuesday, May 30	Royal Oaks CC/Braeburn CC	Home
Thursday, June 1	Briar Club	Home
Tuesday, June 6	Forest Club	Away
Thursday, June 8	Houston Racquet Club	Home
Thursday, June 15	Houston CC	Away
Tuesday, June 20	River Oaks CC	Away
Thursday, June 22	Lakeside CC	Home
Saturday, June 24	CCL Invitational Meet	TBA
Monday, June 26	End of Season Team Party	

## SPLASH CAMPS/CLINICS

**Ages 6-14, Sports Pool**

#### Stroke Clinic

Saturday, April 8 Freestyle and Backstroke\*

#### Starts & Turns Clinic

Saturday, April 15 Starts and Turns\*

#### Stroke Clinic

Saturday, April 29 Breaststroke and Butterfly\*

#### Splash Camps Free/Back/Breast/Fly/Starts/Turns\*

July 10-13	M – Th	2:00-3:30 pm
July 17-20	M – Th	2:00-3:30 pm
July 24-28	M – Th	2:00-3:30 pm

\* Swimmers participating in these programs will be videotaped.

## Winter Sports Classes

**Ages 5-7**  
**Tuesdays, 3:30 – 4:30 pm**

**Ages 3-5**  
**Fridays, 12:30 – 1:30 pm**

**\$85 per month.**

Learn a different sport every week:  
basketball, soccer, football and baseball.  
For more information,  
call Carter Ayers, 713.685.7911.



## 3 on 3 Basketball League

**Through March 4**  
**Ages 5-7**

**Tuesdays, 4:30 – 5:30 pm**  
**Saturdays, 11:00 am – Noon**  
**\$200 per person**

For more information or to  
register, call Carter Ayers, 713.685.7911.



## After School Athletic Program

**Mondays and Wednesdays**  
**4:00 – 5:30 pm**

Train in small groups to increase speed,  
power, agility, and conditioning.  
For more information, call  
Jazz Hamilton at 713.301.3169  
or Sean Cashmen at 832.876.3239.



## Youth Boxing Club

**Tuesdays and Thursdays**  
**4:00 – 5:00 pm**  
**Ages 8-12**  
**\$110 per month**

Program combines boxing,  
kickboxing, self defense  
and total conditioning in  
a fun and safe environment.

For more information,



## VOYAGERS

## Dinner &amp; Guest Speaker

**Jill Carroll**  
Rice University  
Professor

*"An Historical  
Approach to Peace  
Among the 3 Major  
Religions"*



**Thursday,  
February 9  
5:30 - 7:30 pm  
The Hotel**

Dr. Carroll brings a special mixture of scholarly expertise, personal passion, and humor to the subject of world religions. She earned her doctorate in religious studies from Rice University. She has taught comparative religions and other topics in the general humanities at the University of Houston and Rice University.

## NEW CLASSES

VOYAGERS  
CYCLE

Featuring  
"comfort seats"  
**Tuesdays**  
**11:00 - 11:30 am**  
**Mitzi Ruff**  
**Studio B**

VOYAGERS  
YOGA

**Tuesdays**  
**11:40 am - 12:20 pm**  
**Robert Boustany**  
**Studio A**



## RACQUET / GROUP EXERCISE

## PROGRAMS

**Ladies' Tennis Clinics**

3.5 - 4.5 levels

**Fridays, 9:30 - 11:00 am**

**Ladies Group Tennis Lessons****Advanced Beginners**

**Wednesdays, 6:30 - 8:00 pm**

\$23 per class

**Doubles Tennis League**

3.5 level & up

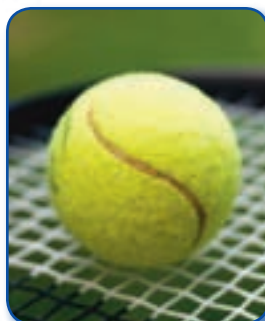
**Mondays, 6:00 - 8:00 pm**

\$10

For more information,  
call Leo Contini at  
713.685.6847.

**Squash Lessons**

Private and group  
lessons available.  
Call Guy Cowen,  
713.685.5212.

Houstonian Hammerheads  
Cycling Team

Organized training rides for all cycling abilities to train for the annual BP MS150 bike ride, a two-day cycling adventure from Houston to Austin that raises funds to help people living with Multiple Sclerosis. Rides start Saturday, January 28.

**\$225 per person**

(Includes team uniform, training rides, team sleeping tent, food, beverages and massage in La Grange, Texas.)

For more information, contact Lisa Rainey at [lrainey@houstonian.com](mailto:lrainey@houstonian.com).





## Nationwide Tour Championship

Officials from the PGA TOUR, Houston Golf Association (HGA) and The Redstone Companies jointly announced that the 2006 Nationwide Tour Championship will be played November 6-12 at The Houstonian Golf & Country Club. The 72-hole tournament, featuring the Nationwide Tour's top 60 money winners, will be nationally televised by The Golf Channel. The total purse for the event will be \$700,000.

As the season-ending tournament, the Nationwide Tour Championship is perhaps the most dramatic event of the year for the tour. The top 20 players on the final money list earn their PGA TOUR cards for the following year. With a first place prize of \$126,000, virtually every player in the tournament will have a shot at reaching the PGA TOUR. It took just over \$200,000 to finish in that elite group in 2005.

Founded in 1990, the Nationwide Tour is owned and operated by the PGA TOUR. The Nationwide Tour has since become one of the top three tours in the world and alumni comprise nearly 60% of current PGA TOUR players.



Former Nationwide Tour players have collected 175 PGA TOUR titles, including 10 major championships. Current PGA TOUR stars, including Jim Furyk, Ernie Els, David Toms, John Daly, Tom Lehman, Chris DiMarco and Stuart Appleby, all competed on the Nationwide Tour earlier in their careers. Former Nationwide Tour players won 16 times on the PGA TOUR in 2005.

"We built The Houstonian Golf & Country Club with the vision that it would attract this caliber of an event," said David Shindeldecker, President and Co-CEO of The Redstone Companies. "We have enjoyed our relationship with the HGA, the TOUR, and Shell as hosts of Houston's PGA TOUR stop at Redstone Golf Club. We look forward to expanding those partnerships and our future with Nationwide as well."

The Redstone Companies has made a major commitment to golf in the Greater Houston area. Redstone Golf Club is in the fourth year of a 10-year contract to serve as the host venue for the PGA TOUR's Shell Houston Open. It also donated the land for a learning center and three-hole short course that is a part of The First Tee® Houston/Redstone Chapter to which the Houston Golf Association holds the charter.

A 7,100-yard, par-72 layout, The Houstonian Golf & Country Club was designed by Rees Jones and is uniquely free of housing developments. Known for his classic approach to course design, Jones has crafted two other distinct courses for Redstone, including The Tournament Course at Redstone Golf Club and Shadow Hawk Golf Club.

Featuring rolling 419 Tifway Bermuda grass fairways and tees with Tif-Eagle greens, The Houstonian Golf & Country Club has 45 bunkers, which were recently renovated. There is an expansive driving range, two putting greens, an 8,000-square-foot short game practice area and a teaching facility -- the Dick Harmon School of Golf. For more information regarding The Houstonian Golf & Country Club or the 2006 Nationwide Tour Championship, please call 281.494.4245.

## HOUSTONIAN

### Houstonian Lite Adds *Lite* Group Exercise Studios!

By popular demand, Houstonian Lite has added two beautiful new group exercise studios at both the Downtown Club in Pennzoil Plaza and the Sugar Land Club in Town Square. Each club now offers a full complement of spinning, yoga, mat Pilates, kick boxing and a variety of other classes throughout the week.

Members of The Houstonian Club may join Houstonian Lite at no initiation fee until January 31, 2006. Beyond that date, Houstonian Lite will begin charging Houstonian Club Members a discounted initiation fee, but it will no longer be totally complimentary. Many members of The Houstonian Club who work downtown, have already joined for the convenience of catching a quick workout and relaxing shower, on days when time permits.

Call today to sign up or for further information. The Downtown Club can be reached at 713.224.5990 and Sugar Land can be reached at 281.313.7979. You can also access information at [www.houstonianlite.com](http://www.houstonianlite.com).



## REDSTONE BANK

### Friends & Family Banking Just Became More Convenient!

Redstone Bank's Friends and Family package includes all the bank services you have come to expect – at no charge. Now it is even easier to bank at Redstone with the opening of our new convenient lobby and motor bank located at the corner of North Post Oak Lane and Memorial Drive. No more worries about changing your workout clothes or parking your car. Three convenient drive-up lanes and an ATM are right outside your car window.

The Friends and Family account means free debit cards, unlimited online bill pay, and no ATM surcharges or fees – all with no service charges or minimum balance requirements. Members earn a very competitive rate on their deposits and are eligible to earn an additional 0.25% above Redstone Bank's posted rates on certificates of deposit (excluding promotional offers).

Come visit Redstone Bank on the first floor of The Redstone Building or the Tanglewood location at 5018 San Felipe next to Rice Epicurean, to join the Friends and Family program and see how friendly banking can be.

For more information, call Gail Rasmussen at 713.316.3660.

**Member FDIC**



# Valentine's Day Spa Packages

## **Trellis Delight**

Includes a Decl r Facial,  
Classic Manicure  
and lunch or dinner.

**3 hours - \$145**

## **Perfectly Polished**

Includes an Aromatherapy Massage,  
Classic Manicure, Classic Pedicure,  
Makeup Introduction and lunch or dinner.

**4.5 hours - \$225**

## **Spoiled Beautiful**

Includes a Decl r Facial, Swedish  
Massage, Classic Manicure, Classic  
Pedicure, Makeup Introduction  
and lunch or dinner.

**5.5 hours - \$325**

## **Pure Bliss**

Includes a Decl r Facial, Tension Relief  
Cocoon, Classic Manicure, Shampoo,  
Blow Dry, Makeup Introduction  
and lunch or dinner.

**5.5 hours - \$345**

## **Power Recharge For Men**

Includes a Deep Tissue Massage, Deep  
Cleansing Facial, Sports Pedicure  
and lunch or dinner.

**4 hours - \$280**

## **Tranquility For Two**

Includes a soak in the Couples Hot Springs  
Shiatsu Tub, Stone Therapy Massages,  
Couples Waterfall Swiss Shower, Decl r  
Facials and lunch or dinner.

**4 hours - \$570 for two**

TRELLIS

THE SPA AT THE HOUSTONIAN

An 18% service charge will be added to all spa packages.

**Resident Members may deduct 20% • Associate Members may deduct 10%**



**THE HOUSTONIAN**  
HOTEL, CLUB & SPA

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