

WINTER 2008

HOUSTONIAN *Member*

**Meet New
Fitness Director
Cher Harris**

Read Cristi Harvey's
Resolution Shape Up
Success Story

**Youth Aquatics
Spring Planning
Guide**





Mark Stevens
General Manager
The Houstonian Club and Spa

A Minute with Mark

The new year always seems to bring a sense of renewed vigor, and 2008 is no exception. As we all recommit to our fitness goals and the processes required to achieve them, I wanted to mention a few things you can expect from your Club this year:

You can expect exceptionally forward thinking in the areas of health and fitness, and

advanced-technology equipment to complement this thinking. We recently hired Cher Harris to head our fitness initiatives. Cher and her team will continue to develop our fitness services and programs and evaluate the very best in equipment. Our focus will be to provide the best of the best and exceed your expectations.

You can expect our staff to continually raise the bar, challenging you to be the best that you can be.

Houstonian Club at Wait List Status

Although The Club is at Membership capacity, we replace approximately 22 Memberships per month. Since all New Members must be sponsored, your referrals are very important to maintaining The Club's high standards.

A limited number of custom leather bags have been produced and will only be available to Club Members. The bags may be obtained in lieu of the standard referral credit when you sponsor a New Member. The Weekender and both Totes are made from luxurious, supple leather and feature a subtle debossing of the Club Member logo. To refer a New Member, please contact your Sales Manager or Colleen Kennedy, Director of Membership, 713.685.6743 or ckennedy@houstonian.com.



We know that when you become a Houstonian Club Member, you are serious about your fitness and all that it takes to attain your goals.

You can expect some disruptions to your daily Club routine as we begin our renovation projects. The tennis courts/underground garage project will begin shortly, and the new Men's Resident Locker Room wet areas should be completed within the next several months. Construction will then move into other areas of The Club. During this process, we will take extra measures to communicate and minimize any disruptions.

Finally, you can expect The Club's commitment to a level of service and quality that provides a positive experience every time you walk in the door. And in 2008, we hope you walk in that door many times each week. I'll look forward to seeing you around The Club.

• Muse • Sweet Pea • M2K2 • Nat Nast •

• Nike • Adidas • Stella McCartney • Under Armour • LACOSTE • Bjoy

Hanky Panky • Stella & Jamie • COSABELLA • Fairway & Greene •

THE SPORTS SHOP — AT — THE HOUSTONIAN 713.685.6719

Our goal is to have you look and feel your best, both at The Club and in your personal or professional life. We'll work with you to put together the perfect birthday or anniversary gift, including the card! Plus, we special order, gift wrap and tailor.

WOMEN

Sports/Active Wear • Casual Apparel • Fashion Apparel
Intimate Wear • Gifts and Accessories
Footwear • Swim Wear

MEN

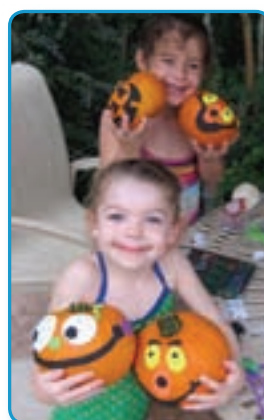
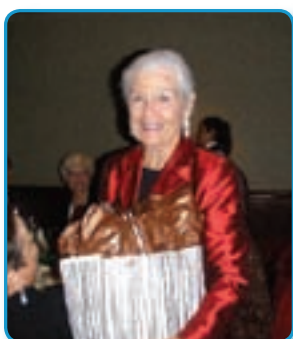
Sports/Active Wear • Casual Apparel • Fashion Apparel
Cuff Links, Ties, Belts and Dress Shirts
Athletic & Casual Footwear • Swim Wear

CHILDREN

Casual Apparel • Swim Wear • Selected Footwear

• Peter Millar • Eccentric Symphony •

Members participated in a variety of recent Club events, including Third Thursday Dinners, Voyagers Holiday Dinner Dance, Periwinkle Fundraiser, and Floating Pumpkin Patch.



Valentine's Dinner/Dance

Wednesday, February 13

The Hotel

6:30 pm

\$30 per person

Elizabeth Karkowski
will perform with
a 3-piece band.

This romantic evening
is for Members of all ages.

For reservations, call
Sam Grow at 713.685.7946
or Mitzi Ruff at 713.685.7934.



Computer Club

Every Tuesday,
9:00 - 11:00 am
Club Boardroom

All levels welcome!



Don't Miss the 2008 Shell Houston Open

April 3 - 6

The Tournament Course
at Redstone Golf Club

For tickets and
hospitality opportunities,
call 281.454.7000.



Experience Redstone Golf Club

Championship Courses, unparalleled amenities and club facilities, and a level of service and attention to detail the game's most demanding players simply cannot live without.

The Spirit of the Game lives here.

To book your tee time on The Tournament Course at Redstone Golf Club, call 281.459.7820.

For Membership opportunities, call 281.459.7876.



Memorial Park

With the Houstonian Racquet Sports Facility beginning its exciting renovation in January, the Houstonian tennis staff will continue to serve our Members at the well-located Memorial Park tennis facility over the next two years.

The Houstonian Club has taken great measures in securing a facility that will accommodate our Members in the most convenient way possible. All programs - leagues, junior, and private and group lessons - will continue as usual. The Club has secured the use of up to 8 courts in the park. The park has a total of 18 courts. All the courts will be resurfaced, 13 of which will be resurfaced by The Houstonian Club to assure the best quality for our Members. Additional courts will be available at Memorial Park based on availability. A list of hours below has been included to inform you about the availability.

Hours of Operation in Memorial Park

Weekdays

6:00 am - Noon	8 courts
Noon - 7:00 pm	6 courts
7:00 pm - 9:00 pm	2 courts

Weekends

7:30 am - 6:00 pm	4 courts
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Once our renovation project has been completed, the Club will have added an additional underground parking garage. We will also have the long awaited indoor court facility with four Rebound Ace surfaced courts. The outdoor facility will have four US Open Surfaced courts, along with two brand new Padel courts!

Contact Mike May at 713.685.6847 for more information.

Congratulations to "The Players" who finished first in their HLTA B-3 Division.

Captains- Stacy Medrano & Delia Johnson
Mary Ellen Bos, Courtney O'Neil, Miranda Dobson, Kim Black, Liz Wilder, Lisa Meacham, Marti Petersen, Joanne Epstein, Holly Dinsmore, Anne Carl, and Nathalie Alaman.



New Tennis Facility *Indoor* Rendering



New Tennis Facility *Exterior* Rendering

What is Padel?

There are many forms of paddle type racquet sports but there is only one Padel, as we now refer to its spelling internationally. Padel is the world's fastest growing racquet sport, with over 16 countries competing every two years in The World Championships of Padel. The Houstonian has become the home of The United States Padel Association (USPA) and The United States Padel Team which now holds a world ranking at #8. Padel incorporates every aspect of tennis technique and the angles of racquetball and squash. A great workout and a complement to the tennis player's game, Padel is practically its sister sport and a wonderful cross trainer. Come out and give it a try!

Third Thursdays in Center Court

Join us every third Thursday, as we present a variety of delicious, family oriented meals.

Adults \$14.50

Children under 11 \$7

6:00 - 8:00 pm

Tex-Mex Fiesta - January 17

Festival Italiano - February 21

Barbecue Roundup - March 20

For more information call 713.685.6764.

WEEKEND POOL HOURS

From November - March, the pool hours on weekends will be 6:00 am - 9:00 pm.

In early April, Saturday's hours will be 6:00 am - 10:00 pm.

Congratulations Swimmers!

We are honored to have been named

Best Country Club Swim Club Aquatics Program

by *Aquatics International Magazine* for 2007.

Fluid Sensations

By Laura Neff

What if you could design your own perfect workout - one that would burn fat and calories, build your muscles and give your heart a real workout? A workout where you are *not* pounding, running, or panting - where your feet are planted, your mind is calm, and your body is fluid. A workout already exists right here at The Houstonian? It's called Fluid Sensations, featuring the Nia Technique, the new look and feel of fitness.

Nia was one of the first fusion fitness forms of exercise and is taught in many of this country's premier spas and resorts. Fluid sensations combines the power and grace of dance, martial arts, yoga and tai chi in a therapeutic and enjoyable workout. You'll move your body the way the body was designed to move-with grace, power, fluidity and joy. Fluid Sensations is for anyone at any fitness level because the class is taught in levels. You decide which level is right for your body.

Tuesday mornings, 9:30 am
The Garden Pool (October through April)
The Resort Pool (May through September)

Water shoes are recommended.



Explore the underwater world as a certified SCUBA diver

It is not too late to learn to SCUBA dive and be ready for a holiday or spring break vacation. Or, brush up on your skills with free refresher courses. Too young to become certified yet? Ask us about our Starfish or SCUBA Ranger Program! Want a new workout? Try the Snorkeling for Fitness group. You can even have a SCUBA/Snorkel Party at The Club. For more information, call Ann at 713.523.3483.

Adult Beginner Classes

April 2 - October 1

Mondays & Wednesdays
7:30 - 8:15 pm
Sports Pool

The Adult Beginner Swim classes help with the basic strokes of freestyle, backstroke and breaststroke. You will work on proper stroke techniques and form, along with proper breathing, body position and balance through drills designed for each stroke. The only equipment needed is a swim suit and goggles; the rest will be provided.

Contact Coach Mark Hahn at 281.799.1011
or mhahn@houstonian.com.

SWIMFIT

From beginner lessons to competitive swimming, programs are available for every age and skill level. See the Aquatics Class Schedule for a complete list of programs. For more information on all classes and programs, call 713.685.6751.

For all programs, call 713.685.6751.

Meet Cher Harris New Fitness Director

"I'm so excited to be spending my New Year with all of you at The Houstonian Club as your new Fitness Director.

I come to you from the sunshine state, where I worked as the Outreach Educational Programs Coordinator and the Assistant Director of Recreational Sports for the University of Florida.

Prior to that, I was the Assistant Director of Fitness for Indiana University and the Senior Instructor of Fitness and Administration for Florida State University. These various positions have given me the opportunity to manage personal trainers, dietitians, group exercise leaders, athletic trainers and other wellness professionals. Here at The Houstonian Club, one of the best fitness facilities in the country, we are passionately committed to serving our Members. It is a great honor to be here, and I look forward to serving you in the future."



2008 Fitness Challenge

Begins January 14

Get in shape in 2008! The Fitness Challenge will encourage you to adopt or maintain your exercise and healthy eating habits. It also provides an opportunity to enhance your fitness/wellness level in a team environment which will provide encouragement and accountability along the way. Please direct all questions to Cher Harris, Fitness Director at 713.812.6995 or Danielle Barnhouse, Fitness Program Coordinator at 713.812.6975.

HOUSTONIAN HEALTH FAIR

**Saturday, February 9
9:00 am - Noon
Club Basketball Court**

Come check out the first annual Houstonian Health Fair. It will be a good opportunity to learn about all of the great programs The Houstonian Club has to offer. There will be great prizes and cool contests for everyone.

Please direct all questions to Cher Harris, Fitness Director at 713.812.6995 or Danielle Barnhouse, Fitness Program Coordinator at 713.812.6975.

The Kettlebell

The Kettlebell. It's the hottest fitness trend sweeping the nation. But what is this 300-year-old secret Russian fitness tool that has celebrities such as Jennifer Lopez, Jessica Biel, and Mathew McConaughey claiming they are in the best shape of their life?

A kettlebell, or "girya", is a traditional Russian cast iron weight that looks like a cannonball with a handle. Although it's the latest fad in the United States, the kettlebell goes way back, as it first appeared in a Russian dictionary in 1704.

Kettlebell training combines your strength training and cardiovascular exercise together into one powerful workout. Any fitness enthusiast is bound to enjoy the increase in strength throughout their back, hips, legs and core while expending lots of calories using kettlebells.

For information on classes, seminars, private and semi-private training contact Sean Cashman, 832.876.3239 or scashman@houstonian.com.



BOOT CAMPS

Mon/Wed/Fri Tim Lamando
Tues/Thurs Bob Talamini and Eric Vaughn

5:30 am and 6:30 am (45 min.)
4-6 week sessions

Mon/Wed Eric Vaughn and Sean Cashman

10:15 am - 11:15 am (1 hr.)
4 week sessions

Contact Eric Vaughn, 713.263.6532.

Hoop It Up at The Houstonian

**Saturday, March 29, 9:00 am
Club Basketball Court
\$20 per player**

Come celebrate March Madness at The Houstonian Club. The format will consist of a 3-on-3 basketball tournament benefiting the Periwinkle Foundation and prizes will be given to the winning teams. Limit four players per team.

Please direct all questions to Cher Harris, Fitness Director at 713.812.6995 or Danielle Barnhouse, Fitness Program Coordinator at 713.812.6975.

New Thursday Evening Classes

with **Joel Didow**

Definitions, 5:30 – 6:15 pm

A strength class specifically designed to take your muscles to failure. You will work through three sets, with one to five exercises per set, using heavy weights. There is no rest (recovery) between sets. Each set also contains one endurance exercise which will contain more repetitions using a slightly lighter weight. The end result is deep definition of the muscle.

Pick 3, 6:15 – 7:00 pm

A cardiovascular-based class designed to challenge you differently in each class with a guarantee that you won't get bored! We combine kickboxing, jump rope, rebounding, low impact moves and much more. Time flies by, as you do each type of exercise for only 12 minutes! Get out of your comfort zone and challenge your body in a new way! Experimenting with different types of exercise is an excellent way to change your body.



Steve Tenison



Marty Snitkin & Honey Waters

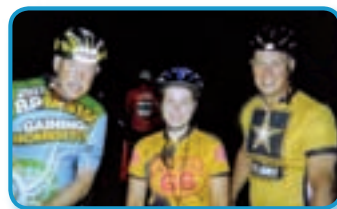
New Morning Cycle Class

with **Annabelle Landa**

Mondays

5:10 – 5:50 am

We've added another early morning cycle class to help people training for the MS 150.



Nutrition Opportunities

January 12 – Metabolic Rate Testing

8:00 – 11:30 am

January 26 – Metabolic Rate Testing

8:00 – 11:30 am

January 30 – Grocery Store Tour

Central Market, 8:30 – 10:30 am, \$30

February 13 – Seminar

“How to Stop Gaining Weight”

Try these tips to stop “weight creep” as you get older. Club Library, 10:00 am, \$15

February 19 – Grocery Store Tour

Whole Foods – Kirby, 9:00 – 10:30 am, \$30

February 23 – Metabolic Rate Testing

8:00 – 11:30 am

March 5 – Grocery Store Tour

Rice Epicurean – Post Oak, 9:00 – 10:30 am, \$25

March 12 – Seminar

“Stock Your Pantry, Not Your Medicine Cabinet”

Learn what foods may naturally improve your health, increase your life expectancy and more! Club Library, 10:00 am, \$15

To schedule an appointment for Metabolic Rate Testing, or to RSVP for Nutrition Opportunities, please call 713.316.5945.

How to Reach Your Ideal Weight

Catherine Kruppa, MS, RD, LD

80% of weight loss comes from nutrition, 20% comes from exercise. Whether you are training for an endurance event or just trying to reach your ideal weight and stay fit, are you doing everything you can nutritionally to help your body run most efficiently?

The first step in reaching your ideal weight is to know how many calories you burn on a daily basis at rest, also known as your Resting Metabolic Rate. To learn how many calories your body burns, come to The Houstonian to get YOUR resting metabolic rate tested.

Once you know your daily calorie burn, you need to monitor your calorie intake. One pound of body fat is equivalent to 3500 calories. This means you need to take in 500 fewer calories than you burn per day. The best way to monitor your calorie intake is by keeping a diet record.

Finally, increase your calorie burn. The more calories you burn, the easier it is to reach that 500 calorie deficit. You can estimate how many calories you burn during various exercises by going to www.caloriesperhour.com.

Putting these three things together can help you to reach your ideal weight and your peak performance.



Cristi Harvey

A Resolution Shape Up Success Story

After turning 50 last January, I decided that I needed to make a drastic lifestyle change. I was feeling hopelessly overweight and much older than my years. With high blood pressure, constant back pain and other chronic ailments, my quality of life was generally dismal.

I've been a Member at the Houstonian for 24 years, and though exercise has always been an important and enjoyable part of my lifestyle, I somehow missed the memo on incorporating healthy eating into the mix. Several of my friends had amazing results with the Resolution Shape Up (RSU) program at The Houstonian Club. I was doubtful that I could achieve these incredible results, but I was desperate and vowed to give it my all!

There is not a person alive that enjoys food and wine as much as I do! Now instead of eating Mexican food two or three times a week, I happily eat at home or find ways to eat out and still stay on the program. I don't feel deprived and *nothing* tastes as good as being healthy feels! Resolution Shape Up has introduced me to outstanding classes on how and why to eat the right foods, what to order at local restaurants, how to handle parties and what our bodies need to really feel our best. We even take fabulous "field trips" to grocery stores all over town, returning with invaluable shopping lists and new foods to try. I have learned so much from not only our dietitians (Catherine Kruppa, MS, RD, CSSD, LD and Melissa Hawthorne, MS, RD, LD), but also from other students in the group. During the program, we share recipes and ideas, as well as the latest food products that hit the shelves...the networking is a blast. We've even learned how to make a healthier version of a margarita instead of the 700 calorie version I used to enjoy!

I have never worked out as efficiently or effectively as I have learned to do in RSU. We work out as a group three days a week (one hour at a time) our trainers Ronnie and Leslie Klaus, and outside of that I've really enjoyed trying new classes at The Club (the other two days). My spinning instructors, Annabelle Landa and Hardy Pollard, have also been so encouraging during this journey. They've noticed my weight loss and each week want a weigh-in report! You become accountable to so many. Our incredible personal trainers make sure we know how to work out when we are away from the gym and they do a great job of educating us on creative ways to stay in shape.

I have lost 50 pounds, over 35 inches, 13% body fat (from over 34% to below 18%) and reversed my body age from 55 to 39 since I started last January. Thanks to RSU, I have been blessed with a higher quality of life, feel much younger and have learned to integrate these important foundations to staying healthy into my daily routine (and made some wonderful new friends!). I can't say enough about how grateful I am for Resolution Shape Up!

Resolution Shape Up - 12 week Program

January 14 - April 4

Monday/Wednesday/Friday	11:00 am - Noon Noon - 1:00 pm 1:00 - 2:00 pm
Tuesday/Thursday	10:00 - 11:30 am 5:30 - 7:00 pm

8 week Program

April 21 - June 13

Monday/Wednesday/Friday	11:00 am - Noon Noon - 1:00 pm 1:00 - 2:00 pm
Tuesday/Thursday	10:00 - 11:30 am 5:30 - 7:00 pm

For additional information on Resolution Shape Up, please call 713.316.5945.

Before...



After!

Youth Aquatics Planning Guide

For more information or registration forms, please call 713.685.6751. Registration forms for most programs may be submitted online at www.myhoustonian.com.

GROUP LESSONS

Aquatots I

Ages 12 mo - 23 mo (Child + Parent)

Skills: Water Safety, basic water skills-entering and exiting pool, getting face wet, blowing bubbles, kicking

Dates	Day	Time	Location
5/5 - 5/24	M/W/F	9:30-10:00 am	Resort Pool
5/6 - 5/25	T/Th/Sat	9:30-10:00 am	Resort/Garden
6/2 - 6/21	M/W/F	9:30-10:00 am	Resort Pool
6/2 - 6/21	M/W/F	11:30-Noon	Resort/Garden
6/3 - 6/22	T/Th/Sat	10:00-10:30 am	Resort Pool
6/3 - 6/22	T/Th/Sat	11:00-11:30 am	Resort Pool
7/7 - 7/25	M/W/F	9:30-10:00 am	Resort Pool
7/8 - 7/26	M/W/F	10:00-10:30 am	Resort Pool
8/4 - 8/22	M/W/F	9:30-10:00 am	Resort Pool

Aquatots II

Ages 24 mo - 36 mo (Child + Parent)

Skills: Water Safety, basic water skills-jumping in pool, blowing bubbles, floating, arm and leg movements

5/5 - 5/24	M/W/F	10:15-10:45 am	Resort Pool
5/6 - 5/25	T/Th/Sat	10:15-10:45 am	Resort/Garden
6/3 - 6/21	M/W/F	10:15-10:45 am	Resort Pool
6/4 - 6/22	T/Th/Sat	10:30-11:00 am	Resort/Garden
7/7 - 7/25	M/W/F	10:45-11:15 am	Resort Pool
7/8 - 7/26	T/Th/Sat	10:45-11:15 am	Resort/Garden
8/4 - 8/22	M/W/F	10:15-10:45 am	Resort Pool

Star Fish

Ages 3-4 (For true beginners)

Skills: Putting face in water, blowing bubbles, floating, kicking, beginning arm strokes and water safety

4/7 - 4/23	M/W	4:15-4:45 pm	Garden Pool
4/7 - 4/23	M/W	5:00-5:30 pm	Garden Pool
4/9 - 4/25	T/Th	4:15-4:45 pm	Resort Pool
4/9 - 4/25	T/Th	5:00-5:30 pm	Resort Pool
5/5 - 5/21	M/W	3:15-3:45 pm	Resort Pool
5/5 - 5/21	M/W	4:00-4:30 pm	Resort Pool
5/6 - 5/22	T/Th	3:15-3:45 pm	Resort Pool
5/6 - 5/22	T/Th	4:00-4:30 pm	Resort Pool
6/2 - 6/18	M/W	3:15-3:45 pm	Resort Pool
6/2 - 6/18	M/W	4:00-4:30 pm	Resort Pool
6/3 - 6/19	T/Th	11:00-11:30 am	Resort Pool
7/7 - 7/23	M/W	3:15-3:45 pm	Resort Pool
7/7 - 7/23	M/W	4:00-4:30 pm	Resort Pool
8/4 - 8/20	M/W	2:30-3:00 pm	Resort Pool

Sea Horses

Ages 3-4 (For more advanced children)

Skills: Floating, arm strokes, kicking, coordination of arms and legs, beginning backstroke and water safety

4/7 - 4/23	M/W	4:15-4:45 pm	Garden Pool
4/7 - 4/23	M/W	5:30-5:30 pm	Garden Pool
4/9 - 4/25	T/Th	4:15-4:45 pm	Resort Pool
4/9 - 4/25	T/Th	5:30-5:30 pm	Resort Pool
5/5 - 5/21	M/W	3:15-3:45 pm	Resort Pool
5/5 - 5/21	M/W	4:00-4:30 pm	Resort Pool
5/6 - 5/22	T/Th	3:15-3:45 pm	Resort Pool
5/6 - 5/22	T/Th	4:00-4:30 pm	Resort Pool
6/2 - 6/18	M/W	3:15-3:45 pm	Resort Pool
6/2 - 6/18	M/W	4:00-4:30 pm	Resort Pool
6/3 - 6/19	T/Th	11:00-11:30 am	Resort Pool
7/7 - 7/23	M/W	3:15-3:45 pm	Resort Pool
7/7 - 7/23	M/W	4:00-4:30 pm	Resort Pool
8/4 - 8/20	M/W	3:15-3:45 pm	Resort Pool

Sea Lions

Ages 5-6

Skills: Floating, arm strokes, lateral breathing, frog kick, backstroke, beginning dives and water safety

5/5 - 5/21	M/W	4:45-5:15 pm	Garden Pool
5/6 - 5/22	T/Th	4:45-5:15 pm	Garden Pool
6/2 - 6/18	M/W	3:15-3:45 pm	Garden Pool
6/2 - 6/18	M/W	4:00-4:30 pm	Garden Pool
6/3 - 6/19	T/Th	3:15-3:45 pm	Garden Pool
7/7 - 7/23	M/W	3:15-3:45 pm	Garden Pool
7/7 - 7/23	M/W	4:00-4:30 pm	Garden Pool
8/4 - 8/20	M/W	4:00-4:30 pm	Garden Pool

Dolphins Swim Program

Ages 8-14, January 15 - March

Monday - Thursday, 5:15-6:00, Sports Pool

Dolphins Swim Program is a developmental swim program that teaches correct stroke technique for the four competitive strokes while building endurance in a fun environment. All participants must be able to swim one length of the pool without stopping or assistance.

Contact Carrie Bowden 713.685.6751, or cbowden@houstonian.com

SPLASH CAMPS/CLINICS

SPRING CLINICS*

Ages 6-16

Stroke Clinic

Saturday, April 5 9:30-11:30 am Freestyle and Backstroke

Starts & Turns Clinic

Saturday, April 19 9:30-11:30 am Starts and Turns

Stroke Clinic

Saturday, April 26 9:30-11:30 am Breaststroke and Butterfly

SUMMER CLINICS*

Ages 6-16

Freestyle • Backstroke • Breaststroke • Butterfly • Starts • Turns

Campers will learn proper stroke techniques, starts and turns for each of the four swimming strokes during each week of camp, with one day assigned to focus on a different stroke. Daily program consists of technique lessons, drills, games and a snack break. In case of a cancelled class due to weather, there will be a make-up session on that Friday at the same time.

July 7-10	Monday - Thursday	2:00-3:30 pm
July 14-17	Monday - Thursday	2:00-3:30 pm
July 21-24	Monday - Thursday	2:00-3:30 pm

* Swimmers participating in these programs will be videotaped.

SWIM TEAM

BlueFins **Ages 5-14, Sports Pool Country Club Summer League**

The Houstonian Bluefins Swim Team is a developmental swim program that teaches and focuses on stroke techniques of the four competitive strokes, racing dives/starts, and proper turns and finishes.

Pre-Season Swimming

Practice Schedule (March 31 - April 28)

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 9-14	M/W/F	5:00-5:45 pm

Regular Season Swimming

Practice Schedule (April 28 - June 23)

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 9-14	M/W/F	5:00-5:45 pm

Practice Schedule (May 26 - June 23)

Blue Team	Ages 5-6	M/W/F	2:45-3:30 pm
Bronze Team	Ages 5-7	M/W/F	3:30-4:15 pm
Silver Team	Ages 7-8	M/W/F	4:15-5:00 pm
Gold Team	Ages 9-14	M/W/F	5:00-5:45 pm

Note: Practice schedule will change beginning May 26. All Swim Practices will meet on M/W/F, Swim Meets will be on Tuesdays and Thursdays.

Size Appropriate Tennis

In conjunction with the United States Tennis Association (USTA), the Texas Tennis Association (TTA) has worked diligently to increase the level of Junior Tennis in Texas. Along with Cindy Benzen, an Ambassador for TTA, we are introducing our youth tennis programs to Size Appropriate Tennis. Just like when a child signs up for baseball, we don't throw the child onto the big diamond. The children start off with T-Ball and progress to differently sized fields as they grow more mature. The USTA has studied programs in Europe and why the Europeans have developed so many super stars over the years. The Europeans have developed size appropriate courts to the age of the child.

The students are able to develop skills with smaller racquets and foam balls which enable children to respond successfully, learning quickly and developing the necessary motor skills. This style of teaching will become the future of jump starting youth junior programs. Here at The Houstonian, we are dedicated to being ahead of the industry. Look to see this new program in January!

Sports-Specific Personal Training

**Ages 5-12, Monday - Saturday
(by appointment only)
\$85 per hour**

Individual training sessions are designed to develop the necessary skills to enhance your child's athleticism, through conditioning, speed and agility maneuvers to create solid fundamental skills needed for each sport.

Basketball, Baseball, Volleyball, Soccer, Boxing, Football, Strength & Conditioning, and Motor Skill Development

For more information, call 713.685.7912.

Spring Fling for Kids

**Sunday, March 16
The Meadow
\$12 per person**

Join us for Moonwalks, face painters, petting zoo, games, music, refreshments and a visit from the Easter Bunny. Call 713.685.7912 for reservations.

New Youth Manager

We are happy to announce the addition of Nena Perdue as Youth Manager for The Houstonian Club. Nena brings a great wealth of child care experience to our team. Most recently, Nena was the Youth Activity Director for Moody Gardens in Galveston. Prior to that, Nena worked and developed children's programs for a summer camp in New York, and was the Youth Fitness Counselor and Camp Coordinator for Aerofit Health and Fitness in College Station.

We are excited to have Nena directing our youth programs, services and activities, and look forward to many great things to come!

2008 Youth Program All Star Summer Camp

May 27 - August 8

Early registrations are being accepted for these very popular, Members-only camps. Contact Ricky Jackson at 713.685.7911.

Spring Break Sports Camp for Houstonian Club Members Only

**March 12 - 16
9:00 am - 3:00 pm**

Sports training including baseball, basketball, soccer, dodge ball, kick ball, rock climbing, swimming (weather permitting) and other activities.

Ages 5-12.
\$50 per day or \$215 per week

To register or for additional information, call Ricky Jackson at 713.685.7911.



Valentine's Day Packages

Trellis Delight

Trellis Facial, Classic Manicure and lunch or dinner.

3 hours - \$145

Perfectly Polished

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

4.5 hours - \$225

Spoiled Beautiful

Trellis Facial, Swedish Massage, Classic Manicure, Classic Pedicure, Makeup Introduction and lunch or dinner.

5.5 hours - \$325

Pure Bliss

Trellis Facial, Tension Relief Cocoon, Classic Manicure, Shampoo, Blow Dry, Makeup Introduction and lunch or dinner.

5.5 hours - \$345

Power Recharge For Men

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

4 hours - \$280

Tranquility For Two

Couples Hot Springs Shiatsu Tub, Stone Therapy Massage, Couples Waterfall, Swiss Shower, Trellis Facial and lunch or dinner.

4 hours - \$570 for two

Don't know which package your special someone would love? Let them decide with a Trellis gift certificate, available for purchase throughout the season and the year. Please call 713.685.6790 for more information, or if you wish to purchase a gift certificate in a specific dollar amount, you can purchase it online at www.trellisspa.com.

TRELLIS

THE SPA AT THE HOUSTONIAN

Resident Members may deduct 20% • Associate Members may deduct 10% • An 18% service charge will be added to all spa packages.



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