

# Summer Season Brings Pool Safety Awareness to the forefront at The Houstonian Club

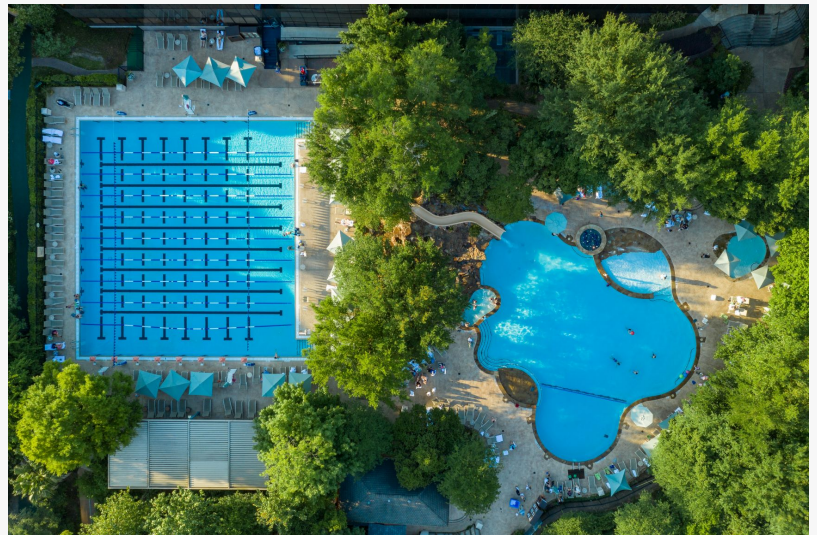
*It doesn't feel like summer without frequent trips to the pool and The Houstonian Club is ready with important pool safety tips.*

HOUSTON, TX, UNITED STATES, May 25, 2021 /EINPresswire.com/ -- Houston weather is warming up, and there is nothing better than taking a refreshing dip in the pool on a hot summer day. Although getting back into the pool for the first time can be exciting, it can also pose a challenge for young swimmers who haven't been in the water for several months. At The Houstonian Club, staying safe is the number one priority for the [aquatics](#) team who keeps swimmers of all ages safe.

"Remember, the pool isn't a playground," says Kaitlyn Sowell, youth swim lesson coordinator at The Houstonian Club. "There are people of all swimming levels in the pool at the same time, so parents must always be mindful of their children and maintain situational awareness."

Sowell offers the following tips to ensure a fun and safe time at the pool.

- Encourage your children not to run on the pool deck because the deck can be wet, and it is easy to slip and get hurt.



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The Houstonian Club aquatics instructors encourage parents to talk with their children about pool safety before they get into the water.

- Make sure your children are always in your line of sight so that you are aware in the event they need help.
- Keep yourself free of distractions like your cell phone, socializing, and alcohol.
- If your child is not water-safe, making sure they know not to go down the slide or diving board until you are in position at the bottom and have given them the thumbs up; this way, you are always prepared to catch them.

Sowell also urges parents to assess their child's swim level to make sure they haven't regressed too much.

"Children will regress the longer they are out of the water. If your child was swimming at the end of last summer, it does not mean they will start off swimming at the same skill level this year," she says. "If you are comfortable with basic swimming techniques, go through a 10 to 20-minute refresher with your child in the water. If you are not comfortable, we recommend setting up one or two [private lessons](#) to make sure they are starting the season off right."

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*Kaitlyn Sowell, youth swim lesson coordinator at The Houstonian Club*



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Sowell encourages parents to talk with their children about pool safety before they get into the water. She stresses that children are more likely to follow the rules if given the reasons behind them. She reminds parents "the lifeguards will always be around to enforce the rules when needed, but it will be more effective if the lifeguards are your backup in enforcing pool safety."

[Photos Available Here.](#)

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Located in the heart of Houston, The Houstonian Hotel, Club & Spa just celebrated its 40th

anniversary in 2020. It is a Forbes Travel Guide Four-Star, urban retreat located adjacent to the city's iconic Memorial Park, and minutes from downtown, the Galleria, and Energy Corridor. The Houstonian is a member of Preferred Hotels and Resorts, and consistently provides guests with attentive and highly personalized service in an authentic manner. Guests at The Houstonian Hotel may relax and rejuvenate on a 27-acre oasis, with floor-to-ceiling wooded views in its newly renovated guest rooms, four onsite dining restaurants, and a classic hotel bar. The hotel has 33,890 square feet of Indoor Meeting Space and 87,349 square feet of Outdoor Meeting Space with a "Houstonian Experiences" menu for corporate and social groups, meetings, and celebrations. The 175,000 square-foot Houstonian Club offers state-of-the-art equipment, over 160 weekly group exercise classes, aquatic programs, an indoor tennis facility, a resort pool with a rockslide, sports lap pool, and a quiet garden pool. At 26,500 square feet, the new Trellis Spa at The Houstonian is now the largest luxury spa in the state of Texas. From the outside, it resembles a magnificent European Villa with statuesque architecture and luscious gardens. On the inside, soothing, nature-inspired hues complement a grand, light-filled reception and hallway, leading to all-new redesigned, sophisticated interiors where guests may enjoy hours of undisturbed relaxation. Trellis offers a new outdoor Soaking Pools and Garden experience with open-air cabanas, a scenic treetop dining room, renovated treatment rooms, indoor Reflection Pool, and tranquil lounging areas. Solaya Spa & Salon by The Houstonian opened in February 2020 in the prestigious Highland Village of River Oaks in Houston. The Houstonian also opened Sage 'n' Bloom Floral Studio at The Houstonian in July 2020, providing bespoke floral services for weddings and celebrations, client experiences, and corporate installations.

One of Houston's historic gems, the property is known for its grace, comfort, and unparalleled guest experience.

<http://www.houstonian.com/the-club>

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<https://www.facebook.com/HoustonianClub>

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