

HYC Pool Programs 2010

"swim for life"

Built in 1959, the HYC pool still carries a long tradition of spirit, sportsmanship and enthusiasm in its varied aquatic activities. Our team of certified lifeguards and instructors offer many programs such as junior and adult swim lessons, Bronze lifesaving classes, aquafit and masters conditioning. Our team coaches offer quality swim team, water polo and synchronized swimming instruction to prepare our teams for competition at evening meets and games with West Island pools. HYC's professional staff and volunteer parents are committed to quality instruction in a fun and creative atmosphere. Safety continues to be our number one priority. Our pool is a happening place! Come and join us and learn to *"swim for life"*



Junior Pool Programs

All junior programs and certifications are based on the **Canadian Red Cross** and **Life Saving Society** swim program models.

- **Red Cross Swim Preschool Program** For ages: 4 months to 5 years
- **Red Cross Swim Kids Program**
10 level program for ages 3 and over
- **Swim Team**
Guppies swimmers with level 3
10 years and under
11 years and older
- **Water Polo Instruction**
Atom, Cadet, Juvenile, male and female
Refer to program guide for age details.
- **Synchro For Beginners**
Swimmers with level 5
- **Leaders**
Junior 8-10 Senior 10 and over.
- **Novice Life Saver Team**
Swimmers under 13 years of age that have completed level 10
- **Bronze Medallion, Bronze Cross**
Swimmers 13 years and over that have completed level 10

See [Pool Program Guide](#) for fees and detailed information

Adult Pool Programs

- **Adult Learn To Swim Program**
Beginner swimmers 18 years and over
- **Masters Conditioning**
- **Aquafit**

See [Pool Program Guide](#) for fees and detailed information

2010 SWIM LESSON SESSION DATES

June 28th to July 9th 2 weeks

July 12th to July 23rd 2 weeks

July 26th to August 6th 2 weeks

August 9th to August 20th 2 weeks

Playground

When your children are not swimming, they are welcome to join our hired animator in the playground for arts and sports activities. Age restrictions apply.

See [Pool Program Guide](#) for details



Registration

Registration Day for all Junior and Adult programs will be on Saturday June 12 9:00a.m. to 11 a.m.

Most pool programs may qualify for the federal **childrens' fitness tax credit**

www.cra.qc.ca/fitness



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