

HYC Pool Programs 2011

"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 synchronized swimming and swim team instruction to prepare our teams for competition at evening meets 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
- **Synchro Lessons**
Swimmers with level 5
- **WaterPolo Camp**
Swimmers with level 7
- **Leaders**
10 and over as of 1st September 2011
- **Novice Life Saving 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

2011 SWIM LESSON SESSION DATES

June 27th to July 8th 2 weeks

July 11th to July 22nd 2 weeks

July 25th to August 5th 2 weeks

August 8th to August 19th 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 11th 9:00 a.m. to 11:00 a.m.

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

www.cra.qc.ca/fitness



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