



Pool and Playground Program 2018

HYC's Pool and Playground programs are designed to make the summer an effortlessly fun-filled one. Please review this brief information package to better understand what to expect from the Pool and Playground this summer in order to make the experience a great one for your whole family.

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JUNIOR SWIM LESSONS

HYC offers lessons to our junior members that adhere to the Red Cross program. They are offered from Monday to Friday in 30 to 45 minutes sessions from 8:30am to 11:30am. The lessons are offered in two, three-week sessions and one, two- week session:

- Session 1: June 25th to July 13th
- Session 2: July 16th to August 3rd
- Session 3: August 6th to August 17th

NEW- Saturday Lessons

Saturdays from 8:30am to 10:00am (specific time to be confirmed). Minimum number of participants required.

- Session: June 23rd to August 18th

Each student will receive a report card at the end of each session.

Please note that it typically takes two to three sessions to pass a level.

Red Cross “Parent and Tots” Program

The “Parent and Tots” program is governed under the new Red Cross “ANIMAL PROGRAM” (Starfish, Duck & Sea Turtle). Together, mother/father/guardian will enjoy a 30-minute fun/safe introduction to the water. For this program only, a parent or guardian must be in the pool with the child. ***Please note that there needs to be a minimum of 8 registrants in this program for it to be offered.***

Eligibility: Ages four months to three years old, accompanied by an adult

Times: once a week – Thursdays from 11:00am to 11:30am

Number of Weeks: eight weeks (June 28th to August 16th)

Cost: \$64.00 for the season

Red Cross Swim Preschool Program

This program is a great introduction to lessons for our younger swimmers. A Canadian Red Cross Water Safety Program, the levels include: Sunfish, Crocodile and Whale.

Eligibility: three years to five years old

Times: five times a week – start time between 8:30am and 11:30am for 30 minutes

Number of Weeks: eight weeks (June 25th to August 17th) – divided into two, three-week sessions and one, two-week session

Cost: \$110.00 for each three-week session and \$75.00 for the two-week session and \$75 weekly Saturday session

Cross Swim Kids Program

Governed by the Red Cross Swim Program, these lessons are geared for children aged six years and older. There are ten levels in the program that all focus on water safety and swimming skills.

Eligibility: six years of age and older

Times: five times a week – start time between 8:30am and 11:30am (30 minutes for levels one to five and 45 minutes for levels six to ten)

Number of Weeks: eight weeks (June 25th to August 17th) – divided into two, three-week sessions and one, two-week session

Cost: \$110.00 for each three-week session, \$75.00 for the two-week session and \$75 weekly Saturday session

HYC SWIM TEAM

The HYC swim team is the pool and playground's largest program. It provides swimmers of all levels the opportunities to benefit from extra swimming instruction and to participate in at least seven A.L.P.S. (Association of Lakeshore Pools) swim meets. (For more information about A.L.P.S., see <http://www.ALPSAquatics.org>.) The swim team program has proven to be a great experience for swimmers who are new to swim meets as well as experienced, competitive swimmers.

The HYC swim team program emphasizes participation, physical fitness, skill development, self-esteem and team building. While the swim team prepares athletes for competition by focusing on endurance, stroke correction and racing skills, it does not replace lessons. The coaches recognize the various developmental stages of children and the value of participating in a non-critical environment. We do not believe that individual success should be determined solely by winning or losing.

Eligibility Requirements

The swim team is open to HYC members who:

- have completed the pool test;
- have successfully completed Level 4 swim level (recommended); and
- can swim numerous lengths during a 45-minute practice.

From a competition perspective, the team is categorized as follows:

- 8 and under (8 years of age or younger at June 24th of 2018)
- 9 and 10 (9 or 10 years of age at June 24th of 2018)
- 11 and 12 (11 or 12 years of age at June 24th of 2018)
- 13 and up (13 years of age or older at June 24th of 2018)

Team Practices

The swim team practices on Monday, Tuesday, Wednesday and Friday mornings for 45 minutes sessions from 10:00am to 1:00pm. The specific times, by category, will be assigned following registration.

On Thursdays, **all swim team members** have a "fun day" from 11:00am to 11:30am.

Number of weeks: eight weeks from June 25th to August 17th

Cost: \$99.00

2018 Coaches and Volunteers

Coaches play a huge role in the success of our team. We have another great team of coaches this year under the leadership of head coach Chloe Felx and assistant coach Kyra Schweers.

Our volunteers help out by focusing on swim team tasks that don't require coaching or swimming expertise. This year, our volunteers are:

- Volunteer coordinator: Cooper House
- A.L.P.S. Representative: Tara Stradal

SWIM MEETS

Schedule

The HYC swim team participates in **seven** dual swim meets over the course of the summer. The schedule for the 2018 season is as follows:

- June 27th: Hudson Yacht Club vs. Montreal West (HOME)
 - July 4th: Hudson Yacht Club vs. Westmount (HOME)

 - July 11th: Hudson Yacht Club vs. Lakeshore (AWAY)

 - July 18th: Hudson Yacht Club vs. Windemere (AWAY)
 - July 25th: Hudson Yacht Club vs. Beaufort (HOME)

 - August 1st: Hudson Yacht Club vs Valois (AWAY)
 - August 8th: Hudson Yacht Club vs Cavip (HOME)
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Based on official times achieved during the seven regular swim meets, the fastest swimmers will be selected to represent HYC at the A.L.P.S Section Finals to compete for the division championship. Finally, if any of our swimmers qualify for finals or consolations, they compete at the A.L.P.S Finals. Please note that these events run from roughly 8:00am to 1:00pm.

- August 11th, Section Finals: Montreal West
- August 18th, Finals: Baie D'Urfé

Swim Meet Sign-Up Procedure

We understand that the summer is a busy time for everyone. As a result, we certainly do not assume that your child will be able to participate in every swim meet. With this in mind, the swim meet sign-up procedure is a simple one.

At the beginning of the season, you will notice a posting at the Life Guard office entitled "2018 Swim Meet Sign-up". On this posting, the dates for all of the swim meets and the names of all the swim team members are listed. It is the responsibility of the parent/guardian of each swimmer to initial each and all of the swim meets in which his or her swimmer will be participating. Specifically, there is an area to initial next to each swimmer, and swim meet date.

For those of us who don't know their summer plans at the beginning of the season, there is no need to worry. The 2018 Meet Sign-up remains posted all summer, so you can sign your swimmer up on a weekly basis so long as you do so by Monday at noon for each Wednesday meet. Similarly, if your swimmer is signed up for a meet but can no longer attend, please update the sign-up sheet no later than noon the Monday before the swim meet to indicate the change.

If your swimmer is not signed up by the procedure outlined above, the coaches will assume that s/he will not be at that week's meet; i.e. the swimmer will not be able to compete.

To add to this procedure, an email will be sent out at the end of each week for the upcoming Wednesday swim meet. This email will contain all pertinent information regarding the meet. Attached to this email will be a link to a Google Forms questionnaire where you will be able to confirm the attendance of your child or children. Note however that this Google Forms will close at 12:00pm on the Monday before the meet. Both the "2018 Swim Meet Sign-up" binder and the Google Forms will be accepted as methods of confirming the attendance of the swimmers.

Swim Meet Qualification and Time Trials

Swim meets are made up of a series of events (i.e. Boys, 8 and under Butterfly, Girls, 13 and over Backstroke, etc.) that are broken down into a series of heats. The objective of each swim meet is to gain as many points as possible.

Appreciating that swim meets are competitive in nature; swimmer's times are tracked in order to determine the start order for the first heat of each event. Swimmers competing in the first heat for an event will be selected based on fastest time. Swimmers for additional heats will be selected based on participation, attitude, ability and lane availability at the hosting pool.

Heats are swum fastest to slowest and there could be many heats of the same event (stroke) depending on the number of swimmers present that night. Points are counted from the first heat of each event in the following manner:

For individual events:

- 1st - 10 points
- 2nd - 8 points
- 3rd - 5 points
- 4th - 4 points

One relay per age group for each pool:

- 1st - 10 points
- 2nd - 4 points

The pool with the most accumulated points at the end of the last event (boys 15 and over relay) wins the meet.

Each Wednesday, by 11:30am, the swimmers board will be posted. This board outlines the events and heats that each swimmer will be swimming.

HYC swim team coaches ensure that all swimmers signed up for a swim meet will compete in at least one event. Swimming in even one event contributes to the spirit of teamwork and inclusiveness.

What to Expect at a Swim Meet

Swim meets are exciting and fun for not only the swimmers but for the spectators and volunteers as well. HYC has a great reputation for being engaged, supportive and vociferous supporters of our team.

Swimmers are expected to arrive by 6:15pm so that they have adequate warm-up and cheering time. In this way, HYC supporters can make sure that they get a great seat too! Swim meets start at 7:00pm.

Swim meets are organized so that the younger swimmers compete early and older competitors have time slots later in the evening. In this way, younger swimmers can return home earlier in the evening if required. However, swimmers are expected to stay with their team until all of their events are over.

Swimmers receive a ribbon for each race successfully completed. These ribbons should be picked up from the ribbon table before leaving the meet.

Please note: Children 10 and under must be supervised by a parent or guardian during the swim meet. The coaches and lifeguards are responsible for coaching and making sure that swimmers are ready for their races - they cannot babysit.

Volunteering at a Swim Meet

Signing up your child for the swim team means that you are game for some rewarding volunteer activities too. Many people are needed to run a swim meet smoothly and the HYC swim team has been fortunate over the years to have the outstanding support of the parents.

It is expected that each family will volunteer to work at a minimum of four regular meets during the course of the season. Parents must meet the minimum volunteer requirements in order for their children to participate in the swim meets. Parents may either sign up for swim meets at registration or they will be assigned positions and shifts. We will do our best to accommodate requests for particular positions and/or shifts. Keep in mind that his requirement is per family, not per swimmer.

If your child progresses to the Section Finals, you will be expected to volunteer at this event. This expectation applies to the Finals as well.

Final Swim Team Questions

To follow are answers to a few questions that are asked frequently throughout the season:

When is an appropriate time to talk to one of the coaches?

While coaches are on duty during practice, please respect the team and do not use this as an opportunity to conduct a conference about your swimmer. Our coaches have the full responsibility and safety of our entire team. Please talk to the coach after the practice has ended and schedule a specific time to meet if a longer discussion is required.

My son/daughter swam in an event beyond her/his category. Why?

Sometimes – due to vacations and scheduling conflicts - we do not have swimmers for a specific event (e.g. Boys, 9-10 Butterfly) at a meet. Rather than forfeit points for that event, we move a swimmer from a younger category (Boys, 8 and under Butterfly) into the older category if we have extra swimmers in the younger category. The coaches are careful to always confirm that this is OK with the swimmer and would never put the swimmer in an awkward position. Additionally, this situation provides the younger swimmers more opportunities to swim at a meet.

The water is too cold for my son/daughter. Do they need to go in?

Especially at the beginning of the season, the pool water can be a bit chilly. Rest assured that it does warm up after a week. Additionally, if the coaches deem the water to be too cold or the weather too nasty, they will arrange land practice.

Something came up, I can't make the meet. Who do I call?

We understand that life happens and things can be unpredictable. If you are slated to be at a meet and you realize you can not attend (after the Monday at noon cut-off) please contact Chloe Felx.

The weather is terrible. Is the swim meet still on?

Regardless of weather (rain and thunder included), please show up for the meet. For a meet to be re-scheduled, both teams must show up and be ready to compete. Additionally, the weather can change quickly and the meet may simply be delayed and start later in the evening.

Does the swim team enforce a uniform?

In short, no. However, we do encourage our swimmers to wear the HYC swim caps. Swim caps are available to purchase at the HYC office for \$14.00. No winter swim team caps are permitted.

GUPPIES

In short, Guppies is a program for “swim-team-members-in-training”. This program is a fun way to expose young swimmers to the world of competitive swimming within a nurturing environment. The objective of the program is to prepare its participants for the swim team by emphasizing endurance and stroke improvement. Guppies do not compete in swim meets on a weekly basis but, depending on their individual capabilities, they may participate in one or more during the course of the summer.

Eligibility Requirements

Guppies is open to HYC members who:

- can tread water for one minutes
 - have successfully completed Level 3/Whale swim level (recommended); and
 - can swim numerous half laps (shallow end) during a 30-minute session
- An evaluation will take place on the child’s first day to guarantee that he/she has the necessary skills to safely participate.

Practice Times: Monday, Tuesday, Wednesday and Friday from 10:45 am to 11:30am (15 minutes dryland on front lawn followed by 30 minutes in pool)

Number of weeks: eight weeks from June 25th to August 17th

Cost: \$99.00

On Thursdays, guppies may participate in the “fun day” from 11:00am to 11:30am under the direction of the coaches.

SYNCHRONIZED SWIMMING

HYC offers swimmers the option to participate in either synchronized swimming lessons or the synchronized swimming team.

Synchronized Swimming Lessons

HYC is pleased to offer synchronized swimming lessons to our members. This is a sport that combines swimming, dance, gymnastics and artistry. This program welcomes swimmers of all ages and various abilities that have achieved a minimum Level 5 who have interest in learning the many skills of synchronized swimming.

Eligibility: Level 5 or higher

Practice Times: once a week - Thursday from 11:30am to 12:15pm for 45 minutes

Number of Weeks: six weeks (June 29th to August 3rd)

Coach: Jordan Townsend

Cost: \$60.00

Synchronized Swimming Team

HYC participates in the A.L.P.S. sponsored summer synchronized swimming competition. The teams will be selected based on age and skill through a **MANDATORY two** hour-long tryout sessions (June 26th from 8:00am to 9:00am & June 26th 2:00pm to 3:00pm). A routine will be learned throughout the summer and then performed at an A.L.P.S. competition in August. *Additional practices will be added if needed on Thursday mornings or weekends from 8:00am – 9:00am for all groups.*

As each member of the team is integral to the routine, attendance to at least **90 percent** of the practices is required. Attendance will be taken. Finally, all team members must commit to participating in the A.L.P.S. competition on August 10th. *Please note there will be an additional cost for a team bathing suit of approximately \$60.00-\$80.00.*

Eligibility: Level 5 or higher and min. 7 years old; selection based on **MANDATORY** tryouts on June 26th from 8:00am to 9:00am & 2:00pm to 3:00pm.

Practice Times:

Aqua-squirts: three times a week – Tuesday & Friday 2:00pm to 3:00pm (pool), Thursday 11:30am-12:15pm

Junior Team: four times a week – Monday 2:00pm to 3:00pm, Thursday from 12:00pm to 1:00pm, Wednesday & Friday 8:00am to 9:00am

Senior Team: four times a week – Monday & Tuesday 8:00am to 9:00am, Wednesday from 2:00pm to 3:00pm, Thursday from 12:00pm to 1:00pm.

Number of Weeks: seven weeks (June 26th to August 9th)

Synchronized Swimming Meet: August 9th, all day event

Coach: Head Coach Fée Legris (senior team), Assistant Coach Jordan Townsend (junior team), Aqua-squirts Fée Legris.

Cost: \$90.00

IMPORTANT: A routine will be learned throughout the summer and will be performed at the competitions in August. Each and every girl is important to the success of the routine. The coaches ask that any girl wishing to participate in the program take this commitment seriously. *The girls are required to commit to not missing more than 4 practices during the summer and attendance will be taken.*

WATER POLO

HYC is pleased to offer members the opportunity to participate in A.L.P.S organized water polo tournaments. Depending on age, members may participate in one of two tournaments. ***Please note that there needs to be a minimum of 8 players on each team to participate in each tournament.***

Atom Tournament

Eligibility: 10 years old or younger as of June 24, 2017 (mixed teams)

Practices Times: - Thursday June 28th, July 5th, 12th, 19th from 5:00pm to 6:00pm & Saturday June 30th, July 7th, 14th from 10:00am to 11:00am

Number of Weeks: four weeks (June 28th to July 21st)

Tournament Date and Time: Saturday July 21st from 8:00am to 1:00pm (proceeding to the finals could mean a later end time)

Coach: Cooper House

Cost: \$55.00

Bantam Tournament

Eligibility: 12 years old or younger as of June 24, 2017 (mixed teams)

Practices Times: Friday June 29th, July 6th, 13th, 20th from 7:00pm to 8:00pm & Saturday June 30th, July 7th, 14th from 10:00am to 11:00am

Number of Weeks: five weeks (June 30th to July 29th)

Tournament Date and Time: Saturday, July 28th from 8:00am to 1:00pm (proceeding to the finals could mean a later end time)

Coach: Cooper House

Cost: \$50.00

MASTERS SWIMMING

Beyond the regularly scheduled adult swim times, HYC also offers a masters swimming program. Catering to our adult members, this program offers stroke improvement and endurance building in a relaxed and supportive environment. ***Please note that there needs to be a minimum of 8 registrants in this program for it to be offered.***

Eligibility: All adult members who can swim numerous lengths during a 1hr practice.

Time: once a week – Thursday from 1:00pm to 2:00pm

Number of weeks: eight weeks (June 28th to August 2nd)

Coach: Kyra Schweers

Cost: \$60.00

BRONZE MEDALLION

Bronze Medallion is available to all members 13 years of age and older who have completed all swim levels either through Red Cross or Olympic Way. This course is the first step in becoming a certified lifeguard. Students must complete a minimum number of hours in order to be eligible to receive certification. **Please note that there needs to be a minimum of 5 registrants in this program for it to be offered.** Please be prepared to attend all sessions as **100% attendance is mandatory.**

Eligibility: 13 years of age and older, completed swim levels either through Red Cross or Olympic Way

Time: Tuesday June 26th, July 3rd, 10th, 17th, 24th (4-8pm), Thursday July 5th

Exam date - The weekend of July 28th-29th (exact day and time to be determined based on availability of tester so all candidates must be available)

Number of weeks: five weeks

Coach: Bianca Schweers

Cost: \$220.00 (Please note that an additional materials fee is required for the handbook and final examination.)

BRONZE CROSS

Bronze Cross is the second step (after Bronze Medallion) in the Lifesaving Society Program. It is designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross is a prerequisite for all advanced training programs including National Lifeguard and Instructor Certification. Students must complete a minimum number of hours in order to be eligible to receive certification. **Please note that there needs to be a minimum of 5 registrants in this program for it to be offered.** Please be prepared to attend all sessions as **100% attendance is mandatory.**

Eligibility: completion of Bronze Medallion

Time: Monday June 25th, July 2nd, 9th, 16th, 23rd (4-8pm), Thursday June 28th, July 12th, 19th (4-8pm)

Exam date - The weekend of July 28th-29th (exact day and time to be determined based on availability of tester so all candidates must be available)

Number of weeks: five weeks

Coach: Bianca Schweers

Cost: \$220.00 (Please note that an additional materials fee is required for the handbook and final examination.)

AQUAFIT

The aquafit program offers members of all ages and fitness levels a cooling water workout. Each session features a warm-up, an aerobic routine, muscle training with noodles and/or water weights and a cool-down. Both the shallow and deep ends of the pool are utilized. Participants are encouraged to work at their own pace while enjoying the sun, the view and some great music!

Time: four times a week – Monday, Tuesday, Wednesday and Friday from 1:00pm to 2:00pm

Number of weeks: nine weeks from June 25th to August 17th

Coach: Pam McGuire

Cost: \$178.00 four times a week, \$89.00 2 times a week.

LEADERS PROGRAM

This program is geared to children aged 10 and over. Leaders help out at home swim meets, have weekly meetings and participate in organized social activities. It is a great way to make friends and stay involved with the pool and playground.

Eligibility: children aged 10 and over

Time: once a week – Thursday 3:00pm to 4:00pm

Number of weeks: eight weeks from June 28th to August 16th (final meeting celebrates with a pizza party)

Instructor: Victoria Pfeiffer

Cost: \$30.00 (Leaders T-shirt will be available to purchase once program begins. Minimum order required.)

FAMILY POOL PASS

The family pool pass is a great way for many families to save money when signing up for pool activities. With the Family Pool Pass you pay \$445.00 for the season and your family can participate in as many activities as they wish. **Please note that the family pool pass does not include Aquafit, Bronze Medallion or Bronze Cross.**

PLAYGROUND ACTIVITIES

When your children are not swimming they are welcome to join our animator in the playground and junior clubhouse for daily activities and special theme days. The animator creates an environment designed for sports enthusiasts, young artists and for junior members who want to relax and make new friends. All junior members are encouraged to participate. However, a parent or guardian must accompany children under the age of 7 and members are responsible for their children at all times.

Eligibility: All junior members

Time: Monday to Friday, 9:00am to 2:00pm with a 20-minute break for the animator for lunch

Number of weeks: eight weeks from June 25th to August 17th

Animators: Emma Campbell

KEEPING INFORMED THROUGHOUT THE SUMMER

In order to make best use of the pool and playground programs, it is important to stay informed throughout the summer. Special events, reminders and schedule changes are communicated in several ways:

Main HYC Website: The main website at <http://hudsonyachtclub.com/> provides links to all pool and playground programs.

Bulletin Board: Located next to the pool area, the bulletin board displays posters for all upcoming events as well as a monthly calendar.

Chalkboard in Pool Area: Located by the main pool entrance, the chalkboard is updated daily to provide a quick overview of what is going on at the pool and playground that day.

Playground Blackboard: Located on the shack in the playground area, the chalkboard is updated daily to provide a quick overview of what is going on at the pool and playground that day.

HYC Pool and Playground Facebook Group: Request to join HYC Pool and Playground group on Facebook

HYC Pool and Playground Instagram Page: Request to follow @hycpool on Instagram