

# Pool & Playground Programs

Registration forms for all junior & adult pool programs will be available online at ([www.hudsonyachtclub.com](http://www.hudsonyachtclub.com))

Due to the success of many of our programs, registration will be available on a 1<sup>st</sup> come-1<sup>st</sup> served basis.

## POOL

Built in 1959, the HYC pool still carries a long tradition of spirit, sportsmanship and enthusiasm in it's varied aquatic activities. Our team of certified lifeguards and instructors offer many programs such as junior swim lessons, Bronze lifesaving classes and aquafit. Our team coaches offer quality synchronized swimming, waterpolo and swim team instruction to prepare our teams for competition at 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 & 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 Parents & Tots Program**  
For ages 4 months to 3 years
- **Red Cross Swim Preschool Program**  
For ages 3 to 5 years
- **Red Cross Swim Kids Program**  
For ages 6 & over
- **Swim Team**
  - Guppies
  - Synchro Lessons
  - Synchro Team
- **WaterPolo**
- **Leaders**
  - Bronze Medallion & Bronze Cross

### Adult Pool Programs

- **Masters Conditioning**
- **Aquafit: 2 OR 4 days per week**

## PLAYGROUND Mondays to Fridays (NB this is NOT a day care)

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

**FURTHER DETAILS ARE AVAILABLE ON THE POOL & PLAYGROUND PROGRAM GUIDE ON OUR WEBSITE.**



## Hudson Yacht Club

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