

HYC PROGRAMMING SCHEDULE SESSION 2024



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Weekday Swimming Lessons Session 1
Monday-Friday: June 24-July 12

**Swim lesson levels are subject to change after the first week of lessons

Time	Deep End Lane 1	Deep End Lane 2	Deep End Lane 3	Deep End Lane 4	Shallow End 1	Shallow End 2
8:15-8:45	HYC Swimmer 5		HYC Swimmer 4		HYC Preschool 1	HYC Swimmer 3
	<u>Instructor: Harry</u>		<u>Instructor: Saedie</u>		<u>Instructor: Chloe</u>	<u>Instructor: Ella</u>
	Hannah Houghton Walker Lawrence Ellis Thompson Tess Ainsworth Mateo Plaw Estee Poulard		Danielle Brabant Maeva Lawrence Jakob Verboomen Henry Houghton Maya Thompson William Farley Avery Owen Madison Woolhouse		Dorothy Cohen Grayson Challice Margot Kroon-Gagne Oliver Fares John Matlashewski	Lauren Neumann Hellie Bean Emily Tetreault Lily Thompson Livia Rose Turnblom
8:45-9:15	HYC Swimmer 5		HYC Swimmer 4		HYC Preschool 1	HYC Preschool 3
	<u>Instructor: Harry</u>		<u>Instructor: Saedie</u>		<u>Instructor: Chloe</u>	<u>Instructor: Ella</u>
	Elizabeth Macdonald Autumn Goldfarb Liam Auclair Tessa O'Farrell Anna Cadieux		Annabel Palermo Violetta Burry Maya Tomita Emma Tomita Henry Bowen Willow Bowen Claire Bowen Eloise Gingras		Miles Modi James Clarke Henry Johnston Scarlett Haberkorn Hugh Skip Daly	Elijah Cody Noel Manzueta Amalia Anne Manzueta Caleb Oomes Gordon O'Farrell

9:15-9:45	HYC Swimmer 7/8		HYC Swimmer 6		HYC Preschool 4	HYC Preschool 3
	<u>Instructor: Harry</u>		<u>Instructor: Saedie</u>		<u>Instructor: Chloe</u>	<u>Instructor: Ella</u>
	Brady Ainsworth Andreas Arevian Grayson Lawrence Lana Kay Laroche Emerson Woolhouse Clara Brady (level 7) Reid O'Farrell (level 7)		Ruby Aucoin Nelly Tetreault Naomi Frappier Simon Menard		Benjamin Oomes Arkham Jensen Finn Ferguson Charles Poulard Loic Bowser	Ellie Owen Loren Ullah Hudson Clement Luke Farrell
9:45-10:15	HYC Swimmer 9/10		HYC Swimmer 6		HYC Swimmer 1	HYC Preschool 5
	<u>Instructor: Chloe</u>		<u>Instructor: Ella</u>		<u>Instructor: Harry</u>	<u>Instructor: Saedie</u>
	Lila Mazerolle Cruz Benwell Claire Brabant Sophie Holmes Jack Holmes Georgia Van Praet Maivy McCarthy (level 10) Katherine Emergui (level 10)		Rosalie Gendron Evelyne Macdonald Cole Kozma Ryliegh Kozma Josie Chevrier		Adelaide Pietroniro Sidney Pietroniro Charlie Bowen Logan Frappier Sadie Hill Calvin Chevrier	Anthony Arevian Rose Sinclair Theo Fares Lydia Bowser
10:15-10:45					HYC Swimmer 1	HYC Swimmer 3
					<u>Instructor: Harry</u>	<u>Instructor: Saedie</u>
					Sofia MacKechnie Zoe Jonassen-Jacques Margot Eldridge Bonnie Laroche Camden Eldridge	Margaux Sevigny Madden Farley Sarah Farrell Tessa Holmes Adaline Lawn

10:45-11:15					HYC Swimmer 2	HYC Swimmer 2
					<u>Instructor: Saedie</u>	<u>Instructor: Harry</u>
					Easten Thompson Chelsea Verboomen Chloe Menard Theodore Hansen	Jude Daley Madeleine Smith June Law Liam Dugas
11:15-11:45						HYC Preschool 2
						<u>Instructor: Max</u>
						Henry Vallett Alexander MacKechnie Elizabeth Jonassen-Jacques Indy Bredt Elias Hansen

Saturday Swimming Lessons

8 weeks: June 29-August 17

<u>Time</u>	<u>Group</u>
11:00-11:30	HYC Swimmer 1/2 <u>Instructor: Julianne</u> Charlie Bowen (Swimmer 1) Cassidy Brousseau (Swimmer 1) Clara McCarthy St-Pierre (Swimmer 1) Sam McCarthy St-Pierre (Swimmer 1) Brandon Buzzell (Swimmer 1) Aislinn Light (Swimmer 2)
11:30-12:00	HYC Preschool 1: <u>Instructor: Julianne</u> Archer Leroux (Preschool 1) Chloe Lawrie Haaparanta (Preschool 1) John Matlashewski (Preschool 1) Marguerite Brazeau (Preschool 1) Felix Viel-Temperley (Preschool 1) Henry Vallett (Preschool 1)
12:00-12:30	HYC Preschool 2/3: <u>Instructor: Julianne</u> Oscar Trenholm (Preschool 2) Dorothy Cohen (Preschool 2) Tyson Scheel (Preschool 2-3) Margot Kroon-Gagne (Preschool 3)
12:30-1:00	HYC Swimmer 3/4: <u>Instructor: Julianne</u> Millicent Lawrie Haaparanta (Swimmer 3) Ophelia Jane Daoust (Swimmer 3) Malcolm Sellyn (Swimmer 3) Henry Bowen (Swimmer 4) Torin Light (Swimmer 4)

Swim Team
8 weeks: June 24-August 16

**Swim team lanes are subject to change after the first week of practices

<u>8 & Under</u>		<u>9 & 10</u>		<u>11 & 12</u>		<u>13 & Up</u>	
Time: 10:15-10:45		Time: 10:45-11:15		Time: 11:15-12:00		Time: 1:00-1:45	
<u>Lanes 1&2</u>	<u>Lanes 3&4</u>	<u>Lanes 1&2</u>	<u>Lanes 3&4</u>	<u>Lanes 1&2</u>	<u>Lanes 3&4</u>	<u>Lanes 1&2</u>	<u>Lanes 3&4:</u>
Coach: Chloe	Coach: Ella	Coach: Max	Coach: Chloe	Coach: Lindsay	Coach: Erika	Coach: Ben	Coach: Max
Gus Paull Brady Ainsworth Claire Brabant Ruby Aucoin Tessa O'Farrell Zoey Zayed Autumn Goldfarb Mateo Plaw Tess Ainsworth Maya Thompson Emma Tomita	Lily Thompson Estee Poulard Chloe Menard Andreas Arevian Ellis Thompson Anna Cadieux Violetta Burry Ella Guillon Hannah Houghton Henry Houghton Naomi Frappier	Jackson Murray Zayden Zayed Dallas Herron Zachary White Reid O'Farrell Knox Benwell Cruz Benwell Jordyn Snow Georgia Van Praet	Elizabeth Macdonald Cole Kozma Clara Brady Albert Cadieux Isaak Goard Emerson Woolhouse Nelly Tetreault Amelia Weiland Sophie Holmes	Laurier Bertrand Ryan Butcher Ryan Choules River Goldfarb Nivia Herron Ava White Gabriel Snow Andrew Morton Ingrid Paull Katherine Emergui Henry Coldrick Maple McCarthy Danica Meredith	Noemie Guillon Ryleigh Kozma Colin Brady Ethan Partridge Lila Mazerolle Anya Hoobanoff Simon Menard Romie Patenaude Nayan Patel Oliver Weiland Charlotte Noel Jack Holmes	Reilly Lefsrud Rachel Zacharias Tess Edwards Ruby Rioux Alacie Herron Serena Patel Alex Desmarais Gavin Lefsrud Matisse Bertrand Avery Choules Emily Butcher Leah Butcher Lily Aucoin Isobel Coldrick Jacob Snow Evan Hannah Isabelle Morton Jade Lagimodiere Beatrice Van Praet Dali Koszegi Tallula Dinsmore	Hadley Meredith Sophia Hadzipetros Zoe Hadzipetros Tyler Nematulla Charlotte Nematulla Darcy Vincent Christian Vincent Evelyne Macdonald Raphael Patenaude Kyan Patel Maivy McCarthy Teagan Meredith Aiden Patel Katie Crombie Lauren Emergui Lauren Dugas Charlotte Weiland Pria Soneji Dorothy-Grace Genest

Synchro
7 weeks: June 24-August 9

<u>Senior Team</u>	<u>Junior Team</u>	<u>Synchro Lessons</u>
Times: Tuesday 7:30-8:15 pm Wednesday 2:00-3:00 pm Thursday 10:15-11:30 am	Times: Monday 2:00-3:00 pm Tuesday 2:00-3:00 pm Thursday 1:00-1:45 pm	Time: Friday 1:00-1:45pm
<u>Coach: Taylor</u>	<u>Coach: Delphine</u>	<u>Coach: Ella</u>
Da Yan Gregoire Mameanskum Nivia Herron Isabelle Morton Lauren Dugas Dali Koszegi	Ava White Anya Hoobanoff Maple McCarthy Georgia Van Praet Ingrid Paull	Tessa O'Farrell Autumn Goldfarb Ruby Aucoin Emerson Woolhouse Lily Thompson Maya Thompson Lana Kay Laroche Estee Poulard Lila Mazerolle Avery Owen

Leaders

8 weeks: June 27-August 15

Thursday 2:30-3:30pm	
<u>Instructor: Sofia</u>	
Pria Soneji Rosalie Gendron Zoe Hadzipetros Sophia Hadzipetros Ryan Choules Avery Choules Colin Brady Lauren Acres Ava White Ethan Partridge	Lila Mazerolle Knox Benwell Anya Hoobanoff Sophie Holmes Maivy McCarthy Maple McCarthy Jack Holmes Jaxen Brooks Ingrid Paull

Waterpolo

8 weeks: June 27-August 15

Thursday 7:00-8:00pm
Instructor: Charles
This year we will be offering pick-up waterpolo for all ages, once a week. Everyone is welcome, free of charge.

Bronze
6 weeks: June 29-August 3

<u>Bronze Medallion</u>	<u>Bronze Cross/Med</u>
Saturday 8:30am-12:30pm	Sunday 8:30am-12:30pm
<u>Instructor: Catherine</u>	<u>Instructor: Catherine</u>
Dali Koszegi Gavin Lefsrud Matisse Bertrand Sophia Hadzipetros Zoe Hadzipetros Avery Choules Emily Butcher Leah Butcher Isobel Coldrick Kyan Patel Aiden Patel	Mazen Laflamme (CROSS) Isabelle Morton (CROSS) Lauren Emergui (CROSS) Elyse Brooks (CROSS) Alex Desmarais (MED) Lily Aucoin (MED) Casey Bonnemayers (MED)

Parents & Tots
8 weeks: June 30-August 18

<u>Parents & Tots 1</u>	<u>Parents & Tots 2</u>
Time: Sunday 11:00-11:30	Time: Sunday 11:30-12:00
<u>Instructor: Lindsay</u>	<u>Instructor: Lindsay</u>
Nico Trenholm Kelsey Allan Rory Weeks Alycia Jenner Torin Pawliczka Arielle Day Rocher Montgomery Sellyn Deirdra Kennedy Sophie Clarke Ari Diab	Natalie Oomes Eleanor D Anjou Cade Searle Ben Matlashewski Gavin Leroux Clelia Ullah Katie Scotcher Mika Norris Kerry Mackinnon Blair Mancini Karen Kroon Kelsey Allan

Adult Programming

Aquafit

(8 weeks: June 24-August 18)

<u>Monday/Wednesday Group</u>	<u>Tuesday/Thursday Group</u>	<u>Sunday HITT Group</u>
Time: 1:00-2:00 PM	Time: 1:00-2:00 PM	Time: 12:00-1:00 PM
<u>Instructor: Jeanie Harbour</u>	<u>Instructor: Jeanie Harbour</u>	<u>Instructor: Johanne Vaillant</u>
Maya Waldeck Katherine Gray-Donald Michele Caudrey Andrea Johnson Sandra Johnston Jill Gale Judy Tellier Lise Donais Adele Major Jean B Kelly Susan Rikley Karen Bradley Allan Case Lynda Gillmeister Laddi Woolhouse Lise Kent Dr. Peter Woolhouse Sarah Day Kay-Maria Sweetlove Tara Wilkinson Marie Harbison Kathy Leech Andrea Lloyd Brenda Parker Bonnie Fletcher	Jennifer Crowle Joan Kirby Elly Maagendans Megan Evans Amanda Blase Tara Wilkinson Pat Groux Alexandra Duquette-Fuller Mary Horst Gwenyth Murray Pamela Law Michelle Boivin Jenna Wells Cindy Moxam-Bray Jeannie Dundas Janice McGrath Anne Durkin Geraldine Moore Christine Garner Beverley Bryden Nancy Scott-Donnelly Monique Mair Carol Nixon Karen Kroon Felicity A Newton Karen Cluett-Frohloff Isabelle Arthur	Joan Kirby Jill Gale Anita Patel Yvonne Marie Haugland Alycia Jenner Lori-Ann Wiggins Katie Shaar-Lagimodiere Alix Myers Alexa Law Robin Dodds-Hannah Pamela Law Michelle Boivin Andrea Lloyd Kayleigh Renaud Karen Fraser Janice McGrath Anne Durkin Katy Seaman Geraldine Moore Megan Kirby Nancy Scott-Donnelly Michelle Jutras-Steiner Jessica Lombard Karen Cluett-Frohloff Isabelle Arthur Amanda Olliver

Masters
(8 weeks: June 24-August 12)

Time: Monday 6:15-7:15 PM	
<u>Instructor: Charles</u>	
Meagan Ainsworth Carolyn Adolph Amy Archambault Paul Morton Mathieu Mazerolle Ariane Chiasson-Jonassen Yvonne Marie Haugland Grace Johnson Dominic Houghton	Alycia Jenner Patricia Crombie-Woolhouse Tamara Levi Kayleigh Renaud Arielle Day Roher Christine Seguin Julia Gauthier Sara Cleary Lawn