

# HYC PROGRAMMING SCHEDULE 2023



## INDEX

- ★ **Lessons**
  - Page 1-3
- ★ **Swim Team**
  - Page 4
- ★ **Synchro**
  - Page 5
- ★ **Masters**
  - Page 5
- ★ **Parents & Tots**
  - Page 6
- ★ **Leaders**
  - Pages 6
- ★ **Bronze**
  - Page 7
- ★ **Aquafit**
  - Page 8

### Weekday Swimming Lessons Session 1 (Monday-Friday)

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	<b>HYC Swimmer 7</b>		<b>HYC Swimmer 4</b>		<b>HYC Preschool 1</b>	<b>HYC Preschool 1</b>
	<u>Instructor: Anais</u>		<u>Instructor: Kate</u>		<u>Instructor: Chloe</u>	<u>Instructor: Max</u>
	Grayson Lawrence Sophie Holmes Oliver Weiland Reid O'Farrell Markus Madison		Isaak Goard Blake Dumoulin Walker Lawrence Sierra Skye Lewis Albert Cadieux Liam Auclair Tessa O'Farrell Ellis Thompson		Loren Dean Ullah Luke Farrell Caleb Oomes Benjamin Oomes Hellie Bean Claire Madison	Margaux Sevigny Theo Fares Elias Hansen Aaline Lawn Finn Ferguson Lourenco Benjamin Braga Camden Eldridge
8:45-9:15	<b>HYC Swimmer 8</b>		<b>HYC Swimmer 5</b>		<b>HYC Preschool 2</b>	<b>HYC Preschool 3</b>
	<u>Instructor: Kate</u>		<u>Instructor: Chloe</u>		<u>Instructor: Max</u>	<u>Instructor: Anais</u>
	Cruz Benwell Ryan Choules Emerson Woolhouse Jack Holmes Lila Mazerolle Katherine Emergui Emma Beauregard Anya Hoobanoff Bella Anderson Olivia Anderson		Autumn Goldfarb Clara Brady Claire Brabant Amelia Weiland Wyatt Beauregard Brady Ainsworth Grace Anderson		Sofia MacKechnie Henry Maenz Olivia Joly Loic Bowser Emily Martin	Annabelle Brooks Thomas Hart Jaxon Vui Jutras Charlie Bowen Lydia Bowser Easten Thompson
	<b>HYC Swimmer 9</b>		<b>HYC Swimmer 6</b>		<b>HYC Preschool 4</b>	<b>HYC Preschool 5</b>
	<u>Instructor: Anais</u>		<u>Instructor: Chloe</u>		<u>Instructor: Max</u>	<u>Instructor: Kate</u>

9:15-9:45	Laurier Bertrand Collin Brady Dylan Ayoub Liam Ayoub		Marcel Deneux Nelly Tetreault Cole Kozma Lana Kay Laroche Ryleigh Kozma		Kai Kerwin Gordon O'Farrell Rory Beauregard	Danielle Brabant Sadie Hill Chelsea Verboomen Malcolm Montgomery Bonnie Laroche Madden Farley
9:45-10:15	<b>HYC Swimmer 10</b>		<b>HYC Swimmer 10</b>		<b>HYC Swimmer 1</b>	<b>HYC Swimmer 1</b>
	<u>Instructor: Max</u>		<u>Instructor: Chloe</u>		<u>Instructor: Kate</u>	<u>Instructor: Anais</u>
	Pria Soneji Knox Benwell River Goldfarb Gavin Lefsrud Avery Choules Hope Brunetti Zachary White Alistair Lawrence Gray		Casey Bonnemayers Finn Knutson Zoe Hadzipetros Sophia Hadzipetros Ava White Lauren Emergui Aiden Patel Nayan Patel Jackson Murray		Maya Tomita Emma Tomita Kashton Murray Madeline Smith Lily Thompson George Madison	Sarah Farrell Tessa Holmes Jack Maenz June Law Calvin Chevrier Chloe Menard
10:15-10:45					<b>HYC Swimmer 1</b>	<b>HYC Swimmer 2</b>
					<u>Instructor: Anais</u>	<u>Instructor: Chloe</u>
					Sofia Joly Aaron Kerner Avery Owen Theodore Hansen Ophelia Jane Daoust	Lauren Neumann Maya Thompson Maeve Lawrence Emily Tetreault
10:45-11:15					<b>HYC Swimmer 2</b>	<b>HYC Swimmer 3</b>
					<u>Instructor: Max</u>	<u>Instructor: Chloe</u>
					Aaron Kerner Henry Bowen Maddox Montgomery	Elsa Leclerc Madison Woolhouse Joseph Farrell

					William Farley	Sarah Brooks
11:15-11:45					<b>HYC Swimmer 3</b>	<b>HYC Swimmer 3</b>
					<u>Instructor: Kate</u>	<u>Instructor: Anais</u>
					Henry Houghton Hannah Houghton Josie Chevrier Jaxon Noah Lewis	Willow Bowen Jakob Verboomen Anna Cadieux Claire Bowen Tess Aubsworth

**Weekend Swimming Lessons (Saturday)**

<b><u>Time</u></b>	<b><u>Group</u></b>
<b>10:30-11:00</b>	<b>HYC Preschool 1: Chloe</b> Hudson Clement Harper Barrington Hellie Bean
<b>11:00-11:30</b>	<b>HYC Preschool 2: Chloe</b> Brandon Buzzell Estee Poulard Claire Yoshida Aislinn Light
<b>11:30-12:00</b>	<b>HYC Swimmer 3/4: Chloe</b> Ryan Yoshida Liam Auclair Torin Light

## Swim Team

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

<u>8 &amp; Under</u>		<u>9 &amp; 10</u>		<u>11 &amp; 12</u>		<u>13 &amp; 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&amp;2</u>	<u>Lanes 3&amp;4</u>	<u>Lanes 1&amp;2</u>	<u>Lanes 3&amp;4</u>	<u>Lanes 1&amp;2</u>	<u>Lanes 3&amp;4</u>	<u>Lanes 1&amp;2</u>	<u>Lanes 3&amp;4:</u>
Coach: Josh	Coach: Max	Coach: Kate	Coach: Anais	Coach: Ben	Coach: Chloe	Coach: Emma	Coach: Ben
Clara Brady Gus Paull Finn Knutson Claire Brabant Zachary White Reid O'Farrell Georgia Van Praet Zoey Zayed Dylan Ayoub Cruz Benwell	Ruby Aucoin Emerson Woolhouse Mateo Plaw Maddox Montgomery Malcolm Montgomery Amelia Weiland Cole Kozma Tessa O'Farrell Wyatt Beauregard	Laurier Bertrand Dallas Herron Jackson Murray Ingrid Paull Lila Mazerolle Maple McCarthy Ryan Butcher Henry Coldrick Ava White Romie Patenaude Jordyn Snow Emma Beauregard Knox Benwell	Ryan Choules Collin Brady Grayson Lawrence Sophie Holmes Simon Menard Zayden Zayed Oliver Weiland Katherine Emergui Ryleigh Kozma Chloe Menard Ethan Partridge Trent Spencer	Matisse Bertrand Nivia Herron Dali Koszegi Gavin Lefsrud Alex Desmarais Noah Sommerford Lily Aucoin River Goldfarb Zachary Genest Alistair Gray Andrew Morton Raphael Patenaude Isobel Coldrick Charley McGarry	Avery Choules Tyler Nematulla Nayan Patel Jack Holmes Zoe Hadzipetros Sophia Hadzipetros Liam Ayoub Kyan Patel Aiden Patel Anya Hoobanoff Leah Butcher Emily Butcher Gabriel Snow Markus Madison	Ella Koszegi Brooke Thompson Reilly Lefsrud Jasmine Dorcas Ruby Rioux Tyler Mills Tallula Dinsmore Erika Gordon Jade Lagimodiere Saedie Huxham Lauren Dugas Isabelle Morton Serena Patel Jacob Snow Evan Hannah	Jackson McGarry Adam Goard Darcy Vincent Christian Vincent Charlotte Nematulla Rae Sommerford Mazen Laflamme Rachel Zacharias Annie Gray Charlotte Weiland Katie Crombie Beatrice Van Praet Lauren Emergu Grace Edwards Tess Edwardsi

## Synchro

<u>Senior Team</u>	<u>Junior Team</u>	<u>Pre-Junior</u>
<b>Time: Wednesday 2:00-3:00, Thursday 7:00-8:00 PM, Friday and Sunday 6:00-7:00 PM</b>	<b>Time: Monday 2:00-3:00, Tuesday 7:00-8:00 PM, Saturday 1:00-2:00</b>	<b>Time: Tuesday 6:00-7:00 PM, Thursday 6:00-7:00 PM</b>
<u>Coaches: Juliet</u>	<u>Coaches: Taylor, Delphine</u>	<u>Coaches: Taylor, Delphine</u>
Ella Koszegi Brooke Thompson Jasmine Dorcas Ella Aucoin Ruby Rioux Tallula Dinsmore Erika Gordon Saedie Huxham Charlotte Rose Simard	Dali Koszegi Da-Yan Grégoire Lauren Dugas Isabelle Morton	Ingrid Paul Maple McCarthy Anya Hoobanoff Ava White

## Masters

<b>Time: Monday 6:00-7:00 PM</b>
<u>Instructor: Ben</u>
Colleen Leonard James Clement Mathieu Mazerolle Julia Gauthier Scott Hannah Glen Hannah Valerie Rinfret Lauren Donnelly

## Parents & Tots

<u>Parents &amp; Tots 2</u>	<u>Parents &amp; Tots 3</u>
<b>Time: Sunday 11:00-11:30</b>	<b>Time: Sunday 11:30-12:00</b>
<u>Instructor: Kate</u>	<u>Instructor: Kate</u>
Clelia Simone Ullah Capri-Eva Norris John Matlashewski Indy Bredt Ingrid Harris Charles Poulard Teodoro Daniel Braga Alexander MacKechnie Natalie Oomes	Baby Stetson III Aurora Kruijt Oliver Fares Malcolm Sellyn Montgomery Sellyn Raegan Lawn Dorothy Cohen Karen Kroon Setareh Momayez Victoria Traiches

## Leaders

<b>Time: Thursday 1:00-2:00</b>	
<u>Instructor: Anais</u>	
Jack Holmes Lila Mazerolle Maple McCarthy Zoe Hadzipetros Sophia Hadzipetros Anya Hoobanoff Katie Crombie Beatrice Van Praet	Pria Soneji Lauren Acres Nivia Herron Noemie Guillon Ava White Zavier Laflamme Zachary Genest Collin Brady

Ethan Partridge  
Henry Wakani-Barrington

Annie Gray  
Alistair Lawrence Gray

**Bronze**

<b><u>Bronze Medallion</u></b>	<b><u>Bronze Cross</u></b>
<b>Time: Saturday 8:30-12:30</b>	<b>Time: Sunday 8:30-12:30</b>
<u>Instructor: Cierra Monaco</u>	<u>Instructor: Cierra Monaco</u>
Kayla Ferguson Ethan Huxham Evan Hannah Annie Gray Jade Lagimodiere Phoenix Bowden Nathan Kenuayuak Da-Yan Grégoire Lauren Dugas Katie Crombie Beatrice Van Praet Grace Edwards	Ella Aucoin Safiya Niazi Brooke Thompson Jasmine Dorcas Ruby Rioux Rae Sommerford Rachel Zacharias Tallula Dinsmore Erika Gordon Saedie Huxham Romeo Bowden Charlotte Rose Simard

## Aquafit

<u>Monday/Wednesday Group</u>	<u>Tuesday/Thursday Group</u>	<u>Sunday HITT Group</u>
<b>Time: 1:00-2:00 PM</b>	<b>Time: 1:00-2:00 PM</b>	<b>Time: 1:00-2:00 PM</b>
<u>Instructor: Janice Burdon</u>	<u>Instructor: Janice Burdon</u>	<u>Instructor: Janice Burdon</u>
<p style="text-align: center;">Sandra Johnston B. Jane Kirkwood Lise Kent Mary Jefferies Bonnie Fletcher Allan Case Jennifer Thom Lynda Gillmeister Lisa Creagan Helen Warburton K Marie Harbinson-Gordon Megan Evans Karen Bradley Jean B Kelly Kathy Leech</p>	<p style="text-align: center;">Anne Durkin Nancy Scott-Donnelly Christine Garner Jill Gale Michele Caudrey Louise Corriveau Carol Nixon Beverley Bryden Lynda Fuller Liliane Carriere Monique Mair Mary Horst Joan Kirby Judy Tellier Janice McGrath Micheline Levesque Hodgson Michelle Boivin Elly Maagendans Elma Kneller Geraldine Moore Jeannie Dundas Jenna Wells Karen Cluett-Frohloff Karen Kroon Isabelle Arthur</p>	<p style="text-align: center;">Elaine Quik Christine Maenz Amelia Robinson Jessica Lombard Pamela Law Liliane Carriere Gregory Oomes Amanda Mergl Alexandra Duquette-Fuller Megan Kirby Jennifer Liddy Geraldine Moore Karen Cluett-Frohloff Karen Kroon Isabelle Arthur Karen Fraser Robin Dodds-Hannah Yvonne Marie Haugland Gina Gentile Jasmine St Laurent Anita Patel</p>

