



Hamilton Aquatic Club

Registration Package
2025/2026

Swim School Program



HAC Vision, Mission & Values

HAC Vision Statement:

Fostering a love of swimming through our coaches, program excellence, team unity and family support, while striving for each swimmer to achieve their highest potential, both in and out of the pool. Most importantly, celebrating each swimmer's milestone achievement, sportsmanship and friendship.

Mission:

Provide every swimmer with the opportunity to achieve their best at all levels of competition while inspiring, developing and creating life-long skills within the pools and our community.

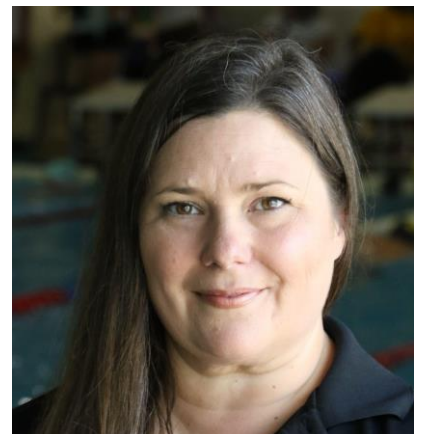
Values:

- Perseverance
- Leadership
- Sportsmanship
- Friendship
- Unity

A Message from the Executive Director - Theresa Malar

A warm welcome (and welcome back for many!) to HAC Swim School!

HAC Swim School is where our young swimmers take their first strokes toward a lifetime of confidence, safety, and skill in the water. Our amazing coaches focus on building strong fundamentals in a fun, supportive environment—laying the foundation for success both in and out of the pool.





Welcome to HAC Swim School



Head Coach - Courtney Desjardins

Welcome to the Hamilton Aquatic Club Swim School!

This is where your swimming journey begins, a journey rooted in safety, technical and skill development, fitness, and performative growth. Our swim school introduces the fundamentals of swimming in a team-based environment that nurtures confidence, competence, and enjoyment in the water.

At HAC, we proudly support swimmers from grassroots through to fundamental stages, guided by the principles of the Long-Term Athlete Development (LTAD) model. Whether it's learning to float or mastering strokes, every swimmer is supported in taking their first steps toward a lifelong relationship with swimming.

"A journey of a thousand miles begins with a single step." – Lao Tzu

We're thrilled to welcome you to the HAC family and wish you a season full of learning, growth, and success!

HAC Swim School Coordinator - Tatum Kewley

Welcome to our Swim School!

I'm excited to welcome your family on behalf of myself, the Swim School Coordinator, and our team of qualified coaches. Together, we're dedicated to creating a safe, supportive, and engaging environment for every swimmer. Our program is built around four key goals: water safety, confidence, skill-based progression, and whole-body development. Swimmers will learn essential safety skills, build confidence through encouragement and achievement, and progress through a structured, ability-based curriculum. Swimming also promotes overall physical and mental growth, supporting strength, coordination, and focus. As swimmers advance, they may be invited to join our Junior Competitive Program, where certified coaches introduce the fundamentals of racing and technique.

We look forward to a fun and rewarding season in the pool!





Program Goals & Training Objectives

Program Goals/Objectives

- **Water Safety**

Ensure every swimmer develops a strong foundation in water safety. Our program emphasizes safe entries and exits and floating techniques. Water safety is integrated into all levels to foster lifelong awareness and preparedness around aquatic environments.

- **Confidence**

Build swimmers' confidence through positive reinforcement, age-appropriate challenges, and a supportive learning atmosphere. As swimmers achieve new skills and overcome personal milestones, they gain pride, self-assurance, and enthusiasm for swimming.

- **Skill-Based Progression**

Provide structured and progressive skill development tailored to each swimmer's ability. Our curriculum includes targeted drills that improve stroke technique, breathing control, endurance, and coordination. Swimmers advance through levels based on skill mastery, ensuring readiness for more advanced training or competitive swimming.

- **Whole-Body Growth**

Promote overall physical development through swimming. The program supports muscle strength, flexibility, cardiovascular health, and motor coordination. Beyond the physical, swimming nurtures focus, discipline, and goal-setting—helping each child grow both in and out of the water.

As swimmers build on these foundations, they will be ready to move into our **Junior Competitive Program**, where they begin learning the early stages of competitive swimming. This exciting next step is taught by certified coaches who focus on proper technique, stroke development, and the fundamentals of racing—laying the groundwork for future success in the sport.



Swim School

PERFORMANCE PATHWAYS

Groups	Hours of in pool training per week	Requirements
Swim School Bronze	45 min*	No swim skills necessary! Coaches are in the water with this group
Swim School Silver	1	Swimmers are required to be able to swim 25 meters (1 length) of the pool both freestyle and backstroke and are comfortable in the water
Swim School Gold (once or twice a week)	1 or 2	Swimmers are required to be able to swim 50 meters (2 lengths) of the pool freestyle, backstroke and breaststroke
Swim School One-On-One	1	No swim skills necessary! Coaches are in the water with this group and are accommodating to all abilities

*We've adjusted our Bronze swim class from 1 hour to 45 minutes to better match young swimmers' energy and focus. This change supports more active learning during peak concentration times, less down time and maintains low instructor-to-swimmer ratios for personalized, high-quality instruction.



2025/2026 PROGRAM FEES

Groups	Annual Fees	Monthly
Swim School Bronze	\$924.22	\$92.60
Swim School Silver	\$924.22	\$92.60
Swim School Gold	\$924.22	\$92.60
Swim School Gold x 2	\$1,518.38	\$152.02
Swim School One-On-One	\$1,249.64	\$125.14

**Siblings receive a 10% discount off swim fees*

***TeamUnify Processing Fees not Included



Jr. Competitive Programs & Goals

*Meeting some or all of these criteria
does not guarantee advancement

We invite you to review our Jr. Competitive program to learn more about our program progressions and how swimmers advance through each level as they grow in skills, confidence, and love for the sport.

The HAC Jr. Competitive programs are designed to nurture young swimmers in their competitive journey, focusing on skill development, technique refinement, and building confidence.

The program offers progressive levels tailored to different age groups and skill levels, ensuring swimmers receive appropriate training and support. As swimmers advance, they move through structured progressions that prepare them for higher levels of competition, emphasizing sportsmanship, teamwork, and personal growth within a supportive club environment.

Jr. Comp Gold A

80% Attendance
10 & Under

Jr. Comp Gold B

80% Attendance
10 & Over

Jr. Comp Silver A

80% Attendance
9 & Under

Jr. Comp Silver B

80% Attendance
10 & Over

Jr. Comp Bronze A

80% Attendance
8 & Under

Jr. Comp Bronze B

80% Attendance
9 & Over



Fees & Swim Canada Registration



HAC Swim Fees – Payment Options	
Annual Payment Option	• 1st Month Swim Fee, Swim Ontario, Family Reg., HAC Shirt/Cap billed July 1, 2025 (or upon registration if registering after July 1st, 2025) • All Remaining Swim Fees due September 1, 2025 and auto-charged to credit card on file with Team Unify.
Monthly Payment Option	• Swim Ontario, Family Reg., HAC Shirt/Cap + 1st month billed July 1, 2025 (or upon registration if registering after July 1st, 2025) • Remaining 9 payments: auto-billed monthly Oct 1, 2025 – June 1, 2026
Swim Canada/Swim Ontario Fees	
Pre- Competitive	• \$61.29 for all HAC Swim School & Age Group Flex Groups • Waivers must be submitted within 2 weeks of training start
Cancellation Policy	
Cancellation Policy	• Written notice + online form due by 15th of prior month • 2-week notice required • \$15 admin fee applies • Swim Ontario, Family Registration & Shirt & Cap Fees are non-refundable



Swimmer Supports & Important Dates

Swimmer Supports

Support for swimmers in swim school can take various forms to ensure their success and safety in the water. Here are some ways swim schools typically provide support for swimmers:

- Skilled Instructors
- Small Class Sizes and Individual Instruction
- Progress Tracking
- Safety Measures
- Positive Reinforcement and Encouragement
- Adaptability for Different Learning Styles
- Communication
- Proper Equipment

By integrating these support measures, swim schools can create a nurturing and empowering environment where swimmers can develop their skills, build confidence, and enjoy the benefits of swimming safely.

Important Dates

- **HAC 2025/2026 Season Start:** September 8th, 2025.
- **HAC Annual Awards Banquet:** November 2, 2025 (details to follow)
- **Schedules:** Families are invited to register for the day/time that best suits them in Team Unify.
- **Last Day of the Regular Season:** June 22nd, 2026

Regeneration Period

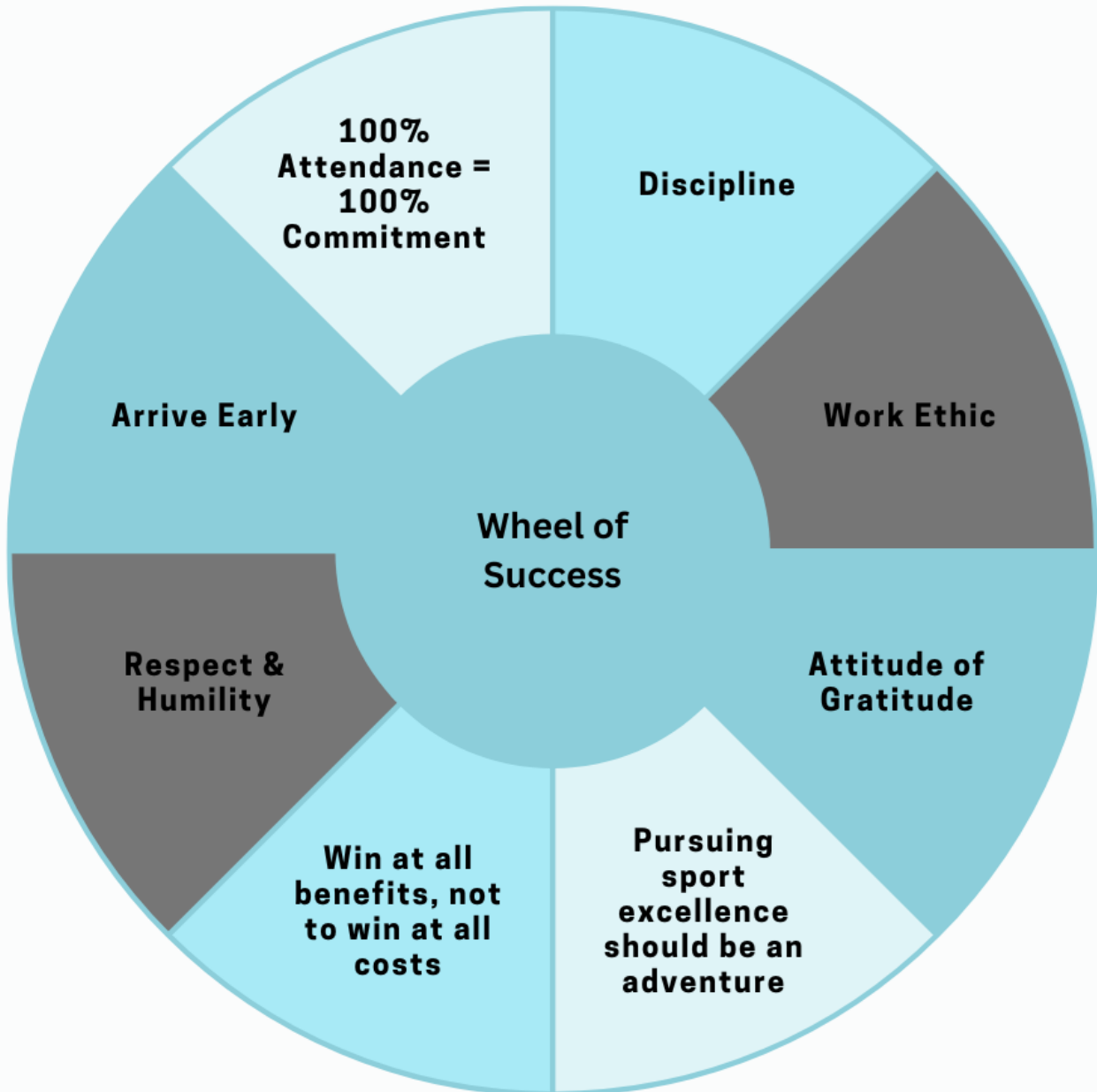
As part of our programming, coaches have incorporated natural regeneration periods aligned with existing holidays. Please take note of the following scheduled regeneration breaks:

- **Thanksgiving:** OFF Monday October 13th
- **Winter Break:** HAC Swim School swimmers will be off from Monday December 22, returning to the pool on Monday January 5, 2026.
- **Family Day:** OFF Monday February 16th
- **March Break:** Off March 14th - March 21
- **Easter Weekend:** OFF Friday April 3rd and Sunday April 5th
- **Victoria Day:** OFF Monday May 18th





EXPECTATION OF SWIMMERS



Accountability "Accelerated Learning and Purposeful Practice"

HAC GEAR



Gear Up with HAC!

Every season kicks off with your swimmer receiving their official HAC cap and a sleek HAC T-shirt! These will be handed out during the first weeks of practice, so make sure to update your swimmer's size on the Swimmer Information Page.

Uniform Try-On Day – Coming in September!

Wearing the HAC jacket or hoodie or parka, along with your cap and T-shirt, is mandatory at all swim meets – let's look sharp and unified on deck!

The Uniform Try-On Day is your chance to find your perfect fit for jackets, hoodies, suits and more – plus, get a sneak peek at new gear coming your way. Stay tuned for more details coming soon!

Want more HAC gear? Additional accessories like extra caps, shirts and more will be available to purchase throughout the season (accessory store link coming soon).



CROC CHARM



HAC HOODIE



HAC T-SHIRT



HAC PARKA



OFFICIAL'S SHIRTS



HAC PARENT SHIRT

Team Aquatics Supply - HAC 20% Discount (Link found on our Website)

Team Aquatic Supply is located in Burlington (it is also valid on their website and other locations)



HAC COMMUNICATION PATHWAY

Coach/Coordinator

Questions about your individual swimmer or swim program (swimmer progress, general questions/concerns, move ups, financial questions)?

Please contact your coach.

Head Coach

Questions about overall HAC programs that your Coach could not answer?

Please contact the Head Coach.

Executive Director

Questions about your account (financial, registration) or questions that your coach or the Head Coach could not answer?

Please contact the Executive Director.





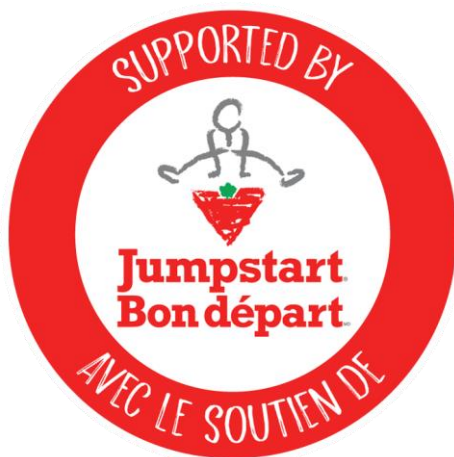
Financial Assistance

HAC is proud to partner with the City of Hamilton, Canadian Tire Jumpstart and KidSport Ontario. Together we offer our swimmers access to individual swimmer financial support.

To access financial support for your swimmer please follow the links below:

- City of Hamilton - [Recreation Assistance Program](#)
- Canadian Tire Jumpstart - [Individual Child Grant Program](#)
- KidSport Ontario - [Individual Child Grant](#)

If you have further questions about financial support available, please contact our HAC Admin.



Thank you to our 2024/2025 Sponsors & Partners

HAC Silver Level Sponsor



HAC Bronze Level Sponsor



HAC Partners



Hamilton-Halton

Ontario
Trillium Foundation



Fondation Trillium
de l'Ontario

An agency of the Government of Ontario
Un organisme du gouvernement de l'Ontario

