

The Huron Hurricanes Aquatic Club is a non-profit, independent sports organization whose purpose is to promote and teach the sport of competitive swimming in Huron County.

HHAC was formed in the fall of 1990 to further competitive swimming and learn-to-swim opportunities for youth between the ages of 5 and 24. We also have a Masters program that provides further development and swim opportunities for those in the 'over 24' age bracket. HHAC offers several programs in order to effectively meet the needs of every swimmer. We have something for everyone!

Further. We encourage sportsmanship, training and self-development in a family oriented environment.

Welcome to the 2009 – 2010 season!



2009-2010 Executive

President – Sally Vaessen	
(519) 236-4519	vassenuppercut@aol.com
Vice-President – Scott Murray	
(519) 262-2969	rsmurray@sympatico.ca
Secretary – Dianne McFadzean	
(519) 522-0964	dmcfadze@uwo.ca
Treasurer – KJ Murray	
(519) 262-2969	kj_murray@sympatico.ca
Equipment Manager – Megan Scruton	



Several executive positions are still being finalized; please see our website for more detailed information.

Practice Schedule

NOVICE/Y-Storm/ICS

Mon.	Tues.	Wed.	Thurs.	Fri.
VRC		VRC		
4:30-5:30 PM NOV ICS	4:30-5:30 PM NOV YS	4:30-5:30 PM NOV ICS		4:30-5:30 PM NOV YS

COLOUR SQUADS

Mon	Tues	Wed	Thurs	Fri
VRC		VRC		
				5:30-7:00 PM POOL SESSION
5:30-7:00 PM POOL SESSION	5:00-7:00 PM POOL SESSION	5:00-6:30 PM POOL SESSION		
		6:45-7:15 PM DRYLAND		7:15-7:45 PM DRYLAND

For information on upcoming events please check the website:

www.huron-hurricanes.ca

or check the bulletin boards located at VRC and YMCA.

HURON HURRICANES



AQUATIC CLUB

Swimming Lessons

Fitness Swimming

Competitive Swim Team

Program Information

September 2009

www.huron-hurricanes.ca

26 Toronto Blvd.
Vanastra, ON
NOM 1L0

Swim Programs

I Can Swim (ICS) – VRC Only

An Introduction to swimming for the eager participant. Each child is assessed and put into the appropriate levels for their learning enjoyment. A very progressive, upbeat, learner centered approach for young swimmers. Ages 5 to 12.
1 or 2 practices per week 1 hour each. (Only ICS-1 is offered during winter months)

Y-Storm (YS) – YMCA Only

An introduction to competitive swimming. This program is geared to 6-12 year old participants with a desire to develop all four Olympic swimming strokes. The atmosphere is very fun and upbeat. 2 practices per week, 10 week long sessions.

Novice (NOV)

The goals of the Novice program are to provide a steady interest in the sport of swimming while having fun. The program focuses on teaching stroke technique, starts and turns. Non-competitive or Pre-competitive options are available. This program is for swimmers 12 years of age or under.

White Squads

This program is for non-competitive swimmers either new to competitive swim practice or swimmers who are interested in swimming for fitness at a non-competitive level. This program is for swimmers aged 13 and up and includes 1 pool session per week, see fee schedule.

Black/Purple Squads

These programs are for competitive swimmers who are building towards regional and provincial level standards. There will be opportunities to attend swim meets throughout the season. Swimmers are expected to attend 2 or 3 pool sessions and dryland each week, see fee schedule.

Masters/Tri-athletes

Training is available for adults aged 25 and older in either instructional or self-directed program with the option to be competitive. Also, a non-formalized program option is available for anyone interested in receiving instruction on technique and training routines. Appropriate pool times and lane assignments to be discussed with coaching staff.

Fee Schedule

Program	Pool Hrs/Wk	Practices/Wk	Dryland	Practice Fee
ICS – 1	1	1	No	\$80/session
ICS – 2	2	2	No	\$155/session
There is a \$10 annual fee for each ICS participant, this fee is in addition to the session fee and is to be paid at the start of the 1 st session each year.				
Y-Storm	Contact YMCA for Registration Information			
Novice 2	2	2	No	\$550
Novice 3	3	3	No	\$750
White	1.5	1	Yes	\$425
Black	3	2	Yes	\$750
Purple	4.5-5.5	3	Yes	\$1100
Masters Instructional	2	2	No	\$50/month
Masters Non-Inst.	2	2	No	\$30/month
Tri-athletes	Based on training schedule.			

In addition to the Program Fee a Swim Ontario Fee is required. This fee is paid to Swim Ontario and must be included with registration. To participate in meets a swimmer MUST be registered as a competitive swimmer.

	Age (as of Dec 31, 2008)	Swim Ontario Fee
Non-competitive	All	\$40
Competitive	10 & Under	\$90
Competitive	11 – 15	\$110
Competitive	16 & Over	\$130
Masters	All	TBD

Payment Options

ICS

Fees are due before the first practice of each session.

Novice/Colours

Payment for the season can be paid at the time of registration or split into 5 equal payments. The 5 payments are due:

1. At registration (before 1st practice)
2. November 15
3. December 30
4. February 15
5. March 31.

Masters

Payment must be made before the first practice of each month.

Fundraising

In order to help keep costs down there are several fundraising events throughout the year. This years planned fundraising includes selling pizza, chicken and chocolates.
Every swimmer is required to submit a \$100 cheque dated for April 15, 2010. If the swimmer participates in fundraising the cheques will be returned.

Swim-A-Thon is an additional fundraising event. This is separate from all other fundraising. More information is available on our website.

Equipment Requirements

All Swimmers

Practice Suit: Polyester recommended.
Goggles
Towels
Deck Shoes

Required at all Swim Meets

Team Competition Suit – to be worn ONLY at swim meets
Team Swim Cap
Team Shirt – required on deck at all swim meets

Recommended for all Swimmers

Swim cap for practice
Water bottle

Recommended for Colour Squads

Flippers
Pull Bouy
Snorkel

Practice Suits: Polyester is recommended for practice, it generally lasts longer then lycra.

Team Suits: This season the team suits will be the Speedo Aquablade.

Equipment can be ordered through the team Equipment Manager.