

JUNE 20, 2025

FALL SESSION REGISTRATION PACKAGE

**NOVICE/DEVELOPMENT/MASTERS PROGRAMS
(SEPTEMBER 8 - DECEMBER 21, 2025)**

15 WEEK SESSION



MISSION

The Golden Horseshoe Aquatic Club (GHAC) makes FAST swimming FUN in Burlington, Hamilton, Waterdown, Dundas, Ancaster, and Stoney Creek. GHAC provides the opportunity and environment for the youth of the Golden Horseshoe to participate and attain their maximum individual potential in the sport of competitive swimming — including para swimming — and to stay active for life.

The Club's competitive stream is supported by a novice development program that consistently strives to promote excellence within the competitive swimming community and directly aligns with Swim Ontario and Swim Canada's objectives and Long-Term Athlete Development Plan.

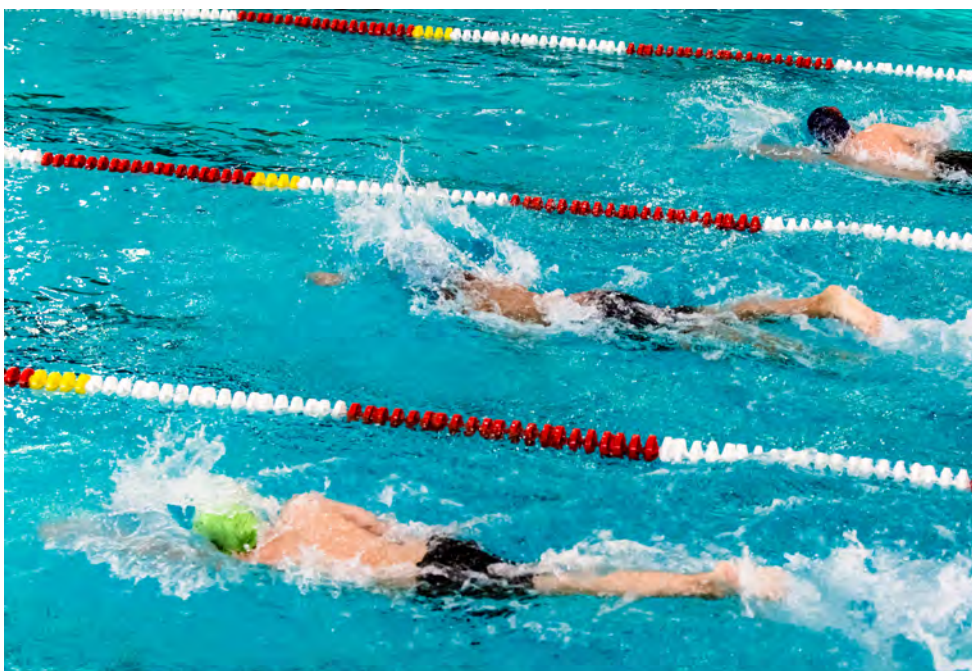
GHAC's non-competitive stream strives to keep swimmers of all ages and abilities — including those with disabilities — Active for Life through the sport of swimming. GHAC is committed to accessibility, inclusion, and creating opportunities for everyone to enjoy the benefits of swimming, in alignment with the City of Burlington, City of Hamilton, Swim Ontario, and Swim Canada's shared goal of building a healthier and more inclusive society.

OVERVIEW

The Golden Horseshoe Aquatic Club (GHAC) is an amateur, non-profit organization run by a team of administrators that teaches and promotes the sport of competitive swimming as well as keeping swimmers active for life. GHAC's focus is to provide a FUN environment for residents of the Golden Horseshoe area to participate in structured swimming from non-competitive to international levels and everything in between (Non-Competitive, Development, Regional, Provincial, National, International). The Club believes that everyone has the right to swim and participate regardless of race,

gender, ability, socio-economic status or age. We welcome participants from all walks of life and varying swimming abilities including Para swimming. Para-swimming is Swimming Canada's fully integrated swimming program for person's with a disability from grassroots to elite. GHAC encourages structured swimming training for skill development, self-development, life-development, independence, leadership and sportsmanship. We consistently push to develop healthy, well-rounded athletes that will be active for life and who positively contribute to society.

GHAC offers a plethora of programming including, advanced lessons, a flexible development program, competitive and high-performance training. Experienced, educated, and professional swim coaches oversee all the swimming programs while qualified administrators handle the registration and operations. GHAC is affiliated with Swimming Canada, the national sport governing body, and Swim Ontario, its provincial affiliate. The direct and obvious benefits of structured swimming include increased physical well-being, greater cardiovascular fitness, increased strength and improved coordination. A healthier person is also a happier person, better able to deal with life's daily stress. Swimmers also benefit socially by developing close friendships with teammates and swimmers from other clubs. The self-discipline learned in the pool also carry over to outside endeavours, such as school, and the experience gained through winning, and losing, helps our swimmers grow toward adulthood. Coaches provide individual attention to all swimmers regardless of age or ability which contributes to each swimmer's personal improvement, and fosters self-confidence.



PROGRAM DESCRIPTIONS

NOVICE/ADVANCED LESSONS/OLYMPIC WAY

The Novice/Advanced Lessons program is an introduction to Competitive Swimming. This foundational level is considered 'Introductory' and/or 'Open-for-all young people and all abilities'. This group aims to the largest population at a basic, general and introductory level of competitive swimming through low entry standards, flexible schedules, and competitive fees. **Our Novice/Advanced Lessons programming minimum entry requirement is that the swimmer is between 5 -11 years of age and must be able to complete one length (25 meters) unassisted on both their front and back.** This group introduces the FUNdamentals of competitive swimming including all four strokes (butterfly, backstroke, breaststroke, freestyle), streamline, kicking, starts, and flip turns. Through prioritizing Physical Literacy, Skill Acquisition, and FUN we cultivate a culture within our Novice Program to love swimming and the drive to become better at it! In addition, the group includes hands-on coaching and an opportunity to participate in swim meets. This FUNdamental level falls under Swim Canada's Long-Term Athlete Development Plan 'FUNdamentals' category. Athletes in this group are encouraged to participate in multiple sports and develop their athletic abilities beyond the pool. **Our Novice/Advanced athletes are to participate in two (2) to three (3) times a week for one (1) hour.**



INTRODUCTION TO PARA SWIMMING

The Novice/Advanced Lessons program is an introduction to Competitive Swimming. This foundational level is considered 'Introductory' and/or 'Open-for-all young people and all abilities'. **The Introduction to Para Swimming group is designed for swimmers with a disability who are new to the sport or transitioning from learn-to-swim or adaptive swim programs.** This entry-level group focuses on creating a fun, inclusive, and supportive environment where athletes can build water confidence, develop fundamental swimming skills, and begin to understand basic training habits. Coaches provide individualized instruction based on each swimmer's needs, with emphasis on:

- Comfort and safety in the water
- Basic stroke development (freestyle, backstroke)
- Balance, buoyancy, and coordination
- Team connection and enjoyment of swimming

This group introduces swimmers to the foundations of competitive swimming while allowing space for personal growth, social interaction, and physical development. Athletes in this group are not required to have a classification and are encouraged to explore the sport at their own pace.

Our Introduction to Para Swimming athletes are to participate one (1) time a week for forty-five (45) minutes.

JUNIOR DEVELOPMENT

The Junior Development program continues to build on an introductory level, but opportunities are targeted towards the swimmers who specifically enjoy competitive swimming and are 7-14 years of age. These opportunities include more chances to compete at local competitions/ swim meets as well as more advanced training. The group teaches the fundamentals of aerobic training with a focus on skill development and enhancement across all parameters including that of all four strokes (butterfly, backstroke, breaststroke, freestyle) through stroke progression and feedback. In addition, the Development group introduces goal setting and encourages athletes to swim with a goal in mind. Athletes in this group are encouraged to participate in multiple sports and develop their athletic abilities beyond the pool. This group is for swimmers that have moved through our Advanced lessons and are familiar with all four strokes. **Junior Development group members are to train two (2) to five (5) times a week for 1.5 hours. Swimmers with the goal of attending Regionals should swim the following number of practices 10 & under 3 times per week, 11-12 4 times per week, 13+ 5 times per week.**

SENIOR DEVELOPMENT

The Senior Development program continues to build on an introductory level, but opportunities are targeted towards the swimmers at 14-18 years of age who enjoy swimming for fitness, want to continue to develop their skills, but are not competition driven. The group continues to teach the fundamentals of aerobic training with a focus on skill development and enhancement across all parameters including that of all four strokes (butterfly, backstroke, breaststroke, freestyle) through stroke progression and feedback. Swimmers in this group are welcome to attend meets but not expected to. This program is ideal for swimmers who; love structured swimming but don't necessarily want to compete; those who just want to stay active in structured swimming; those looking to further develop their swimming strokes/techniques; those who need to have a better aerobic base and stroke technique for alternative programs such as Bronze Cross, Bronze Medallion, and National Lifeguarding Society certifications and much more! This developmental program falls under Swim Canada's Long-Term Athlete Development Plan 'Active for Life' category. **Senior Development group members are encouraged to train three (3) to five (5) times a week for 1.5 hours.**

MASTERS

The Masters program is designed for adult swimmers 18+ that have previous swimming experience and are proficient in all four strokes. The group will focus on developing an aerobic base and some stroke corrections. Masters swimmers are welcome to attend as many workouts as they wish and attend masters swim meets if desired.

PROGRAM PAYMENTS

NOVICE/ADVANCED LESSONS/INTRO TO PARA

Annual Swim Ontario Insurance (September 2025 - August 2026)		
Type	Due	Amount
Non-Competitive (Participation in 1 Sanctioned Swim Meet/Event Included)	Upon Registration	\$100

+

Novice/Advanced Lessons Class Fees				
Number of Classes per Week	Number of Weeks	Amount per Class	Total Amount for the Fall Session	Due
1	15	\$17	\$255	First Day of Class
A 10% discount will automatically apply to the 3rd class of the swimmer				

JUNIOR DEVELOPMENT

Annual Swim Ontario Insurance (September 2025 - August 2026)			
Type	Due	Amount	Total
Competitive (Unlimited Participation in Swim Meets)	Instalment 1 - Upon Registration	\$100	\$200
	Instalment 2 - September 1 or Upon Registration if it is after September 1	\$100	

+

Junior Development Class Fees					
Number of Classes per Week	Number of Weeks	Amount per Class	Total Amount for the Fall Session	Instalment	Due
1	15	\$18.50	\$277.50	1. \$69.38	Upon Registration
				2. \$69.38	October 1
				3. \$69.38	November 1
				4. \$69.36	December 1
A 10% discount will automatically apply to the 3rd class of the swimmer					

SENIOR DEVELOPMENT / MASTERS

Annual Swim Ontario Insurance (September 2025 - August 2026)		
Type	Due	Amount
Non-Competitive (Participation in 1 Sanctioned Swim Meet/Event Included)	Upon Registration	\$100

+

Senior Development / Masters Class Fees					
Number of Classes per Week	Number of Weeks	Amount per Class	Total Amount for the Fall Session	Instalment	Due
1	15	\$18.50	\$277.50	1. \$69.38	Upon Registration
				2. \$69.38	October 1
				3. \$69.38	November 1
				4. \$69.36	December 1
A 10% discount will automatically apply to the 3rd class of the swimmer					

NOVICE/ADVANCED LESSONS

HAMILTON

GROUP MEMBERS ARE ENCOURAGED TO TRAIN TWO (2) TO THREE (3) TIMES A WEEK

	Location	Time
MONDAY	Sir Wilfred Laurier	6:00-7:00 PM
	Dalewood Recreation Centre	6:45-7:45 PM
	Sir Wilfred Laurier	7:00-8:00 PM
TUESDAY	H.G. Brewster Pool	5:00-6:00 PM
	Jimmy Thompson Memorial Pool	5:30-6:30 PM
WEDNESDAY	Central Memorial Recreation Centre	5:30-6:30 PM
THURSDAY	Sir Winston Churchill Recreation Centre	6:00-7:00 PM
	H.G. Brewster Pool	6:30-7:30 PM
	Dalewood Recreation Centre	7:30-8:30 PM
FRIDAY	Central Memorial Recreation Centre	5:30-6:30 PM
	Sir Allan MacNab Recreation Centre	7:00-8:00 PM
SATURDAY	Dundas Community Pool	4:00-5:00 PM
SUNDAY	Westmount Recreation Centre	10:00-11:00 AM

Tentative

NOVICE/ADVANCED LESSONS

BURLINGTON

GROUP MEMBERS ARE TO TRAIN TWO (2) TO THREE (3) TIMES A WEEK

	Location	Time
MONDAY	Ron Edwards YMCA	8:15-9:15 PM
WEDNESDAY	Ron Edwards YMCA	8:15-9:15 PM
FRIDAY	Goldfish Swim School	5:00-6:00 PM
	Goldfish Swim School	6:00-7:00 PM
SATURDAY	Goldfish Swim School	5:00-6:00 PM
SUNDAY	Goldfish Swim School	5:30-6:30 PM

Tentative

INTRO TO PARA SWIMMING

HAMILTON

	Location	Time
TUESDAY	MCMASTER UNIVERSITY	7:15-8:00 PM

Tentative

JUNIOR DEVELOPMENT

HAMILTON

GROUP MEMBERS ARE TO TRAIN TWO (2) - FOUR (4) TIMES A WEEK

	Location	Time
MONDAY	Sir Wilfred Laurier	6:00-7:30 PM
	Dalewood Recreation Centre	6:45-8:15 PM
TUESDAY	H.G. Brewster Pool	5:00-6:30 PM
	Jimmy Thompson Memorial Pool	6:30-8:00 PM
WEDNESDAY	Central Memorial Recreation Centre	6:30-8:00 PM
THURSDAY	Sir Winston Churchill	6:00-7:30 PM
	H.G. Brewster Pool	6:30-8:00 PM
	Dalewood Recreation Centre	7:30-9:00 PM
FRIDAY	Central Memorial Recreation Centre	5:00-6:30 PM
	Sir Allan MacNab Recreation Centre	7:00-8:30 PM
SATURDAY	McMaster University	10:30 AM - 12:00 PM
	Dundas Community Pool	4:00-5:30 PM

Tentative

	Location	Time
SUNDAY	Westmount Recreation Centre	8:30-10:00 AM

Tentative

JUNIOR DEVELOPMENT

BURLINGTON

GROUP MEMBERS ARE TO TRAIN TWO (2) - FOUR (4) TIMES A WEEK

	Location	Time
MONDAY	Goldfish Swim School	5:30-7:00 AM
	Goldfish Swim School	7:45-9:15 PM
	Ron Edwards YMCA	8:15-9:15 PM
TUESDAY	Goldfish Swim School	5:30-7:00 AM
WEDNESDAY	Goldfish Swim School	5:30-7:00 AM
	Goldfish Swim School	7:45-9:15 PM
	Ron Edwards YMCA	8:15-9:15 PM
THURSDAY	Goldfish Swim School	7:45-9:15 PM
FRIDAY	Goldfish Swim School	5:30-7:00 AM
	Goldfish Swim School	7:00-8:30 PM
SATURDAY	Goldfish Swim School	5:00-6:30 PM
SUNDAY	Goldfish Swim School	6:30-8:00 PM

Tentative

SENIOR DEVELOPMENT

HAMILTON

GROUP MEMBERS ARE ENCOURAGED TO TRAIN AS MANY WORKOUTS AS THEY WANT

	Location	Time
MONDAY	Sir Wilfred Laurier	6:00-7:30 PM
TUESDAY	Jimmy Thompson Memorial Pool	6:30-8:00 PM
WEDNESDAY	Central Memorial Recreation Centre	6:30-8:00 PM
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SENIOR DEVELOPMENT

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FRIDAY	Goldfish Swim School	5:30-7:00 AM
SATURDAY	Goldfish Swim School	5:00-6:30 PM

Tentative

MASTERS

GROUP MEMBERS ARE ENCOURAGED TO TRAIN AS MANY WORKOUTS AS THEY WANT

	Location	Time
TUESDAY	Goldfish Swim School	5:30-7:00 AM
	Jimmy Thompson Memorial Pool	6:30-8:00 PM
THURSDAY	Sir Winston Churchill Recreation Centre	6:00-7:30 PM
SATURDAY	McMaster University	10:30 AM -12:00 PM
SUNDAY	Westmount Recreation Centre	8:30-10:00 AM

Tentative