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Practices

Practice locations and times (below) are set by the Executive and Head Coach and are subject to change based on holidays, meets, etc.

- Most practices are in the water; dry-land training is done out of the water to aid and enhance swimming performances and may include calisthenics and stretches.
- It is important to arrive on time to avoid disrupting the coach and other swimmers.
- HHAC will not issue refunds for practices cancelled due to unforeseen weather, facility issues, or other unexpected circumstances. However, the HHAC Executive will review refund requests if a facility issue persists.
- Swimmers must adhere to the Code of Conduct during practices. HHAC continues to maintain a welcoming and safe environment for all and unsafe behaviour will not be tolerated, swimmer(s) may be asked to leave practice.
- A parent/ guardian/ caregiver for swimmers 8 years and younger is asked to remain within the facility for the duration of practice

Pool Locations


Vanastra Recreation Centre 26 Toronto Blvd. Vanastra, ON

Maitland Recreation Centre 190 Suncoast Dr E Goderich, ON

[Practice Schedule](#) (see website for current season schedule)

*NOTE: Schedule subject to change based on enrollment.

The first 15 minutes of each practice for Category 3 and up will be dedicated to activation activities*

 <p>HURON HURRICANES</p> <p>AQUATIC CLUB</p>	<p>Document Number: HHAC 0004 Rev 1</p> <p>Document Name: Practices</p>	<p>Date: February 2025</p>
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Video Recording at Practice

From time to time the HHAC coaching staff will utilize underwater video recordings as a training tool. When in use, video of your child swimming may be distributed to and viewed by coaches and other participants on the team.