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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan for the purchase or sale of equity securities of the issuer that is intended to satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10.

1. Name and Address of Reporting Person * <u>Arduini Matteo</u> (Last) (First) (Middle) <u>C/O HELIOS TECHNOLOGIES, INC.</u> <u>7456 16TH ST E</u> (Street) <u>SARASOTA FL 34243</u> (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol <u>HELIOS TECHNOLOGIES, INC. [HLIO]</u>	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) <u>President of Hydraulics, FCT</u>
	3. Date of Earliest Transaction (Month/Day/Year) <u>06/22/2026</u>	
	4. If Amendment, Date of Original Filed (Month/Day/Year)	

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	06/22/2026		S		4,000	D	\$89.93 ⁽¹⁾	11,317	D	
Common Stock	06/23/2026		M		874	A	\$39.75	12,191	D	
Common Stock	06/23/2026		M		1,153	A	\$55.03	13,344	D	
Common Stock	06/23/2026		M		4,000	A	\$50.6	17,344	D	
Common Stock	06/23/2026		S		6,027	D	\$90.42 ⁽²⁾	11,317	D	

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
				Code	V	(A)	(D)	Date Exercisable	Expiration Date						Title
Stock Options (right to buy)	\$39.75	06/23/2026		M			874	(3)	02/28/2030	Common Stock	874	\$0	0	D	
Stock Options (right to buy)	\$55.03	06/23/2026		M			1,153	(4)	01/28/2031	Common Stock	1,153	\$0	0	D	
Stock Options (right to buy)	\$50.6	06/23/2026		M			4,000	(5)	10/01/2032	Common Stock	4,000	\$0	0	D	

Explanation of Responses:

- The price shown is a weighted average sales price for shares sold in multiple transactions. The sales prices ranged from \$89.67 to \$90.49 per share. The reporting person will provide to the issuer, any security holder of the issuer, or the SEC staff, upon request, information regarding the number of shares sold at each price within the range.
- The price shown is a weighted average sales price for shares sold in multiple transactions. The sales prices ranged from \$89.88 to \$90.69 per share. The reporting person will provide to the issuer, any security holder of the issuer, or the SEC staff, upon request, information regarding the number of shares sold at each price within the range.
- This option became exercisable in three equal annual installments beginning on February 28, 2021, which was the first anniversary of the date on which the option was granted.
- This option became exercisable in three equal annual installments beginning on January 28, 2022, which was the first anniversary of the date on which the option was granted.
- The option became exercisable upon achievement of specified performance goals, beginning on the second anniversary of the grant date.

/s/ Marc Greenberg, Attorney-in-fact for Matteo Arduini 06/24/2026

** Signature of Reporting Person

Date

* If the form is filed by more than one reporting person, see Instruction 4 (b)(v).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.