

## FORM 4

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL

OMB Number:	3235-0287
Estimated average burden hours per response:	0.5

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

## 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 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 *	2. Issuer Name and Ticker or Trading Symbol <u>HELIOS TECHNOLOGIES, INC. [ HLIQ ]</u>	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)
<u>Greenberg Marc A</u>	3. Date of Earliest Transaction (Month/Day/Year) <u>01/03/2026</u>	Director <input checked="" type="checkbox"/> Officer (give title below) <u>General Counsel and Secretary</u>
(Last) (First) (Middle)  <u>C/O HELIOS TECHNOLOGIES, INC.</u> <u>7456 16TH ST E</u>	4. If Amendment, Date of Original Filed (Month/Day/Year)	10% Owner Other (specify below)  6. Individual or Joint/Group Filing (Check Applicable Line)
(Street) <u>SARASOTA FL 34243</u>		<input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> Form filed by More than One Reporting Person
(City) (State) (Zip)		

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

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	3A. 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				
Common Stock	01/03/2026		M			1,719	A	\$54.71	9,223	D
Common Stock	01/03/2026		F			756 <sup>(1)</sup>	D	\$54.71	8,467	D
Common Stock	01/03/2026		M			1,842	A	\$54.71	10,309	D
Common Stock	01/03/2026		F			823 <sup>(1)</sup>	D	\$54.71	9,486	D
Common Stock									58.5 <sup>(2)</sup>	I
Common Stock									166 <sup>(3)</sup>	I
										By Spouse

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	Amount or Number of Shares	
Restricted Stock Units	\$0 <sup>(4)</sup>	01/03/2026		M	1,719	(5)	(5)			Common Stock	1,719	\$0	1,719	D
Restricted Stock Units	\$0 <sup>(4)</sup>	01/03/2026		M	1,842	(5)	(5)			Common Stock	1,842	\$0	3,686	D

## Explanation of Responses:

1. No shares were sold - these shares were withheld by the issuer to satisfy tax withholding requirements in connection with the vesting of restricted stock units.
2. Reflects the current allocation of shares under the Helios Technologies Inc. 401(k) Retirement Plan.
3. The reporting person disclaims Section 16 beneficial ownership over the securities reported except to the extent of his pecuniary interest therein, if any.
4. Each RSU represents the right to receive, following vesting, one share of Common Stock.
5. Unless earlier forfeited under the terms of the RSU, 33-1/3% of the awards vest and convert into Common Stock on each anniversary of the grant date.

/s/ Marc Greenberg

\*\* Signature of Reporting Person

01/06/2026

Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

\* 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.