## FORM 4

# UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

OMB APPROVAL
OMB Number: 3235-0287
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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 OF SECURITIES

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

(Print or Ty	pe Response	s)													
Name and Address of Reporting Person * Britt Douglas				2. Issuer Name and Ticker or Trading Symbol HELIOS TECHNOLOGIES, INC. [HLIO]						5. Relationship of Reporting Person(s) to Issuer (Check all applicable) X Director 10% Owner					
(Last) (First) (Middle) 7456 SIXTEENTH STREET EAST			3. Date of Earliest Transaction (Month/Day/Year) 09/24/2021						Office	r (give title belo	ow)	Other (specify b	elow)		
(Street)				4. If Amendment, Date Original Filed(Month/Day/Year)					6. Individual or Joint/Group Filing(Check Applicable Line)  _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person						
	OTA, FL 3	4243													
(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)		f Cod (Ins	(Instr. 8)		tion 4. Securities Acqui (A) or Disposed of (Instr. 3, 4 and 5)		of (D)	Beneficia	nt of Securities ally Owned Following I Transaction(s)		6. Ownership Form:	7. Nature of Indirect Beneficial	
			(Month/Day/Yea		ode	V	Amour	(A) or (D)	Price	(Instr. 3 a	instr. 3 and 4)		\ /	Ownership (Instr. 4)	
Common Stock 0		09/24/2021			A		1,000		\$ 88.57	16,600			D		
				Derivative Securi		equire	cont the f	ained i form di	n this fo splays a of, or Be	orm ar a curre	e not requently valid	OMB conf	spond unle trol numbe	ss	1474 (9-02)
1. Title of	2	3. Transactio		4.	5.	ıs, op		ate Exer			) Γitle and	8 Price of	9. Number	of 10.	11. Natur
Derivative Conversion Date Execution Date or Exercise (Month/Day/Year) any		te, if Transaction Code Year) (Instr. 8)			and Expiration Date (Month/Day/Year)		Am Und Sec	nount of derlying curities str. 3 and	Derivative Security (Instr. 5)		Ownersl Form of Derivati Security Direct (I or Indire	of Indirect Beneficia Ownershi (Instr. 4)			
				Code V	(A)	(D)	Date Exer	e rcisable	Expirati Date	on Titl	Amount or Number of Shares				

### **Reporting Owners**

	Relationships					
Reporting Owner Name / Address	Director	10% Owner	Officer	Other		
Britt Douglas 7456 SIXTEENTH STREET EAST SARASOTA, FL 34243	X					

### **Signatures**

/s/ Melanie M. Nealis, Attorney-in-Fact for Douglas Britt	09/27/2021
**Signature of Reporting Person	Date

### **Explanation of Responses:**

- \* 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.

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