

# Winter 2018 REGISTRATION



**HASTINGS AREA SWIM TEAM**

We build skills for swimming, winning and life.

Hastings Middle School Pool

1000 West 11<sup>th</sup> Street

Contact Coach Chasi May

(651) 283-5768

[chasisue@hotmail.com](mailto:chasisue@hotmail.com)






If you are unsure what level your children are.

If necessary, Chasi will set up a time to evaluate their skills.

## Progressive Swim Program

### HAST "I Love to Swim" Program:

Check out [www.hastswimteam.com](http://www.hastswimteam.com) for class info.

	STARFISH
	PENGUINS
	SEALS
	DOLPHINS
	SHARKS

### HAST Competitive Team

\*Novice \*Age Group \*Pre Senior \*Senior

Call Coach Kim at 651-302-2683 for more info



- ★ a sanctioned USA Swim Team
- ★ a non profit corporation
- ★ coach directed and supported by a parent board
- ★ offers instruction/training for children 6 years and up
- ★ competition is based on age/ability (1-2x monthly)

### Online Registration Opens Dec 1<sup>st</sup>!

[www.hastswimteam.com](http://www.hastswimteam.com)

To register > Click on Registration Dropdown Menu

Swim Lessons ► and expand options

Click on 'SWIM LESSON REGISTRATION' to register

Follow directions to register for current classes.



# HAST "I Love to Swim" Program Winter 2018

Coach Chasi May - (651)283-5768 or [chasisue@hotmail.com](mailto:chasisue@hotmail.com)

Session	Day(s)	Date	Class	Time	Location	Cost
D	Tuesday Only	Jan 2 - Feb 20	Dolphins Seals Penguins	5:30-6:00pm or 6:05-6:35pm 5:30-6:00pm or 6:05-6:35pm 5:30-6:00pm or 6:05-6:35pm	HMS Pool	\$75 \$75 \$75
E	Wednesday Only	Jan 3 - Feb 21	Dolphins Seals Penguins Starfish	5:30-6:00pm 5:30-6:00pm 5:30-6:00pm 5:30-6:00pm	HMS Pool	\$75 \$75 \$75 \$75
F	Sunday Only	Jan 7 - Mar 4 *No Class Jan 28th	Sharks Dolphins Seals Penguins Starfish	3:00-4:00pm 3:00-3:30 pm or 3:35-4:05pm 3:00-3:30 pm or 3:35-4:05pm 3:00-3:30 pm or 3:35-4:05pm 3:00-3:30 pm or 3:35-4:05pm	HMS Pool	\$90 \$75 \$75 \$75 \$75
G	Mon/Tue/Wed/Thur	Feb 26 - Mar 8	Sharks Dolphins Seals Penguins Starfish	6:30-7:30pm 6:35-7:05pm or 7:10-7:40pm 6:35-7:05pm or 7:10-7:40pm 6:35-7:05pm or 7:10-7:40pm 6:35-7:05pm or 7:10-7:40pm	HMS Pool	\$90 \$75 \$75 \$75 \$75

**Deadline to register for classes is 11:59pm the night before class starts.**

Group	Working On	Current Skill Level	Class Size	Cost
<b>Starfish</b>	Water Adjustment	No Exposure to water, child is possibly timid, afraid &/or clingy to adult while in water	Min. of 3 Students Max. of 4 Students	\$75
<b>Penguins</b>	Independence & Mobility	Ready to Learn, "Plays well in water" Comfortable moving through chest deep water	Min. of 4 Students Max. of 5 Students	\$75
<b>Seals</b>	Swimming Fundamentals	Swim 5 yards+, Float on front & back Likes to go underwater with entire head	Min. of 4 Students Max. of 5 Students	\$75
<b>Dolphins</b>	Deep Water Skills	Swim 15 yards+, Rhythmic Breath = 10+ Bobs= Blow air out underwater and take 1 quick breath @ surface	Min. of 4 Students Max. of 6 Students	\$75
<b>Sharks</b>	Intro. to Competitive Swimming	Swim 25 yards+, Comfortable playing & swimming in deep water	Min. of 8 Students Max. of 12 Students	\$90

**\$5 Family discount for 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, child registered for the same session.**

## JOIN US!!!

### HAST GLOW SWIM PARTY

**Who:** Ages 5 & UP

**When:** DEC 27 (6:30-8:30pm)

FEB 23 (7:00-9:00pm)

**Cost:** \$5 per Swimmer

All concessions only \$1 each

**Open to community!**

Swimmers can wear PFD