

Fall 2018 TRYOUTS & REGISTRATION



HASTINGS AREA SWIM TEAM

We build skills for swimming, winning and life.






Tryouts located at the Hastings Middle School Pool
1000 West 11th Street
Monday, September 10th 6-7pm
Tuesday, September 11th 6-7pm
Wednesday, September 12th 6-7pm

If these dates do not work for you, connect with
Coach Kim (651-302-2683) or Coach Chasi (651-283-5768)
to setup a time to tryout.

Progressive Swim Program

HAST "I Love to Swim" Program:

Check out www.hastswimteam.com for class info.

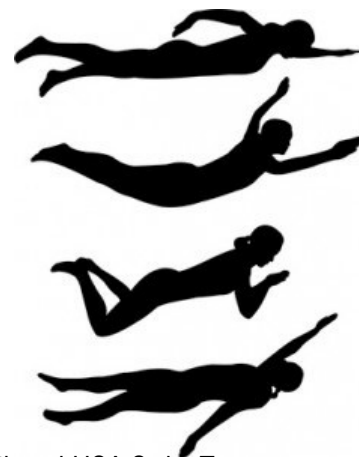
	STARFISH
	PENGUINS
	SEALS
	DOLPHINS
	SHARKS

- ★ Offers instruction for children 3 years and up
- ★ Child must be potty-trained

HAST Competitive Team

*Novice *Age Group *Pre Senior *Senior

Call Kim (651) 302-2683 for more info



- ★ a sanctioned USA Swim Team
- ★ a nonprofit 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)

HAST GLOW SWIM!!!

September 14th – 6-7pm

November 9th – 6-7pm

Waivers will be located online or at the pool the day of the party. Please check www.hastswimteam.com prior to Glow Swims for waivers to bring or come in with your child the day of the Glow Swim.



HAST "I Love to Swim" Program Fall 2018

Chasi May- (651)283-5768 or chasi@hastswimteam.com

Session	Day(s)	Date	Class	Time	Location	Cost
A	Monday/Wednesday	Oct 1 – Oct 29 <i>*No class 10-17*</i> <i>*MEA Vacation*</i>	Sharks Dolphins Seals Penguins Private**(1-1)	6:00-7:00pm 6:00-6:30pm 6:00-6:30pm 6:00-6:30pm 6:00-6:30pm	HMS Pool	\$90 \$75 \$75 \$75 \$150
B	Tuesday Only	Oct 9 – Dec 4 <i>*No Class 10/16*</i>	Dolphins Seals Penguins Starfish Private**(1-1)	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 5:30-6:00pm or 6:05-6:35pm 5:30-6:00pm or 6:05-6:35pm	HMS Pool	\$75 \$75 \$75 \$75 \$150
C	Tuesday/Thursday	Nov 1 – Nov 29 <i>*NO CLASS 11/22*</i> <i>*Thanksgiving*</i>	Sharks Penguins Seals Dolphins Private**(1-1)	6:00-7:00pm 6:40-7:10pm 6:40-7:10pm 6:40-7:10pm 6:40-7:10pm	HMS Pool	\$90 \$75 \$75 \$75 \$150

Deadline to register for classes is 11:59pm two nights before class starts.

Group	Working On	Current Skill Level	Class Size	Cost
Starfish	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
Penguins	Independence & Mobility	Ready to Learn, "Plays well in water" Comfortable moving through chest deep water	Min. of 4 Students Max. of 5 Students	\$75
Seals	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
Dolphins	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
Sharks	Intro. to Competitive Swimming	Swim 25 yards+, Comfortable playing & swimming in deep water	Min. of 8 Students Max. of 12 Students	\$90
Private Lessons	Swimming Skills	1 swimmer per 1 instructor (8 x ½ hour lessons)	1	\$150

HMS– Hastings Middle School Pool: 1000 West 11th Street

Located at 11th and Pine Street

Online registration begins August 24th, 2018

www.hastswimteam.com