

# Winter 2019 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






[chasi@hastswimteam.com](mailto:chasi@hastswimteam.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 Nov 24<sup>th</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 2019

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

Session	Day(s)	Date	Class	Time	Location	Cost
D	Monday Only No Class 2/18 7 Classes Total	Jan 7 - Feb 25	Dolphins Seals Penguins Starfish	5:30-6:00pm 5:30-6:00pm 5:30-6:00pm 5:30-6:00pm	HMS Pool	\$57 \$57 \$57 \$57
E	Tuesday Only 7 Classes total	Jan 15 - Feb 26	Dolphins Seals Penguins 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	HMS Pool	\$57 \$57 \$57 \$99
F	Wednesday Only 8 Classes Total	Jan 9 - Feb 27 *No Class Jan 28th	Dolphins Seals Penguins Starfish Private 1:1	5:30-6:00pm 5:30-6:00pm 5:30-6:00pm 5:30-6:00pm 5:30-6:00pm	HMS Pool	\$65 \$65 \$65 \$65 \$115
G	Mon/Tue/Wed/Thur 8 Classes Total	Mar 18 - Mar 28	Sharks Dolphins Seals Penguins Starfish	6:00-7:00pm 6:00-6:30pm or 6:35-7:05pm 6:00-6:30pm or 6:35-7:05pm 6:00-6:30pm or 6:35-7:05pm 6:00-6:30pm or 6:35-7:05pm	HMS Pool	\$80 \$65 \$65 \$65 \$65
<b>Deadline to register for classes is 11:59pm two night before class starts.</b>						

Group	Working On	Current Skill Level	Class Size	# of Classes in Session/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	7=\$57 8=\$65
Penguins	Independence & Mobility	Ready to Learn, "Plays well in water" Comfortable moving through chest deep water	Min. of 4 Students Max. of 5 Students	7=\$57 8=\$65
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	7=\$57 8=\$65
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	7=\$57 8=\$65
Sharks	Intro. to Competitive Swimming	Swim 25 yards+, Comfortable playing & swimming in deep water	Min. of 8 Students Max. of 12 Students	8=\$80

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

Processing fee applied at check-out.

## **REDUCED COST!!**

HAST is having a good year!...

...and so should our customers!!

We have reduced the cost of our swim lessons!

**Thank you for your continuing support of the HAST program!**