

# SPRING 2019 REGISTRATION



**HASTINGS AREA SWIM TEAM**

We build skills for swimming, winning and life.

All Lessons at 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:






## **TRYOUTS:**

Monday 3/4, Tuesday 3/26 or Wednesday 3/27  
At HMS Pool 6-7 pm.

## Progressive Swim Program

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

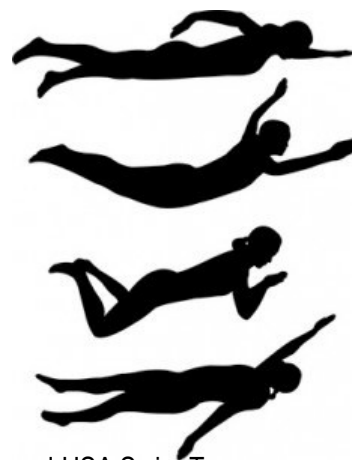
Check out [www.hastswimteam.com](http://www.hastswimteam.com) for class info.

	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 Feb 15<sup>th</sup>

### HAST GLOW SWIM

3/29 7-9pm @ Hastings Middle School Pool.

Go to [www.hastswimteam.com](http://www.hastswimteam.com) for more info and waiver needed.



# HAST "I Love to Swim" Program Spring 2019

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

Session	Day(s)	Date	Class	Time	Cost
H	Mon & Wed 7 Classes	April 1 - April 24 No Class 4/22	Sharks	6:30-7:30pm	\$70
I	Tues & Thur 8 Classes	April 2 – April 25	Sharks	6:30-7:30pm	\$80
J	Mon & Wed 8 Classes	April 29 – May 22	Sharks	6:30-7:30pm	\$80
K	Tues & Thur 8 classes	April 30 - May 23	Sharks	6:30-7:30pm	\$80
L	Monday Only 7 Classes	April 1 – May 20 No Class 4/22	Dolphins Seals Penguins Starfish Private**(1-1)	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 7:10-7:40pm 7:10-7:40pm	\$57 \$57 \$57 \$57 \$99
M	Tuesday Only 8 Classes	April 2 – May 21	Dolphins Seals Penguins Starfish Private**(1-1)	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 7:10-7:40pm	\$65 \$65 \$65 \$65 \$115
N	Wednesday Only 8 Classes	April 3 – May 22	Dolphins Seals Penguins Starfish Private**(1-1)	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 7:10-7:40pm 7:10-7:40pm	\$65 \$65 \$65 \$65 \$115
O	Thursday Only 8 Classes	April 4 – May 23	Dolphins Seals Penguins Starfish Private**(1-1)	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 6:35-7:05pm or 7:10-7:40pm	\$65 \$65 \$65 \$65 \$115

**Deadline to register for classes is 2 days before class starts.**  
(i.e....class starts April 4, registration closes April 2nd.)

Group	Working On	Current Skill Level	Class Size
<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
<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
<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
<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
<b>Sharks</b>	Intro. to Competitive Swimming	Swim 25 yards+, Comfortable playing & swimming in deep water	Min. of 8 Students Max. of 12 Students
<b>Private Lessons</b>	Swimming Skills	1 swimmer per 1 instructor (8 x ½ hour lessons)	1

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