

Fall 2019 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
Wednesday, September 11th 6-7pm
Thursday, 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 27th
November 8th

NEW THIS FALL – NO PROCESSING FEES!!



HAST "I Love to Swim" Program Fall 2019

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

Session	Day(s)	Date	Class	Time	Location	Cost
A	Monday/Wednesday	Sept 16 – Oct 9	Sharks	6:00-7:00pm	HMS Pool	\$90
B	Tuesday/Thursday	Oct 22 – Nov 19 <i>*No Class 10/31*</i>	Sharks	5:30-6:30	HMS Pool	\$90
C	Tuesday Only	Oct 22 – Dec 10	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 6:05-6:35pm	HMS Pool	\$75 \$75 \$75 \$75 \$150
D	Wednesday Only	Oct 23 – Dec 11	Penguins Seals Dolphins	5:30-6:00pm 5:30-6:00pm 5:30-6:00pm	HMS Pool	\$75 \$75 \$75

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 4 Students Max. of 8 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 23th, 2019

www.hastswimteam.com