

SPRING 2020 REGISTRATION



HASTINGS AREA SWIM TEAM

We build skills for swimming, winning and life

All Lessons at Hastings Middle School Pool
1000 West 11th Street

Contact Coach Chasi May with lesson questions (651) 283-5768
chasi@hastswimteam.com






Spring/Summer TRYOUTS for Lessons or Long Course Season:
Monday 3/2 or Tuesday 3/3
At HMS Pool 6-7 pm.

If the Tryout dates do not work for you, contact Kim or Chasi to set up an alternative time.

Progressive Swim Program

HAST "I Love to Swim" Program:

Check out 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 20th

HAST GLOW SWIM \$5

4/3 7-9pm @ Hastings Middle School Pool.

Concessions available, \$1

Coast Guard Approved PFDs are welcome!

Go to www.hastswimteam.com for more info and waiver needed.



HAST “I Love to Swim” Program Spring 2020

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

Session	Day(s)	Date	Class	Time	Cost
H	Tues & Thur 8 Classes	April 7 - April 30	Sharks	6:30-7:30pm	\$90
I	Mon & Wed 8 Classes	April 27 – May 20	Sharks	6:30-7:30pm	\$90
J	Tues & Thur 8 Classes	May 5 – May 28	Sharks	6:30-7:30pm	\$90
K	Monday Only 7 Classes	April 6 – June 1 No Class 4/13, 5/23	Dolphins	6:35-7:05pm or 7:10-7:40pm	\$66
			Seals	6:35-7:05pm or 7:10-7:40pm	\$66
			Penguins	6:35-7:05pm or 7:10-7:40pm	\$66
			Private **(1-1)	6:35-7:05pm or 7:10-7:40pm	\$132
L	Tuesday Only 8 Classes	April 7 – May 26	Dolphins	6:35-7:05pm or 7:10-7:40pm	\$75
			Seals	6:35-7:05pm or 7:10-7:40pm	\$75
			Penguins	6:35-7:05pm or 7:10-7:40pm	\$75
			Starfish	6:35-7:05pm or 7:10-7:40pm	\$75
			Private A **(1-1)	6:35-7:05pm or 7:10-7:40pm	\$150
Private B **(1-1)	7:10-7:40pm	\$150			
M	Wednesday Only 8 Classes	April 8 – May 27	Dolphins	6:35-7:05pm or 7:10-7:40pm	\$75
			Seals	6:35-7:05pm or 7:10-7:40pm	\$75
			Penguins	6:35-7:05pm or 7:10-7:40pm	\$75
			Private**(1-1)	6:35-7:05pm or 7:10-7:40pm	\$150
N	Thursday Only 8 Classes	April 9 – May 28	Dolphins	6:35-7:05pm or 7:10-7:40pm	\$75
			Seals	6:35-7:05pm or 7:10-7:40pm	\$75
			Penguins	6:35-7:05pm or 7:10-7:40pm	\$75
			Starfish	6:35-7:05pm or 7:10-7:40pm	\$75
			Private A**(1-1)	6:35-7:05pm or 7:10-7:40pm	\$150
Private B **(1-1)	7:10-7:40pm	\$150			

Deadline to register for classes is 2 days before class starts.

(i.e....class starts April 6, registration closes April 4th.)

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

\$5 Family discount for 2nd, 3rd, 4th, child registered for the same session.