

# Winter 2024 REGISTRATION



## HASTINGS AREA SWIM TEAM

We build skills for swimming, winning and life.

Hastings Middle School Pool  
1000 West 11<sup>th</sup> Street

ILTS Lessons Contact Kate Reilly  
[kater@hastswimteam.com](mailto:kater@hastswimteam.com)



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

If you are unsure what level your children are:  
If necessary, a coach will set up a time to evaluate their skills.

## Progressive Swim Program

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

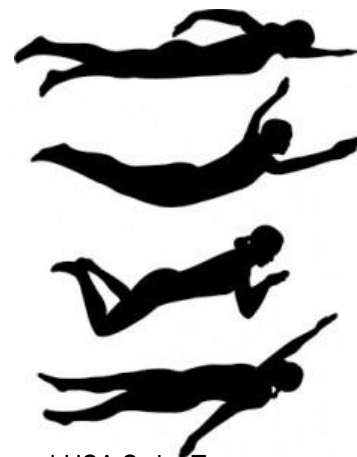
Check out [www.hastswimteam.com](http://www.hastswimteam.com) for class info.

	STARFISH
	PENGUINS
	SEALS
	DOLPHINS
	SHARKS

### HAST Competitive Team

\*Novice \*Age Group \*Pre Senior \*Senior

Call Coach Chasi at 651-283-5768 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 Open NOW!

[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 2024

Lessons: Kate Reilly – [kater@hastswimteam.com](mailto:kater@hastswimteam.com)

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

Session	Day(s)	Date	Class	Time	Cost	Location
F	Mon/Wed 8 Classes Total	Jan 8 – Jan 31	Sharks Dolphins Seals Penguins Private 1:1	5:30-6:30pm 5:30-6:00pm 5:30-6:00pm 5:30-6:00pm 5:30-6:00pm	\$90 \$75 \$75 \$75 \$150	Hastings Middle School Pool
H	Wed/Mon 8 Total Classes	Feb 5 – Mar 4 <b>*No class Mon 2/19*</b>	Sharks Dolphins Seals Penguins Private 1:1 A	5:30-6:30pm 5:30-6:00pm 5:30-6:00pm 5:30-6:00pm 5:30-6:00pm	\$90 \$75 \$75 \$75 \$10	Hastings Middle School Pool
<b>Deadline to register for classes is 11:59pm the 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=\$65 8=\$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	7=\$65 8=\$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	7=\$65 8=\$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	7=\$65 8=\$75
Sharks	Intro. to Competitive Swimming	Swim 25 yards+, Comfortable playing & swimming in deep water	Min. of 8 Students Max. of 12 Students	8=\$90
Private	Swimming Skills	1 swimmer per 1 instructor (8 x ½ hour lessons)	1	7=\$130 8=\$150
<b>\$5 Family discount for 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, child registered for the same session.</b> Processing fee applied at check-out.				

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