SPRING/SUMMER 2024 REGISTRATION



All Lessons at Hastings Middle School Pool 1000 West 11th Street Contact Coach Kate Reilly with lesson questions kater@hastswimteam.com

Progressive Swim Program

HAST "I Love to Swim" Program:

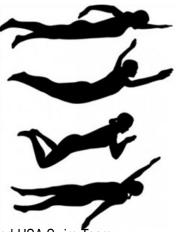
Check out www.hastswimteam.com for class info.



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 5 years and up
- ★competition is based on age/ability (1-2x monthly)

Online Registration Opens April 2, 2024

Spring/Summer TRYOUTS for Lessons or Long Course Season:

April 3, 8, 9
At HMS Pool 7-8 pm.
First come first serve basis.



Session	Day(s)	Date	Class	Time	Cost
-	Mon & Wed 8 classes	April 22 – May 20	Sharks Dolphins Seals Penguins Starfish	6:30-7:30pm 5:20-5:50pm & 5:55-6:25pm 5:20-5:50pm & 5:55-6:25pm 5:20-5:50pm & 5:55-6:25pm 5:20-5:50pm & 5:55-6:25pm	\$90 \$75 \$75 \$75 \$75
J	Tuesday Only 7 classes	April 23 – June 4	Sharks Dolphins Seals Penguins Starfish	6:30-7:30pm 5:20-5:50pm & 5:55-6:25pm 5:20-5:50pm & 5:55-6:25pm 5:20-5:50pm & 5:55-6:25pm 5:20-5:50pm & 5:55-6:25pm	\$80 \$67 \$67 \$67 \$67

Please periodically refer to the website for Private 1:1 Lessons. We will update as space becomes available.

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

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

Group	Working On	n Current Skill Level	
Starfish	Water Adjustment	Water Adjustment No Exposure to water, child is possibly timid, afraid &/or clingy to adult while in water	
Penguins	Independence & Mobility	nce & Mobility Ready to Learn, "Plays well in water" Comfortable moving through chest deep water	
Seals	Swimming Fundamentals Swim 5 yards+, Float on front & back Likes to go underwater with entire head		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	Max. of 6 Students
Sharks	Intro. to Competitive Swimming Swim 25 yards+, Comfortable playing & swimming in deep water		Max. of 10 Students

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



www.hastswimteam.com

Swim lesson registration is located under the 'Registration' tab.