

SPRING/SUMMER 2024 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 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.

	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 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.



HAST "I Love to Swim" Program Spring/Summer 2024

Coach Kate Reilly - kater@hastswimteam.com

Session	Day(s)	Date	Class	Time	Cost
I	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	Current Skill Level	Class Size
Starfish	Water Adjustment	No Exposure to water, child is possibly timid, afraid &/or clingy to adult while in water	Max. of 4 Students
Penguins	Independence & Mobility	Ready to Learn, "Plays well in water" Comfortable moving through chest deep water	Max. of 5 Students
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.