

# HAST "I Love to Swim" Program Summer 2010

For more information call Kim Olson (651-437-4311) or Carmon Wallace (651-438-3193)

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[www.hastswimteam.com](http://www.hastswimteam.com)

## GROUP LESSONS

Day(s)	Session	Dates	Class	Time	Location
Afternoon Classes (M-Tu-W-Th)	I	June 14 <sup>th</sup> -24 <sup>th</sup>	Starfish / Penguins Penguins/Seals Seals / Dolphins	12:30-1:00pm 1:05-1:35pm 1:40-2:10pm	Dyno's Outdoor Pool " " " " " "
Afternoon Classes (M-Tu-W-Th)	II	June 28 <sup>th</sup> - July 8 <sup>th</sup>	Starfish / Penguins Penguins/Seals Seals / Dolphins	12:30-1:00pm 1:05-1:35pm 1:40-2:10pm	Dyno's Outdoor Pool " " " " " "
Afternoon Classes (M-Tu-W-Th)	III	July 12 <sup>th</sup> - 22 <sup>nd</sup>	Starfish / Penguins Penguins/Seals Seals / Dolphins	12:30-1:00pm 1:05-1:35pm 1:40-2:10pm	Dyno's Outdoor Pool " " " " " "
Afternoon Classes 7/26-28 8/2-6 (M-Tu-W, M-Tu-W-Th-F)	IV	July 26 <sup>th</sup> - August 6 <sup>th</sup>	Starfish / Penguins Penguins/Seals Seals / Dolphins	12:30-1:00pm 1:05-1:35pm 1:40-2:10pm	Dyno's Outdoor Pool " " " " " "

## PRIVATE LESSONS @ our time

Day(s)	Session	Dates	Class	Time	Location
Afternoon M-Tu-W-Th	A	June 21 <sup>st</sup> - July 1 <sup>st</sup>	(Any Level)	½ hour time slot Between 12noon - 3pm	Dyno's Outdoor Pool
Afternoon M-Tu-W-Th	B	July 12 <sup>th</sup> - July 23 <sup>rd</sup>	(Any Level)	½ hour time slot Between 12noon - 3pm	Dyno's Outdoor Pool

8 ½ hour classes' 1-2-or 3 students may swim during each ½ hour time slot with their own experienced adult Instructor/Coach. After we receive your registration Form & Payment --- we will contact you to schedule a ½ hour time slot that works for you/us.

Group	Working On	Current Skill Level	Class Size
<b>Starfish</b>	Water Adjustment	No exposure to water, child is possibly Timid, afraid &/or clingy to adult while in water	Minimum of 3 students Maximum of 5 students
<b>Penguins</b>	Independence & Mobility Skills	Ready to Learn - "Plays well in water" Comfortable moving through chest deep water	Minimum of 4 students Maximum of 6 students
<b>Seals</b>	Swimming Fundamentals	Swim 5yds+, Float on front & back Likes to go underwater with entire head	Minimum of 4 students Maximum of 6 students
<b>Dolphins</b>	Deep Water Skills	Swim 15yds+, Rhythmic Breath=10+Bobs=Blow air out underwater & take 1 quick breath @ surface	Minimum of 4 students Maximum of 6 students
<b>Sharks</b>	Introduction to Competitive	Swim 25yds+, Comfortable playing & swimming in deep water.	Minimum of 6 students Maximum of 10 students
We will not hold Sharks Group Lessons this Summer Session.		SHARKS offered at the Hastings MS Pool in the months of Sept, Oct, Nov, March, April, & May.	

\*\* Dyno's Outdoor Pool = at the Dynesius/Olson Home - 12278 198<sup>th</sup> Street Circle East. Travel south of Hastings for 5miles on Hwy 61, go past 190<sup>th</sup>, turn RT on 198<sup>th</sup> - (almost at the top of the hill), go 1 block & turn LEFT, 3rd house on LEFT, enter 1<sup>st</sup> driveway to pool.  
The Dyno Outdoor Pool has lots of warm shallow water, plus a deep end for diving!!!

**GROUP LESSONS with 3-6 swimmers per Instructor = \$60**  
**PRIVATE LESSONS with 1 swimmer per Instructor = \$100**

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Swimmer's Name	Age	Group	Session	Days	Dates	Time	Cost = \$60 or \$100
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1.							
2.							
3.							

Parents/Guardians _____	Total Cost	\$ _____
Phone # Home _____ Work _____		
Address _____	\$5 Discount on 2 <sup>nd</sup> , 3 <sup>rd</sup> , 4 <sup>th</sup> ...	- \$ _____
e-mail Address _____	additional family members	

All registrations will be taken on a first come first serve basis.  
 Payment is required to complete registration. Payment options available:  
 (No multi-swimmer discount for private lessons)

**TOTAL DUE =** \$ \_\_\_\_\_

- Check
- Cash
- Credit Card

Credit Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

**Parent will only be contacted if their child's class fills!!!**

**If you are unsure of your child's level please contact Kim Olson to set up a time to have your child evaluated.**

You must register by mail. If paying by credit card, please complete info listed above. Make checks payable to H.A.S.T.  
 Mail payment & completed registration form to: HAST "I Love to Swim" - PO Box 573 - Hastings, MN 55033.

HAST must have a parental signature on file for each child to participate in the HAST "I Love to Swim" Program for insurance reasons.  
*(HAST "I Love to Swim" program is insured by Risk Management Services, Inc.)*

**HASTINGS AREA SWIM TEAM - Boosters Inc.**

I understand and agree to indemnify and hold harmless the HASTINGS AREA SWIM TEAM Board/Coaches/Instructors against all liability for personnel injury while my child is a participant in the HAST Learn to Swim Program.

**Signature of Parent or Guardian** \_\_\_\_\_ **Date** \_\_\_\_\_