

# HAST "I Love to Swim" Program revised Winter/Spring 2010

Kim Olson 651-437-4311 or Carmon Wallace 651-438-3193, [hastswim@bevcomm.net](mailto:hastswim@bevcomm.net)

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

Session	Day(s)	Dates	Class	Time	Location
<b>A</b>	<b>MON Only</b>	<b>Feb 1<sup>st</sup> – March 29<sup>th</sup></b> ***No Class on 3/15, Spring Break	Starfish/Dolphins	4:10-4:40pm	AmericInn Pool
			Penguins/Seals	4:45-5:15pm	“ “ “
			Seals/Dolphins	5:20-5:50pm	“ “ “
			Penguins/Seals	5:55-6:25pm	“ “ “
			Penguins/Dolphins	6:30-7:00pm	“ “ “
<b>B</b>	<b>WED Only</b>	<b>Feb 3<sup>th</sup> – March 31<sup>st</sup></b> ***No Class on 3/17, Spring Break	Penguins/Dolphins	4:10-4:40pm	AmericInn Pool
			Penguins/Seals	4:45-5:15pm	“ “ “
			Seals/Dolphins	5:20-5:50pm	“ “ “
			Penguins/Seals	5:55-6:25pm	“ “ “
			Seals/Dolphins	6:30-7:00pm	“ “ “
<b>C</b>	<b>Cancelled</b>				
<b>D</b>	<b>Tues &amp; Thu</b>	<b>March 2<sup>nd</sup> – April 1<sup>st</sup></b> ***No Class on 3/16 & 3/18, Spring Break	SHARKS	5:00-6:00pm	Hastings MS Pool
<b>E</b>	<b>MON Only</b>	<b>April 5<sup>th</sup> – May 24<sup>th</sup></b>	Starfish/Dolphins	4:10-4:40pm	AmericInn Pool
			Penguins/Seals	4:45-5:15pm	“ “ “
			Seals/Dolphins	5:20-5:50pm	“ “ “
			Penguins/Seals	5:55-6:25pm	“ “ “
			Penguins/Dolphins	6:30-7:00pm	“ “ “
<b>F</b>	<b>Tues &amp; Thu</b>	<b>April 6<sup>th</sup> – 29<sup>th</sup></b>	SHARKS	6:00-7:00pm	Hastings MS Pool
<b>G</b>	<b>WED Only</b>	<b>April 7<sup>th</sup> – May 26<sup>th</sup></b> ***No Class on 3/17, Spring Break	Penguins/Dolphins	4:10-4:40pm	AmericInn Pool
			Penguins/Seals	4:45-5:15pm	“ “ “
			Seals/Dolphins	5:20-5:50pm	“ “ “
			Penguins/Seals	5:55-6:25pm	“ “ “
			Seals/Dolphins	6:30-7:00pm	“ “ “
<b>H</b>	<b>Tues &amp; Thur</b>	<b>May 4<sup>th</sup> – 27<sup>th</sup></b>	SHARKS	6:00-7:00pm	Hastings MS Pool

Group	Working On	Current Skill Level	Class Size
<b>\$60 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 4 students
<b>\$60 Penguins</b>	Independence & Mobility Skills	Ready to Learn - "Plays well in water" Comfortable moving through chest deep water	Minimum of 4 students Maximum of 5 students
<b>\$60 Seals</b>	Swimming Fundamentals	Swim 5yds+, Float on front & back Likes to go underwater with entire head	Minimum of 4 students Maximum of 5 students
<b>\$60 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>\$75 Sharks</b>	Introduction to Competitive	Swim 25yds+, Comfortable playing & swimming in deep water.	Minimum of 8 students Maximum of 12 students

\*Hastings MS Pool - located at 11<sup>th</sup> & Pine Streets. Park in the upper lot, the MS is 'L' shaped, the pool is located in the crook of the 'L'.

\*\*AmericInn Pool-2400 Vermillion Street. Enter main doors & go straight back, pool is on right.

The AmericInn Pool has lots of warm shallow water!!!

HAST appreciates the AmericInn for letting us use their pool.

To help us continue to have use of this facility in the future, please honor/respect the following rules while there for swim lessons:

- Parents – Please supervise all children not in the water
- The lounge area is not available for use while your child is swimming
- There is only one bathroom – Please be considerate of time
- The hot tub is not available for use by HAST family members and/or students
- Park on the street if the parking lot is crowded
- Limit your presence to the pool area only

**Option to sign up for 8 (1/2hour) Private lessons with Coach Carmon for \$100.**

Must turn in completed registration form with (check/cash/credit card) then she will contact you to set up time.

Swimmer's Name	Age	Group	Session	Days	Dates	Time	Cost = \$60 / \$75 / \$100
1.							
2.							
3.							

Parents/Guardians \_\_\_\_\_  
 Phone # Home \_\_\_\_\_ Work \_\_\_\_\_  
 Address \_\_\_\_\_  
 E-Mail \_\_\_\_\_

Total Cost \$ \_\_\_\_\_

\$5 Discount on 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>... -\$ \_\_\_\_\_

Additional family members,  
Registered for the same session.  
(No multi-swimmer discount for private lessons)

All registrations will be taken on a 1<sup>st</sup> come 1<sup>st</sup> serve basis.  
Payment is required to complete registration. Payment options available:

- Check
- Cash
- Credit Card



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

Parent will only be contacted if their Childs class fills!!!

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

Parents, unsure of your child's swimming level, please bring your child in a swim suit to one of the Registration/Tryouts times listed below. You may register by mail or in person at the Hastings MS Pool from 6:00 – 7:00pm on the following days:  
**Tues-1/19, Th-2/25, Tu-3/23, Th-4/1. If these times do not work for you, please call us to set up a time for evaluation of skills.**  
Make checks payable to H.A.S.T. & mail 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 \_\_\_\_\_