

HAST NOVICE PRACTICES

School year

Hastings Middle School (formerly HS)
Indoor Pool M-F PM=Evenings

Summer

Hastings Family Aquatic Center (HFAC)
Outdoor Pool M-F AM=Morning

HAST calendars are printed and distributed with a two (2) month schedule.

HAST NOVICE MEETS

- Novice swimmers compete, 1-2 times each month, with other swimmers of similar age and ability.
- Meets for Novice swimmers are held on Friday night or Saturday morning.
- These meets are usually within a 1/2 hour drive of Hastings, MN.
- At meets, HAST promotes a supportive team environment.

FOR MORE INFORMATION

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*We build skills for swimming,
winning and life.*

HAST



HASTINGS AREA SWIM TEAM

*Are you 6-10 years old,
love the water, and love to swim?*

Then HAST Novice Program is for you!



***HAST Novice Program
is a
year round program
that you can try for just
eight (8) weeks!***

FAMILY ORIENTED

Practice is offered Monday through Friday for one hour. Novice swimmers practice two-three times each weeks. You choose which days fit your family's schedule.

FOCUS on SKILLS

This is the next step after swim lessons. We work on developing strokes and swimming skills.

FUN

Practice is designed to be organized play, and every Friday we play water games.