

8 Week -HAST NOVICE Program Fall / Winter 2009-2010

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

Practice Times

Location

See HAST Calendar attached to HAST Newsletter or check on-line @ hastswimteam.com.

(N) on HAST Calendar is practice times for Novice Swimmers.

Choose times each week which are convenient for your family.

Hastings MS Pool

Hastings MS Pool – 11th & Pine Streets. Park in upper lot, the MS is shaped like an ‘L’ the pool is located in the crook of the ‘L’.

Group	Working On	Current Skill Level
Novice	First Season/year with HAST. Developing 4 strokes, starts & turns. They compete in meets when ready.	Can swim 50 yds. Alternating 4 strokes free & back w/ rhythmic breathing. Can dive, dolphin kick, & has concept of breast kick. Loves to swim.

8 Week - HAST NOVICE REGISTRATION FORM

Parent(s) name: _____ Home Phone: _____ Work Phone: _____

E-Mail Address: _____ Cell Phone: _____

Address: _____ City: _____ Zip: _____

Swimmer’s full name: _____ Age: _____ Date of Birth: _____

Please check the 8 week program you are choosing:

- _____ Novice I, 11/16-1/8 (2-3x weekly x 8 weeks) 24 options = \$160
- _____ Novice II, 1/11- 3/5 (2-3x weekly x 8 weeks) 24 options = \$160
- _____ **Novice III, 10/19-12/11 (2-3x weekly x 8 weeks) 24 options = \$160**
- _____ **Novice IV, 10/19-3/5 (2-3x weekly x 20 weeks) 60 options = \$325**
= \$325 + \$54 MSI Fee (+ team suit) *Must register w/ the Full Season Registration Form.
- _____ *Novice V, 9/21-3/5, (2-3x weekly for 24 weeks) 72 options = \$390
\$390+ \$54 MSI Fee (+ team suit) *Must register w/ the Full Season Registration Form.

Team suit is required for those who swim for more than the 8 week option. Please see chart below for sizes/ price.

**The team suit is not required for the 8 week option swimmers. The prices and sizes are listed below. Please contact Kim Olson if interested in purchasing a team suit.

<u>Female Suit Sizes</u>		<u>Price</u>	<u>Male Suit Sizes</u>		<u>Price</u>
Girl’s sizes	24 - 38	\$53.80	Boy’s sizes	22-38	\$33.70

Payment is required to complete registration. Payment options available:

- Cash
- Check
- Credit Card



Please register by mail or in person. All swimmers must be registered prior to participating!!!

Mail to HAST – PO Box 573 – Hastings, MN 55033 Make checks payable to: H.A.S.T.

HAST must have parental signature on file for each child to participate in the HAST Novice program for insurance reasons.

(HAST Novice program is Insured by Risk Management Services, Inc.)

Hastings Area Swim Team – Booster Inc.

I understand 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 Novice Program.

Signature of Parent or Guardian _____ Date _____