



MSTA Swim Lessons Price

(Effective 8/1/2021)

Lessons	Price/Month
Group Lessons	\$128
Semi-Private Lessons	\$190 (Starfish & Seahorse – 30 mins) \$240 (Goldfish & Up – 40 mins)
Private Lessons	\$360 (Starfish & Seahorse – 30 mins) \$460 (Goldfish & Up – 40 mins)
Annual Registration Fee	\$35 per student

Free-In Water Evaluation on Sat & Sun at 1:20pm

(408 942 8889 - By reservations only)

Milpitas Star Aquatics LLC reserves the rights to change fees at any time without further notice.

MSTA Standard Swim classes are categorized as - Beginning / Intermediate / Advanced / Pre-Competitive

Levels	Length	Ratio	Age	Goals
Starfish	30 min	1:4	4-5	<ul style="list-style-type: none"> • Comfortable in the pool with the teachers / Monkey walk /Submersion with assistance • Float on the back with assistance /Swim a short distance (5 yards) with digging and kicking unassisted • Climb out of the pool, jump into the pool and swim back to the wall with assistance
Seahorse	30 min	1:4	4-6	<ul style="list-style-type: none"> • Float on back for 10 seconds unassisted /Swim a short distance (10 yards) with digging and kicking with upward breathing unassisted • Climb out of pool, jump into pool and swim back to wall unassisted
Goldfish	40 min	1:5	4-6	<ul style="list-style-type: none"> • Rolly Polly alternately swimming dog paddle for 5 seconds on front and back • Kick on your back the entire width of the pool using sculling hands • Flutter kick on stomach and back in streamline / Flutter kick on side
Sea Lion	40 min	1:5	5-7	<ul style="list-style-type: none"> • Kicking: Flutter kick on the stomach and the back in streamline / Introduce freestyle with bilateral side breathing • Introduce backstroke / Treading Water and Diving: Tread water in deep water with assistance / Treading Water and Diving: Dive in deep water with assistance
Sting Ray	40 min	1:5	5-8	<ul style="list-style-type: none"> • Kicking: Flutter kick on the side / Freestyle and Backstroke: Introduce flutter kick on the side / Introduce side breathing with proper body position
Dolphin	40 min	1:5	6-8	<ul style="list-style-type: none"> • Kicking: introduce Dolphin and breaststroke kick on the kickboard • Freestyle and Backstroke: Proper freestyle with bilateral side breathing • Freestyle and Backstroke: Proper backstroke • Treading Water and Diving: Tread water in deep water for 30 seconds unassisted • Proper dive in deep water unassisted / Proper surface dive from treading water • Flip Turns: Introduce somersaults and tucks assisted and unassisted
Marlin	40 min	1:5	6-8	<ul style="list-style-type: none"> • Kicking: breaststroke kick and drills • Freestyle and Backstroke: Proper freestyle with bilateral side breathing • Freestyle and Backstroke: Proper backstroke • Butterfly: Introduce butterfly / Flip Turns: Proper flip turns pushing off the wall
Shark	40 min	1:6-7	6-10	<ul style="list-style-type: none"> • Freestyle and Backstroke: Continue to refine freestyle and backstroke • Butterfly: Proper butterfly /Breaststroke: Refine breaststroke / Turns: Refine flip turns
Killer Whale	40 min	1:6-7	6-10	<ul style="list-style-type: none"> • Freestyle, Backstroke and Butterfly: Continue to refine freestyle, backstroke and butterfly / Breaststroke: Proper breaststroke / Turns: Proper flip turns
Pre-Com	60 min	1:12	8-12	<ul style="list-style-type: none"> • Perfecting all 4 strokes, clock management, racing strategy, as well as advance techniques