

MILPITAS STAR AQUATICS

November 2022 NEWSLETTER

HAPPY THANKSGIVING!!!

Due to the Thanksgiving Holiday, MSTA will be closed on 11/24 and 11/25.

Happy Holidays! (12/23 - 1/1)

Due to the Holiday Season, MSTA will be closed from 12/23 to 1/1. Customers will be charged only 75% for the month of December!

Did you know...

Exercise strengthens immunity.

As with virtually any type of exercise, swimming releases endorphins, which lower stress and boost immune system function.

Reminders!

Swimming is an intensive sport! Do not eat immediately before a swim class!

We recommend our swimmers eat at least an hour before their swimming lesson. If you swim too soon after eating, neither your digestive system nor your muscles will get the blood flow levels they need to work efficiently, and this increases the risk of developing indigestion, cramps, and sickness.

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@MSTA_SWIM



Student Of the Month

Robert De La Fuente



Student Of the Month

Emily Nguyen



Employee Of the Month

Peyton Nguyen