



## MSTA Swim Lessons Price

Effective: September 01, 2022

<b>Lessons</b>	<b>Price/Month</b>
Group Lessons	\$148
Semi-Private Lessons (As per request)	\$210 (Starfish & Seahorse – 30 mins) \$265 (Goldfish & Up – 40 mins)
Private Lessons (As per request)	\$395 (Starfish & Seahorse – 30 mins) \$499 (Goldfish & Up – 40 mins)
Annual Registration Fee	\$40 per student

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

(By reservations - [www.msta-swim.com](http://www.msta-swim.com))

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