

NEWSLETTER

March 2023

Spotlight Level GOLDFISH

Goldfish is the 3rd level in our swim curriculum. In order to pass this level, swimmers need to be able to achieve the following strokes with proper form:

- front streamline
- back streamline
- side streamline with the aid of a board.

Most swimmers tend to bend their knees while kicking, which is improper form. To prevent this, try pointing your toes and scissor kicking!

SUMMER CAMP 2023!

Summer Camp will run from June 5th - August 4th. Summer sessions run weekly, 5 classes per session. Classes are held from Monday thru Friday. **SAVE \$40** by registering **BEFORE 4/15/2023!**

SF - SH	Level Starfish	Level Seahorse	GF - KW	Level Goldfish	Level Sea Lion	Level Stingray	Level Dolphin	Level Martin	Level Shark	Level Killer Whale
<input type="checkbox"/> 10:00 - 10:30	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/> 10:00 - 10:40	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<input type="checkbox"/> 10:30 - 11:00			<input type="checkbox"/> 10:40 - 11:20							
<input type="checkbox"/> 11:00 - 11:30			<input type="checkbox"/> 11:20 - 12:00							
<input type="checkbox"/> 11:30 - 12:00			<input type="checkbox"/> 12:00 - 12:40							
<input type="checkbox"/> 12:00-12:30			GF - KW							
SF - SH			<input type="checkbox"/> 4:00 - 4:40							
<input type="checkbox"/> 4:00 - 4:30			<input type="checkbox"/> 4:40 - 5:20							
<input type="checkbox"/> 4:30 - 5:00			<input type="checkbox"/> 5:20 - 6:00							
<input type="checkbox"/> 5:00 - 5:30			<input type="checkbox"/> 6:10 - 6:50							
<input type="checkbox"/> 6:10 - 6:40			<input type="checkbox"/> 6:50 - 7:30							
<input type="checkbox"/> 6:40 - 7:10										
<input type="checkbox"/> 7:10 - 7:40										

Camps	Monday to Friday	Group \$	30 & 40 mins - Semi \$	30 & 40 mins - Private \$
Camp 1	6/5 - 6/9	175	245 / 310	460 / 580
Camp 2	6/12 - 6/16	175	245 / 310	460 / 580
Camp 3	6/19 - 6/23	175	245 / 310	460 / 580
Camp 4	6/26 - 6/30	175	245 / 310	460 / 580
Camp 5	7/3 - 7/7	140	196 / 248	368 / 464
Camp 6	7/10 - 7/14	175	245 / 310	460 / 580
Camp 7	7/17 - 7/21	175	245 / 310	460 / 580
Camp 8	7/24 - 7/28	175	245 / 310	460 / 580
Camp 9	7/31 - 8/4	175	245 / 310	460 / 580

** \$40 Registry Fee applied for Summer Camps Program of ALL students.
Early bird promotion - If you sign up before 4/15/23 - Registry Fee will be \$0 !!!

STUDENT OF THE MONTH

Tashvi Shah



Tashvi is such a pleasure to teach! She always shows up to swim class excited and prepared to learn.

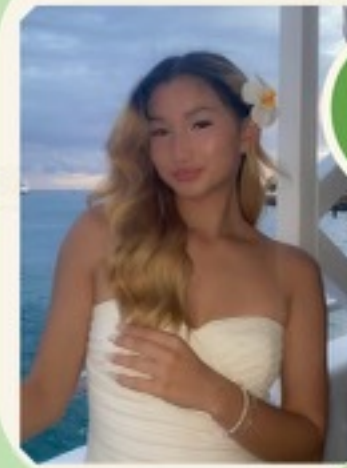
Andrew Nguyen



Andrew is always such a role model! He is determined to improve his swim techniques and helps out his fellow classmates!

EMPLOYEE OF THE MONTH

Lyly Nguyen



Lyly is one of our most responsible employees! She is always prepared to help her students develop their swim techniques with a smile!

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