

MILPITAS STAR AQUATICS & FITNESS

NEWSLETTER

July 2023

REMINDERS

Make sure to check in at front desk before coming into swim class so that we can keep track of your attendance!

JULY 4TH BREAK

MSTA will be closed on July 4th due to the holiday! Happy Independence day!

Spotlight Level DOLPHIN

Dolphin is the 6th Level in our swim curriculum! In order to pass this level, swimmers need to achieve the following swim techniques with proper form:

- Freestyle
- Dolphin kick
- Backstroke
- Breast stroke kick

Tip: Keep knees straight while kicking on your back.

SUMMER CAMP 2023!

Practice Practice Practice! Consistency is key in retaining swim skills. With summer in full swing, Summer camp is a great program to help your child progress their swim techniques faster while cooling off from the heat!

SUMMER CAMP DATES!

Summer Camp will run from June 5th - August 4th. Summer sessions run weekly, 5 classes per session. Classes are held from Monday thru Friday.

CAMP 5:
7/3-7/7

CAMP 6:
7/10-7/14

CAMP 7:
7/17-7/21

CAMP 8:
7/24-7/28

CAMP 9:
7/31-8/4

STUDENT OF THE MONTH

Jackie Tran



Jackie is a hardworking student! He always utilizes the advice he receives to perfect his techniques effectively! He is such a role model!

Pauline Thai



Pauline is such an outstanding student! She always comes to class prepared and ready to learn new swim techniques.

EMPLOYEE OF THE MONTH

Kelly Trat



Kelly is one of our most resourceful employees! She's always prepared to help customers with a smile.

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