

# NEWSLETTER

August 2023

## REMINDERS

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

## UPDATE YOUR ACCOUNT!!

As of August 2023, We have adopted a new system called Perfect Mind, to promote better security for your private information. Please check with front desk to make an account or update information if you haven't done so. Thank you for your cooperation.

## Spotlight Level SEALION

Sealion is the 4th Level in our swim curriculum! In order to pass this level, swimmers need to achieve the following swim techniques with proper form:

- Catch-up Freestyle
- Catch-up Backstroke
- Side streamline

Tip: Keep knees straight while kicking on your back. Keep shoulder up for side streamline.

## PREPARE FOR SWIM CLASS...

Though we are close to the end of summer, your child's swim journey shouldn't stop here! Our pools are heated year-round making it safe for students to swim no matter what season! Practice Practice Practice will make your child excel! Here are some tips below to help your student prepare;

>> Be Ready!

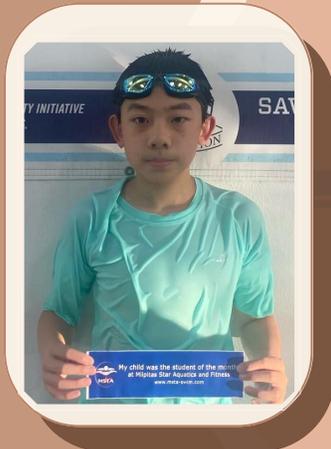
- Bring your Swim Attire: Swimsuit, Goggles, & Swim cap
- Arrive to Class on time

>> Be Physically Prepared!

- Stay Hydrated: Bring a water bottle
- Do Not Eat Immediately before Class! We recommend swimmers eat at least an hour before their swim lesson.

## STUDENT OF THE MONTH

Xiuyu Chen



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

Tiffany Nguyen



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

## EMPLOYEE OF THE MONTH

Andrew Phong



Andrew is one of our most responsible employees! He's always prepared to teach his students with a smile!

FOLLOW US ON INSTAGRAM! @MSTA\_SWIM

