

NEWSLETTER

September 2023

REMINDERS

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

WELCOME BACK!

As school session has resumed, we wish students the best of luck in their academic journey! Relieve the stress of academics with swimming! Refer to front desk for more information about our open swim hours!

Spotlight Level STARFISH

Starfish is the 1st Level in our swim curriculum! In order to pass this level, swimmers need to achieve the following swim techniques with proper form:

- Swim to the rope and back without assistance
- Float on their back with assistance

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!

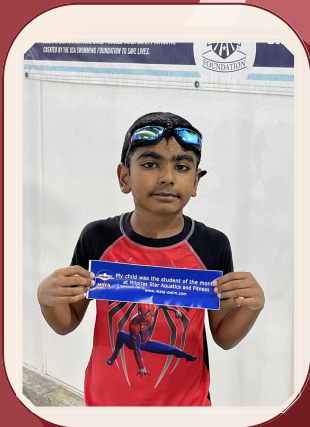
- Bring your Swim Attire: Swimsuit, Goggles, & Swim cap
- Arrive to Class on time

>> Be Physically Prepared!

- Stay Hydrated: Bring a water bottle
- Avoid Eating Immediately before Class! We recommend swimmers eat at least an hour before their swim lesson.

STUDENT OF THE MONTH

Arjun Singh



Arjun is such a pleasure to teach! His uplifting personality helps create a cheerful atmosphere for swim class!

Amber Ho



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

EMPLOYEE OF THE MONTH

Cynthia Nguyen



Cynthia is one of our most dedicated front desk attendants! She always provides the best customer service for our clients!

FOLLOW US ON INSTAGRAM! @MSTA_SWIM

