

# NEWSLETTER

October 2023

## REMINDERS

Children 5+ are NOT allowed in the opposite sex locker room!! Please respect other's privacy. Thank you.

## LOOKING FOR A FAST TRACK?

Is your child enjoying swim lessons? Sign up for an additional swim class and receive 15% off the additional class!

## Spotlight Level STINGRAY

Stingray is the 5th Level in our swim curriculum! In order to pass this level, swimmers need to achieve the following swim techniques with proper form:

- Freestyle
- Backstroke

TIPS: Practice kicking with straight legs (no bent knees).

## PREPARE FOR FLU SEASON...

Happy Fall! Alongside the fun holiday season comes flu season. Stay prepared and prevent catching sickness by practicing good personal hygiene! Here's some tips to prevent sickness;

>> Wash Your Hands!

Don't forget to lather the backs of your hands, between your fingers, and under your nails.

>> Stay Hydrated!

Make sure to drink lots of water. Drinking herbal tea has many benefits, such as stress relief and digestion.

>> Take Daily Vitamins!

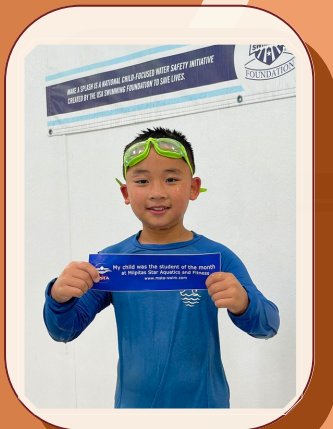
Taking Vitamin C helps boost your immune system.

>> Stay Active!

Exercise helps boost your immune system, stay active by participating in sports such as swimming and running!

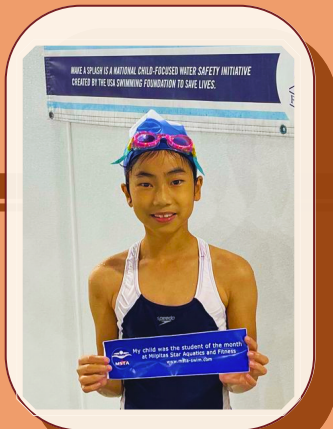
## STUDENT OF THE MONTH

Lucas Tran



Lucas is such a pleasure to teach! He always comes to class prepared and ready to learn new swim techniques.

Angela Tu



Angela is such an outstanding student! Her commitment to mastering swim techniques makes her stand out in swim class.

## EMPLOYEE OF THE MONTH

Cristian Alarcon



Cristian is one of our most responsible instructors! His patience and encouragement creates a positive environment for his students!

FOLLOW US ON  
INSTAGRAM!  
@MSTA\_SWIM

