

NEWSLETTER

November 2023

REMINDERS

- Do Not Eat Immediately before Class! We recommend swimmers eat at least an hour before their swim lesson.
- Do not Pull, sit, or climb on lane lines!
- No food or beverages are allowed in the pool area!

LOOKING FOR A FAST TRACK?

Is your child enjoying swim lessons? Enroll your child in private or semi-private lessons for faster progress, guided by personalized coaching!

HAPPY THANKSGIVING!

- Due to the Thanksgiving Holiday, MSTA will be closed from 11/23-11/24. Enjoy your thanksgiving!
- Due to the Winter Holidays, MSTA will be closed from 12/23-1/1.

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
- Backstroke
- Dolphin kick
- Breast stroke kick

Tip: Keep knees straight while kicking on your back.

FUN FACT!

The earliest evidence of swimming dates back to 7,000 years ago, with depictions found in ancient Egyptian cave paintings!

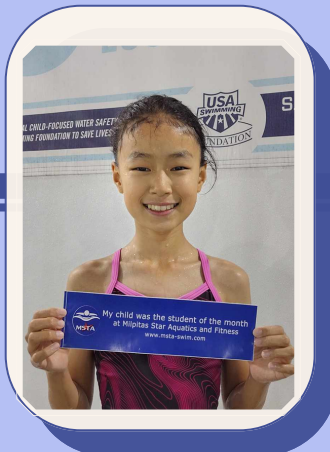
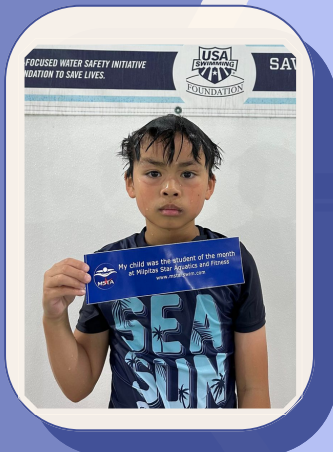
STUDENT OF THE MONTH

Tristan Vu

Anne Li

EMPLOYEE OF THE MONTH

Bianca Elamparo



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@MSTA_SWIM



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

Anne is such a hardworking student! She's always prepared to give it her all when it comes to perfecting her swim techniques!

Bianca is one of our most responsible employees! She's always prepared to teach her students with a smile!