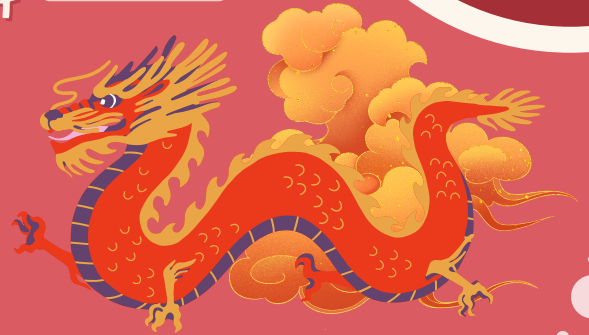


NEWSLETTER

February 2024

REMINDERS

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

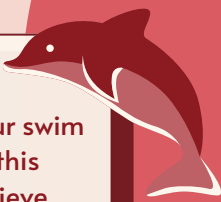


Spotlight Level DOLPHIN

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.



HAPPY LUNAR NEW YEAR!

Wishing you prosperity and good health. May the joy and happiness surround you today and always. We hope you have a safe and fun Chinese New Year!



PRACTICE MAKES PERFECT!

Though we are in rainy season, 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! Refer to front desk for more information about our open swim hours.

STUDENT OF THE MONTH

Cody Le



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

Kristine Nguyen



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

EMPLOYEE OF THE MONTH

Abigail Vu



FOLLOW US ON INSTAGRAM! @MSTA_SWIM



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