

NEWSLETTER

March 2024

REMINDERS

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

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!

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.

SUMMERCAMP 2024!!

Practice Practice Practice! Consistency is key in retaining swim skills. Summer is almost on the way! Summer camp is a great program to help your child progress their swim techniques faster while cooling off from the heat!

Summer Camp will run from June 10th - August 9th. Summer sessions run weekly, 5 classes per session. Classes are held from Monday thru Friday. Register before 4/30/2024 and save \$40!

STUDENT OF THE MONTH

Tamim Alhowaidi



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

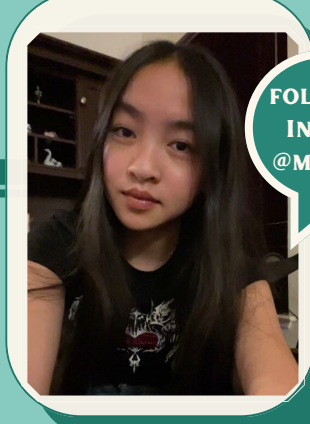
Ngoc Do



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

EMPLOYEE OF THE MONTH

Tiffany Nguyen



FOLLOW US ON INSTAGRAM! @MSTA_SWIM



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