

MILPITAS STAR AQUATICS & FITNESS NEWSLETTER

May 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 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).

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 5/31/2024 and receive a FREE swimcap!

STUDENT OF THE MONTH

Henry Nguyen



Henry is such an outstanding student! His commitment to mastering swim techniques makes him stand out in swim class.

Anstruta Roy



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

EMPLOYEE OF THE MONTH

Kevin Troung



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

FOLLOW US ON
INSTAGRAM!
@MSTA_SWIM

