

MILPITAS STAR AQUATICS & FITNESS NEWSLETTER

July 2024

REMINDERS

It's heat wave season! Combat the heat wave by staying hydrated and going for a swim to cool off!

JULY 4TH BREAK

MSTA will be closed on July 4th due to the holiday! Happy Independence day!



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!

New Private/Semi-private lesson sign-ups recieve 15% off!

Spotlight Level STINGRAY

Stringray 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).

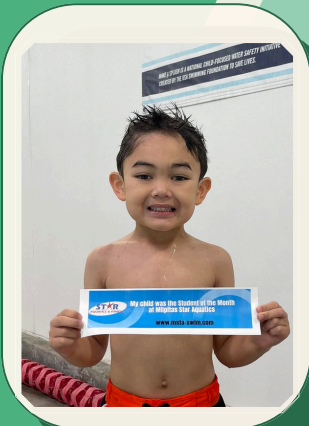
SUMMERCAMP 2024!!

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.

STUDENT OF THE MONTH

Jordan Reed



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

Qiao En Ma



Qiao is such an outstanding student! She always comes to class prepared to learn as much she can to perfect her swim techniques!

EMPLOYEE OF THE MONTH

Samuel Tsai



Samuel is one of our most dedicated front desk attendants! He always provides the best customer service for our clients!

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