MILPITAS STAR AQUATICS & FITNESS

NEWSLETTER August 2024

Looking for a FASTERACK?

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

As summer comes to an end, we'd like to congratulate our campers for challenging their limits by stepping out of their comfort zone, learning valuable new skills in the process! We hope to see our campers achieve a successful swim journey as they continue to practice and hone their swim skills.

Don't let your progress float away—continue your swim journey with our swim lessons! Our ongoing classes ensure you stay on top of your game, improve consistently, and enjoy the numerous benefits of swimming all year round. Register today to keep swimming, stay healthy, and enjoy the water like never before!

WE WANT YOUR FEEDBACK!

Your feedback can make a difference! Our team is dedicated to constantly improving our program! Fill out the swim survey (located at the front desk) in order to help improve our swim courses and receive a free swim pass!

STUDENT OF THE MONTH

Brandon Chen

Maheera Parveen







Maheera is a focused and energetic swimmer! She's always eager to embrace her new techniques and show continuous progress! She is such an inspiration!

EMPLOYEE OF THE MONTH

Trinity Nguyen



FOLLOW US ON INSTAGRAM!

@MSTA_SWIM



Trinity is one of our most responsible instructors! Her patience and encouragement creates a positive environment for her students!



Brandon is such an enthusiastic swimmer! He consistently uses feedback to enhance his skills effectively! He is such a great role model!