

MILPITAS STAR AQUATICS & FITNESS

NEWSLETTER

September 2024

Spotlight Level GOLDFISH

Goldfish is the 3rd level in our swim curriculum. In order to pass this level, swimmers need to be able to achieve the following strokes with proper form:

- front streamline
- back streamline
- side streamline with the aid of a board.

Most swimmers tend to bend their knees while kicking, which is improper form. To prevent this, swimmers should try pointing their toes and scissor kicking!

HAPPY BACK-TO-SCHOOL!

Just like in school, make sure to practice good habits in the pool! Attention to even the most minor details can go a long way- small wins lead to big victories!

PROGRESS REPORTS!

Are you curious about your child's swim progress? Quarterly progress reports will be given out from 9/22-28! Please feel free to reach out to your child's instructor with any questions regarding their swimming progress.

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

Aarav Chaudhari



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

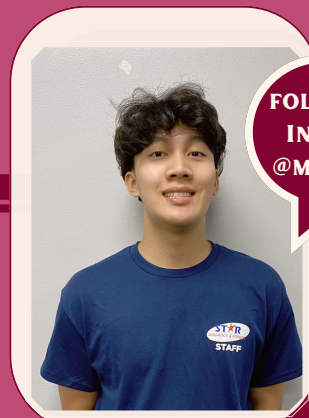
Naomi Tolentino



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

EMPLOYEE OF THE MONTH

Alex Phan



Alex is one of our most resourceful employees! He's always prepared to help customers with a smile.

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