

MILPITAS STAR AQUATICS & FITNESS

NEWSLETTER

October 2024

HAPPY HALLOWEEN!

Make a splash this Halloween! Dive into spooky fun and keep your swimming skills sharp – no tricks, just awesome strokes!



Spotlight Level SEAHORSE

Seahorse is the 2nd Level in our swim curriculum! In order to pass this level, swimmers need to achieve the following swim techniques with proper form:

- Swim across the pool, without touching the floor
- Float on their back without assistance



PREPARE FOR SWIM CLASS...

To make the most of your swim classes, we highly recommend students to **stretch and do a warm-up before class!** This helps increase flexibility, enhance muscle performance, and reduce the risk of injuries such as strains or cramps!

Here are some additional tips to help students prepare;

Be Ready!

- Bring your Swim Attire: Swimsuit, Goggles, & Swim cap
- Arrive to Class Early

Be Prepared!

- Stay Hydrated: Bring a water bottle
- Do Not Eat Immediately before Class! We recommend swimmers eat at least an hour before their swim lesson.

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

Neev Adesra



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

Anna Yuen



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

EMPLOYEE OF THE MONTH

Bernice Au



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

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