

MILPITAS STAR AQUATICS & FITNESS

NEWSLETTER

November 2024

REMINDERS

- Do Not Eat Immediately before Class! We recommend swimmers eat at least an hour before their swim lesson.
- Children 5+ are NOT allowed in the opposite sex locker room!
- No food or beverages are allowed in the pool area!

Spotlight Level DOLPHIN

Dolphin is the 6th Level in our swim curriculum! In order to pass this level, swimmers need to achieve the following swim techniques with proper form:

- Freestyle
- Dolphin kick
- Backstroke
- Breast stroke kick

Tip: Keep knees straight while kicking on your back.

HAPPY THANKSGIVING!

Due to the Thanksgiving Holiday, MSTA will be closed from 11/28-11/29. Enjoy your thanksgiving!

TRACK YOUR CHILD'S SWIM PROGRESS

Are you curious about your child's swim progress? Here's a few ways you can learn more about your child's progress;

- Talk to our Deck Supervisors
- Check Quarterly Progress Reports
- Leave a note for your child's swim instructor

PREPARE FOR FLU SEASON...

Happy Fall! Alongside the fun holiday season comes flu season. Stay prepared and prevent catching sickness by practicing good personal hygiene! Here's some tips to prevent sickness;

- Wash Your Hands: Lather backs, fingers, and under nails.
- Stay Hydrated: Drink water and herbal tea for stress relief and digestion.
- Take Vitamins: Vitamin C boosts immunity.
- Stay Active: Exercise with activities like swimming and running.

STUDENT OF THE MONTH

Rajat Pathak



Rajat is a highly motivated student! He's always pushing himself to improve his skills and reach new goals in track!

Annabeth Le



Annabeth is an incredibly focused student! She's always committed to giving her best in perfecting her swim techniques!

EMPLOYEE OF THE MONTH

Jason Vu



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Jason is one of our most dependable employees! He's always goes above and beyond for our customers.