

# NEWSLETTER

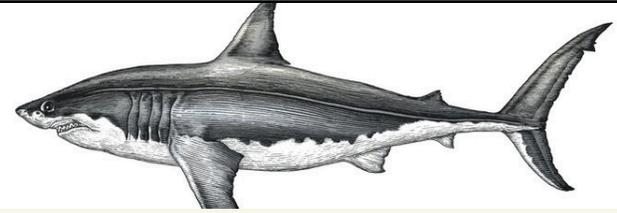
April 2025



## Spotlight level!!

The expectation for shark is that you know the four strokes and that you can show a basic understanding of them.

- Butterfly-mastering the kick, optimizing your arm pull, and perfecting your breathing technique.
- Backstroke focus on proper body position, efficient kicking, and streamlined arm technique.
- Breaststroke Maintain a horizontal body position: Keep your shoulders, hips, and legs as aligned as possible.
- Freestyle One of the most important factors in freestyle technique is your stroke rate, or the number of strokes you take per minute.



## REMINDERS!!

- Summer camp sign ups have started March 5th!!! Our camp runs from June 9th-Aug 8th. Please sign up at the front desk!!
- Private/semi-private will receive a 15% discount with 2 or more camps purchased
- MSTA will be closed on April 20th!
- Please remember to bring a swim cap to class if your hair touches your shoulders!!!

## FUN FACT!!

Great whites have a "sixth sense" called **electroreception**, allowing them to detect the weak electrical fields produced by other marine life, even if hidden, which helps them hunt.



# MILPITAS STAR AQUATICS & FITNESS

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## EMPLOYEE OF THE MONTH



## STUDENT OF THE MONTH



Heet comes into class every day showing why he deserves to be student of the month, never without a smile on his face and always ready to learn and Excel in his classes.

Chino is a wonderful employee and person! He can be relied on to show up on time and he is always willing to assist customers with any need they might have. He helped a lot in the past covering for his peers when he's needed. Just an all around reliable guy.

## STUDENT OF THE MONTH



Sumedha has shown that she can quickly learn and excel through goldfish. We have no doubt that she will ducrian sea lion and it won't be long until she moves on to Stingray!!

