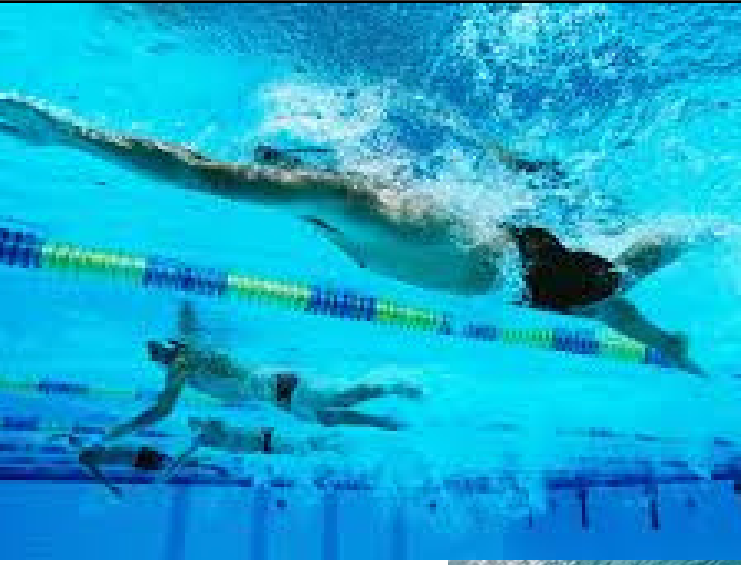


NEWSLETTER

May 2025



Spotlight level!!

"Pre-completion swimming" is the stage of swimming instruction and training that focuses on building foundational skills and preparing swimmers for more advanced levels or competitive swimming. It's a progression that starts with basic water comfort and progresses towards developing proficiency in strokes, endurance, and race-specific skills

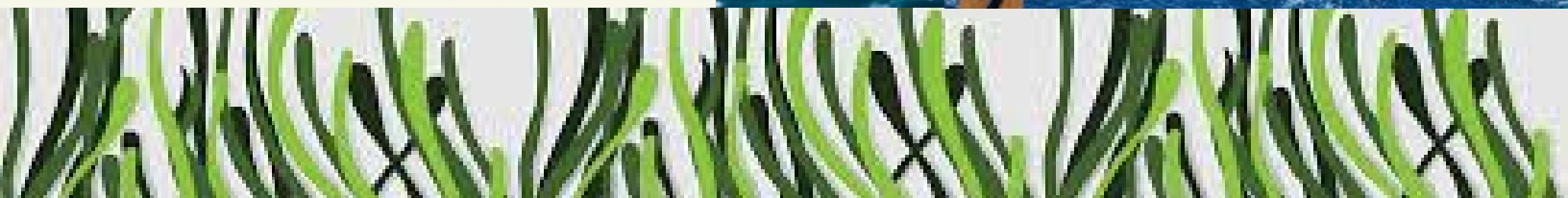


REMINDERS!!

- 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 May 26th!
- Please remember to bring a swim cap to class if your hair touches your shoulders!!!

FUN FACT!!

THE FIRST SWIMMING RACES WERE IN JAPAN DURING THE YEAR 36 BCE.



MILPITAS STAR AQUATICS & FITNESS

NEWSLETTER

May 2025

EMPLOYEE OF THE MONTH



STUDENT OF THE MONTH



Wenlong has made excellent progress and has shown that he has the determination to do well in the sport. I have seen so much improvement in the last couple months. I have no doubt he will do well in swimming throughout his career in school and the way he's been swimming even College.

Chelsea is one of our most dedicated and responsible front desk attendants! She always provides the best customer service for our clients! Keep up the positive energy Chelsea !!!

STUDENT OF THE MONTH



Pauline has been a great Improvement. She never complains about the sets she has to do during practice and always makes sure to do them to the best of her ability. The last couple months of teaching her I've noticed her strength and stamina have gotten much better allowing her to perfect her strokes.

