

# NEWSLETTER

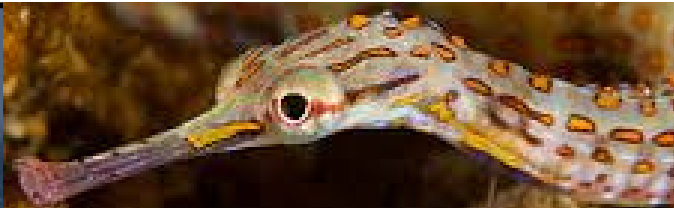
JULY 2025



## Spotlight level!! Seahorse

Seahorse is all about getting the students ready to do laps in the small pool by themselves without assistance. They will be instructed to use sculling hands reaching and pulling while kicking with their face in the water. Blowing bubbles is also very important for adequate breathing while swimming and is a big part of seahorse.

Each seahorse will have to prove they can go the length of the pool while their faces in the water and showing they can breathe without touching the floor. Each seahorse will have to show they can also float on their back without assistance only then will they be ready to go to sea lion.



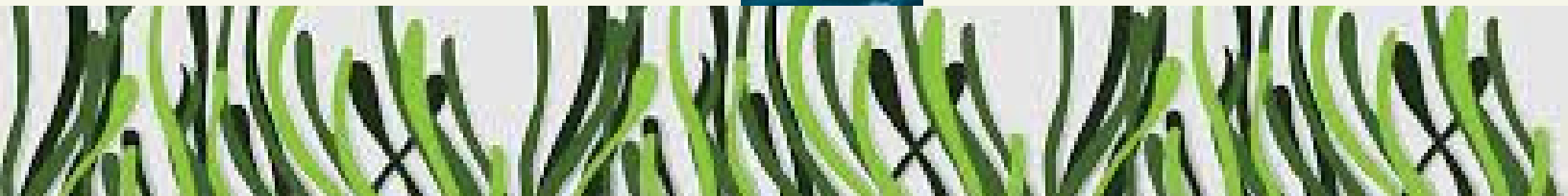
## REMINDERS!!

- Summer camp sign ups are still going!!! 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
- Please remember to bring a swim cap to class if your hair touches your shoulders!!!
- Please rinse before entering the pool, this will keep our water clean and more hygienic. Oils and sunscreen are not good for the water.

### End of summer announcement!!

**Thank You for Making This Summer Special! - We're so glad you've joined us for Summer Camp, and with two more exciting weeks to go, the fun isn't over yet!**

**If your child has been enjoying their time with us, why not keep the progress going? Our regular swim sessions are a great way to build skills, confidence, and consistency year-round. Spots fill up quickly, secure yours today!**



# MILPITAS STAR AQUATICS & FITNESS

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## EMPLOYEE OF THE MONTH



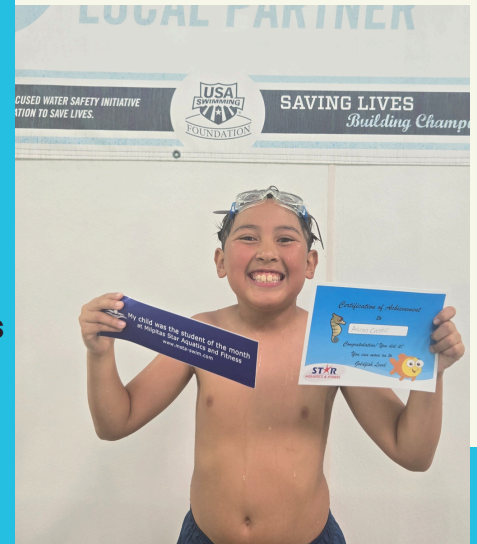
**Kevin is a somewhat new employee that has really shown dedication and is the one employee that has signed up for every single week of our summer program. We really appreciate his hard work.**

## STUDENT OF THE MONTH



**Annie has done really well in starfish and she has proven why she deserves to go to seahorse. We have no doubt she will continue to progress and steadily move up in our program.**

## STUDENT OF THE MONTH



**Aaron did a great job in seahorse. He excelled very quickly and he showed that he can learn fast and take what the teacher says into consideration to improve his swimming. He is a strong swimmer and I know he will do well in the future.**