

NEWSLETTER

August 2025



Spotlight level!!

GoldFish

Our goldfish students will be learning streamline on their front and while laying on their back kicking through the water. They will also be required to learn how to sidekick with both their left arm and their right arm with a kickboard. To improve your streamline in swimming, whether front or back, focus on keeping your body long, tight, and aligned, minimizing drag and maximizing glide. make sure your kick is strong and consistent.

Sidekick, a drill often used to improve freestyle technique, focuses on body position, kick, and breathing. To master it, focus on maintaining a streamlined body position with one arm extended and the other at your side, kicking from the hips with relaxed ankles, and breathing to the side while keeping your head low.



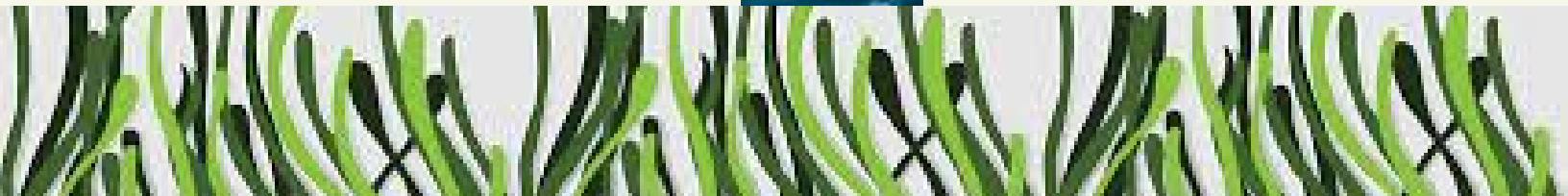
REMINDERS!!

- Our referral program is open!! If you are a current student and refer a friend it will get you \$25 to future classes and they will receive \$25 off registration.
- 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



STUDENT OF THE MONTH



Siddhant is a very good swimmer that has made quick progress in goldfish and has shown why he deserves to be in sealion. He's a joy to have in class with his high energy and he always has a smile on his face.

Nhu is a very accomplished supervisor that always does her job efficiently and with a smile. She takes the safety of our students seriously and makes sure their teachers are doing their jobs properly. She's a very important part of our team and we appreciate her.

STUDENT OF THE MONTH



Christina did great in goldfish. She listens to her teachers and takes their advice seriously when perfecting her strokes. She's always ready to go and is always ready to have a great day in class.

