

# NEWSLETTER

*September 2025*



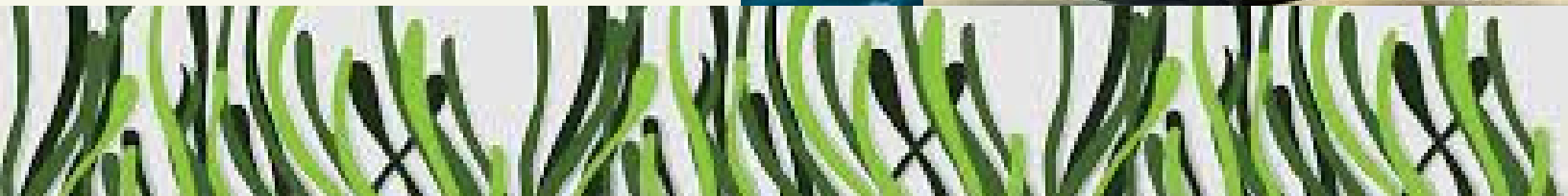
## Spotlight level!! Sealion

The main focus of Sea Lion is learning complete freestyle and backstroke. Students will learn how to perform successful freestyle arms while kicking and side breathing. Students will also be instructed on how to properly do backstroke with their legs and arms straight and constant splashing while kicking. Overall the goal of sea lion is to get the students ready for when they go to Stingray and start learning long distance freestyle and backstroke.



## 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.



# MILPITAS STAR AQUATICS & FITNESS

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## EMPLOYEE OF THE MONTH



## STUDENT OF THE MONTH



**Jordan is always on top of things at the front desk, making sure every cancellation is handled and every rejected invoice gets a follow-up call. He never lets a detail slip by and keeps everything running smoothly. Thanks to his energy and dedication, our team and customers are always in good hands!**

## STUDENT OF THE MONTH



**Stavya has really shown progress in pre-competition. His teacher is very proud of him and she knows that he will no doubt do well with his future in competitive swimming. He listens and takes whatever critique the teacher says seriously and corrects it.**

**Mia is wonderful addition to our program. She always has a smile on her face and is always ready to learn when she comes to class. Her teacher is really proud of her progress and knows that she will do well in goldfish.**

