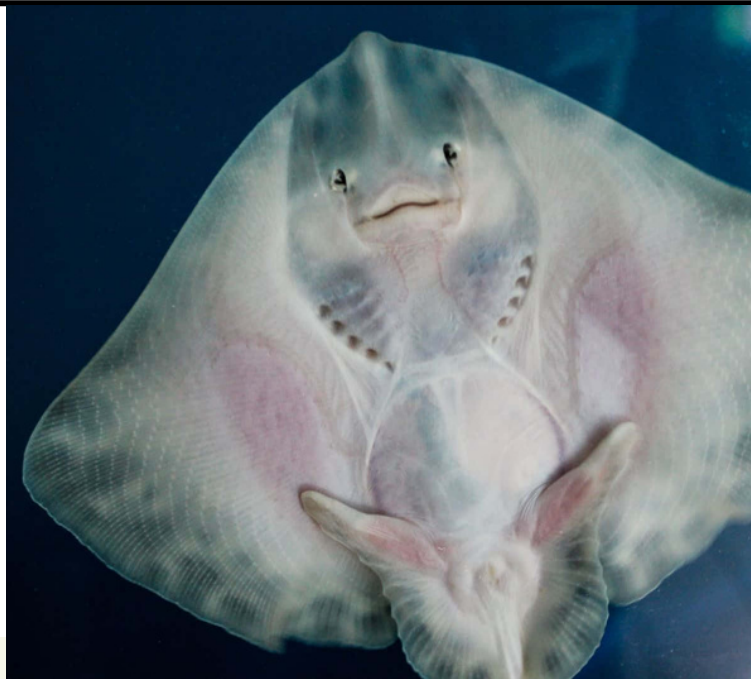


NEWSLETTER

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Spotlight level!!

Stingray

Swimmers should demonstrate good body position, steady flutter kicks, and smooth arm coordination in both strokes. In freestyle, focus on side breathing, streamlining, and efficient arm recovery. In backstroke, maintain a flat body, continuous kick, and straight arm recovery over the water. The goal is to build endurance and refine technique for confident, efficient swimming. Swimmers are encouraged to pay attention to consistent rhythm and proper timing between strokes. By mastering these fundamentals, they will develop the foundation for stronger and faster swimming at higher levels.

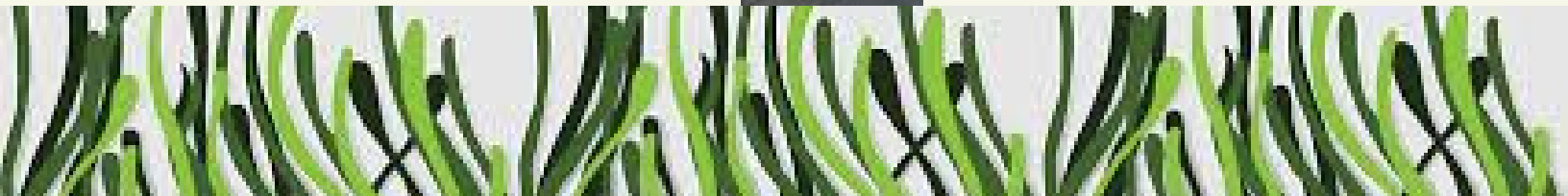


REMINDERS!!

- 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.

Progress is year around

We at MSTA want to thank everyone for making the summer so much fun. It couldn't be done without you and we really appreciate your commitment to swimming with us. Our summer program may be over but we are still providing lessons all year so please sign up if you haven't already. We are looking forward to a wonderful fall/winter with all of you!!



MILPITAS STAR AQUATICS & FITNESS

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EMPLOYEE OF THE MONTH



STUDENT OF THE MONTH



Jamie is an excellent supervisor that takes his job seriously and always does it with a smile on his face. He's also really big help when needed as coverage for other supervisors and the manager. He is a very appreciated part of our team and we enjoy having him working for us here at MST.

STUDENT OF THE MONTH



Kat has done an excellent job in starfish and her instructor is very proud to see her move on to seahorse. And with the way that she has been swimming and excelling she shouldn't be in seahorse for very long!!

Vihaan has done really well in seahorse and we have no doubt he will go on to do well in goldfish. He has shown he has the drive to excel in his classes and has shown how much he wants to do better. We are excited to see him show us what he can do in goldfish.

