

MILPITAS STAR AQUATICS & FITNESS

NEWSLETTER

November 2025



Spotlight level!! Dolphin

In Dolphin level students will learn how to perform dolphin kick and breaststroke kick proficiently. They will be learning timing and strength with their dolphin kick along with endurance to be able to handle a full 25-yard pool while kicking. They will be also making sure that they're breaststroke kick consists of correct foot placement and learning how to Glide correctly and learning how to hold their Glide for maximum performance.



REMINDERS!!

- Remember MSTA we will be closed November 27th and 28th!!
- Take advantage of our referral program!!!
- 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

SWIM CLASS

for only \$22 to \$25 per class!

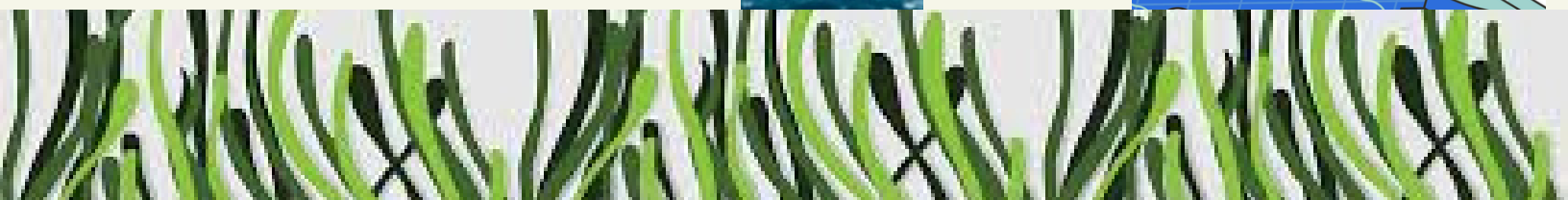
Save 32 to 41% off our regular \$37 rate!
Promo available for purchase only through November 30.

AVAILABLE PACKAGE
OPTIONS (1 CLASS/ WEEK):

- 4-WEEK COURSE - \$100
- 8-WEEK COURSE - \$195
- 10-WEEK COURSE - \$220

BOOK YOUR EVALUATION NOW!
msta-swim.com

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EMPLOYEE OF THE MONTH



STUDENT OF THE MONTH



Congratulations to Chino, our Employee of the Month! Chino continuously goes above and beyond by arriving on time, covering shifts whenever needed, and stepping in to support the team without hesitation. His reliability, positive attitude, and dedication help keep our programs running smoothly and set a great example for everyone on the team."

STUDENT OF THE MONTH



Samaira did an excellent job in Stingray she really proved herself and showed that she has the endurance to move on to dolphin. If she continues at the rate she's going we have no doubt she will do well in dolphin.

Brandon is an excellent student who really shows that he is dedicated and focused on doing better in his swimming career. He has done an excellent job in killer whale and will no doubt do well in pre-competition

