

NEWSLETTER

December 2025



Spotlight level!!

Marlin

In Marlin the primary focus will be learning how to incorporate the arms and legs together for butterfly and breaststroke swim. In butterfly swimmers extend arms forward, pull them back in a semicircle, push water past hips, then sweep arms out and forward, while performing two dolphin kicks per arm cycle, coordinating breath and body undulation for efficiency. In breaststroke, lying face down in the water in which swimmers use a wide sweeping arm movement and a frog kick to propel themselves forward. Only when they master the timing and strength they need to do these strokes efficiently they will be ready to move up on to shark.

REMINDERS!!

- Remember MSTA we will be closed Dec 24th-25th, Dec 31st-Jan 1st for Christmas and New Years. MSTA would also like to thank our members for all your support and to wish everyone a wonderful holiday season.
- Take advantage of our referral program!!! When you refer a friend you get \$25 off your next set of classes and your friend gets \$25 off the registration fee!! Your referral must be a new student.



MILPITAS STAR AQUATICS & FITNESS

NEWSLETTER

December 2025

EMPLOYEE OF THE MONTH



STUDENT OF THE MONTH



Kevin has proven that he is an excellent employee that always comes to work on time and is not afraid to pick up shifts when needed. He often subs for people and does it with the same energy he brings to all of his shifts. We really appreciate him at MSTA.

STUDENT OF THE MONTH



Amrutha did a wonderful job ... starfish and we have no doubt that she will do excellent in seahorse. Her teacher is very proud of her progress and sees the potential that will no doubt lead to a great swimmer.

Mikael has really proved himself and shown that he is strong enough to move on to Marlin. He has shown he has the rhythm and strength to do well in Marlin and we are excited to see where his progress will lead.

