

# NEWSLETTER

*January 2026*



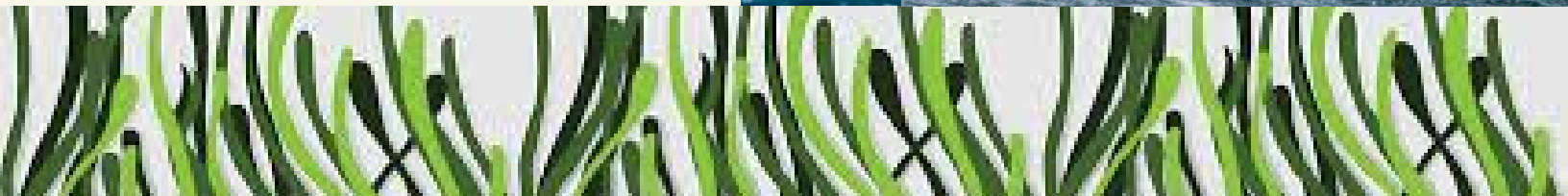
## Spotlight level!! Shark

**The expectation going into shark is that students know all four strokes and more of a training structure will begin. Students will work on each stroke and refine their skills, learn how to keep track of their times to get ready to make the transition to competitive swimming. Students will also learn skills like how to dive in a competitive setting, clock management, and how to work as a team during practice. They will also learn the etiquette involved when it comes to competitive training. Such as learning how to swim in a lane with multiple people.**



## REMINDERS!!

- MSTA would also like to thank our members for all your support and to wish everyone a Happy New Year
- 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

January 2026

## EMPLOYEE OF THE MONTH

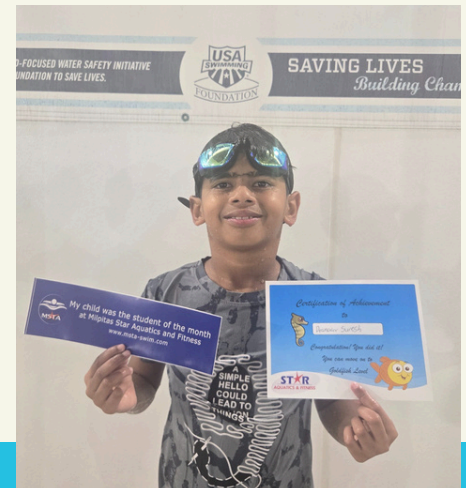


## STUDENT OF THE MONTH



**Jason consistently demonstrates reliability and professionalism in his work. He ensures tasks are completed correctly, arrives on time, and willingly covers shifts when needed. His strong teamwork and positive attitude make him a valued member of the team.**

## STUDENT OF THE MONTH



**Tanishka has done really well in sea lion and has proven she can handle the endurance of stingray. We know she will do well.**

**Pranaav has really proven himself in seahorse and has shown that he is ready for goldfish. We have no doubt he will do well.**