

# MILPITAS STAR AQUATICS & FITNESS

# NEWSLETTER

January 2025



## EMPLOYEE OF THE MONTH

Daniel can be relied on to show up on time, and he is always willing to assist customers with any need they might have.



## Spotlight level Dolphin

Dolphin is the 6th level in our program!! In order to pass this level, swimmers need to achieve the following swim techniques with proper form:

- Dolphin Kick
- Breaststroke Kick

TIPS: Focus on your gliding and timing



## STUDENT OF THE MONTH AADHYA SHIJEESH

Aadhya has made amazing improvements since her start in the program, she has been persistent in her learning and tries her best at everything she does. We have no doubt she will reach her goals!

## REMINDERS!

-Do not eat before class! (We recommend swimmers eat at least an hour before their swim lesson.)



## STUDENT OF THE MONTH JEHAAN KUMAR

Since Jehaan joined the program he has made great improvements and has become a stronger swimmer because of it. He shows a love for learning and has a great attitude

## FUN FACT!!

- Dolphins have unique whistles: Each dolphin has a unique whistle that other dolphins can recognize.



# New Manager Cody!



Cody has been in this industry for thirteen years starting as a lifeguard/Swim instructor with the YMCA. Eventually moving to Ssta and now Msta Cody has a lot of experience with children working as an instructor and also a camp counselor for many years. He is currently in school to become a park ranger for the NPS.