

Saratoga Star Aquatics

May Newsletter



What we are working on:

We hope everyone has been safe and healthy during the past months. As communities around the country begin to adjust social distancing standards, Saratoga Star Aquatics will be considering several factors when deciding the appropriate time to re-open our doors. Since the health and well-being of both members and staff will be the first and foremost factors in our planning, We will use guidelines from health officials and local conditions to determine when is the best time to open and which services it is safe to offer.

Cleanliness is at the core of our practice, so we thought to take the proactive approach and share with you how we are preparing for your return. We are taking the following steps to prepare for your safe return!

- Enhanced Disinfection Protocol
- Staff training to ensure safety for everyone
- Team Check
- Protective Gear and PPE for staff
- Changes in registration area
- Class rearrangement to complying with the health department guideline

While the road to recovery might be filled with uncertainty, our commitment to our families has not changed. As the Saratoga Star Aquatics team is preparing our facility for your return, we understand you might have questions. We are here for you and welcome you to reach out to us regarding any concern about your classes.

Look for our emails in your inbox

<https://m.youtube.com/channel/UC0wBXXkxEAdHpTVCFT75fMug/videos>

CARE FOR YOUR MIND

How do you care for your mental health?



Take some deep breaths.



Listen to your favorite song.



Write out your thoughts.



Cook yourself a nourishing meal.



Go for a run outside.



Try a guided meditation.



Put your phone on airplane mode.



Go for a walk in nature.

Have a safe Memorial Day

