

# Saratoga Star Aquatics

MAY 2019



## Newsletter

**1 Week Camp, 1 Session per Camp, 5 Lessons held on every Monday to Friday**

**Semi-private & Private classes are available in MORNING SESSION ONLY upon request**

Camp 1	6/10 - 6/14	Group Lesson	\$115	per camp	(\$92 for Camp 4*)
Camp 2	6/17 - 6/21				
Camp 3	6/24 - 6/28	Semi-Private	\$230	per camp	(\$184 for Camp 4*)
Camp 4	7/1 - 7/5 *no class on 7/4 *				
Camp 5	7/8 - 7/12	Private	\$460	per camp	(\$368 for Camp 4*)
Camp 6	7/15 - 7/19				
Camp 7	7/22 - 7/26	Lin's Private		To Be Decided	
Camp 8	7/29 - 8/2				
Camp 9	8/5 - 8/9	**\$25 Reg Fee for new student/ current students with expired			

Beginner		Red	Orange	Intermediate/Adv		White	Yellow	Navy	Green	Aqua	Blue	Purple
Level / 30 mins				Level / 40 mins								
From / To	Level			Level	From / To							
9:00	9:30	~Beginners~ 30 Mins Class		9:00	9:40	~~~ Intermediate/Advance - White to Purple - 40 Mins Class ~~~						
9:30	10:00			9:40	10:20							
10:00	10:30			10:20	11:00							
10:30	11:00			11:00	11:40							
11:00	11:30			11:40	12:20							
11:30	12:00											
2:00	2:30			2:00	2:40							
2:30	3:00			2:40	3:20							
3:00	3:30			3:20	4:00							
3:30	4:00			4:00	4:40							
4:00	4:30			4:40	5:20							
4:30	5:00											

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# *Navy Level*

In this level, our focus is to refine the proper timing for freestyle & backstroke. Below are tips on flutter kick on the side, timing for freestyle and backstroke:

- 1: Flutter kick on the side: align the shoulder, hip and knee joints, while pressing on ear on the shoulder. The body should face sideways, the kicking is front and back rather than up and down.
2. Freestyle: as one arm pulls through, the other should be extended forward in the front of the shoulder, it can start the pulling motion once the recovery arm moves over the head.
3. Freestyle breathing pattern: the swimmers are required to perform bilateral breathing pattern, that is: breath on every 3<sup>rd</sup> stroke. The body and the head should start turning sideways at the beginning of the 3<sup>rd</sup> stroke to ensure enough time to inhale.
4. Backstroke: the arm should not stop by the hips. The arm exchange occurs when the pulling arm exits the water, then the other arm begins to pull back. Always remember, each arm starts slow and accelerates throughout the pulling process.

## **Employee of the Month**

Kevin Trando - an all-around employee at our school, his compassion and willingness of helping others has displayed in the water, on the pool deck.

We appreciate! Kevin is such a rock star of SSTA !!!



***SSTA will be closed on May 27<sup>th</sup> (Monday) – Memorial Day***

## Student of the Month – Navy

Grace Tse is the SOM – Navy. Grace is always smiling and energetic in class. She has never been afraid to ask questions and is friendly to everyone in class. She is always happy in singing and dancing.

Coach - Natalie



## Student of the Month - Navy

Mutian Wang is the SOM – Navy. Mutian has been with SSTA for 2 years, he likes French fries, his favorite subject in school is “Chromebook”. He says he enjoys swimming because he likes to practice new things.

Coach - Alex

## We are Hiring

Are you a current member and able to swim? Want to teach? Please consider applying!

Has a friend, child, neighbor, involved in a church group, club, etc.? Please let them know. Many benefits available at our company including learning real life and work management skills for new comers into the work force.

We are currently providing a \$200 sign-on bonus to new staff. We are a great first-time job for those entering the workforce and need experience.

Please see our website and our employment link at: <https://www.ssta-swim.com/employment/>

