

Happy New Year



Orange Level - Spot light:

ORANGE Level This is our second level of our program and is focused on getting the swimmer moving more through the water. This level is very important as it introduces rhythmic breathing that is a core technique used in all the strokes. In addition, the swimmers are also expected to become more independent, swim further distance, and start to get a feel for staying at the surface of the water consistently. To help swimmers learn rhythmic breathing, they can practice at home in the bathtub or into a bowl of water blowing bubbles, placing the chin on the surface of the water, and taking a gulp of air, and returning immediately back to blowing bubbles; the rhythm is 1...2...3...pop-up and breath in; grab a gulp of air, then returning to



Teacher of the month-Sungmin Brian Baik

Brian is the SSTA Teacher of the month. He is from Cupertino High School. Brian started to work at the SSTA in 2022 and he enjoy teaching the younger students how to swim. He loves to go to the Gym and hang out with his friends. His favorite food is Korean BBQ. We are lucky to have him with us here at SSTA. Thank you, Brian!

Student of the Month Orange Level- Grace Wu

Grace is one of our orange-level students of the month. Grace is and will be enjoying SSTA Swim School for the long run, she loves to swim. Her favorite activity in the pool is playing with the Rings. When not at the pool she enjoys other activities, she must be busy all the time.

Her favorite color is Pink, and she loves to eat noodles. YUM!



Student of the Month Orange level- Mogi Zhu

Mogi loves to swim, and he made a few friends at the SSTA Orange class. His favorite activity at the pool is jumping into the water and making a splash.

Then he wants to go home and eat, he loves bacon! Mogi's favorite color is the color of the rainbow.

Mogi is a fun kid, and we are looking forward to seeing him at a higher level. GO MOGI, MAKE SPLASH!



Prepare for Swim Classes

Hydration: You sweat in the pool – exercising causes loss of water. Bring a water bottle, a small amount of Gatorade is useful in a full bottle as well.

Band-Aids: Do not stay on in the water; waterproof or not, they will come off. Please take them off and any open wound should be kept away from the swimming pool. Don't let a band-aid come off in the pool and others swim through it.

We are hiring. 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/>**

