12230 Saratoga Sunnyvale Road, Saratoga, CA 95070 ● 408-320-4868 ● ssta.frontdesk@gmail.com

Saratoga Star Aquatics

We Are Hiring!

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

Have 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/

Dressed for Speed

As we approach the cooler months, it's important that your swimmer wears appropriate swim attire.

Not only will it make them swim better, but also keep a steady body temperature.

Rash Guards/Swim Shirts are not appropriate – it makes the body sink by swelling with water, prevents joints from moving properly, and, like all clothing is designed, whisks away body heat.

Unfortunately, any wet clothing whisks body heat away faster than the body can produce which could lead to hyperthermia – watch for teeth chatter, shivering, blue lips. Wearing improper swimming clothing can lead to unsafe body conditions.

EMPLOYEE OF THE MONTH

Susan has been awarded another Instructor of the Month. Susan has been very consistent with moving her kids as well as progressing them throughout the levels they are in. She will also win the Great Gain award for 2018. That award is given for the instructor that has moved up the most kids annually. She teaches Whites thru Aqua. We are proud to have her on our staff.

STUDENTS OF THE MONTH RED LEVEL

Leo has been in my class for a few months now and has improved so much! He never used to like to put his face in the water and now he's more comfortable than before. He's always such a pleasure in class. Keep up the good work Leo! -Janel

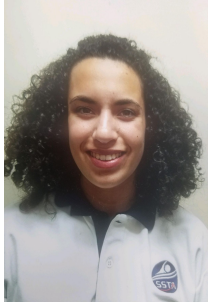
Kaishuan Wang has been awarded Female Student of the Month for the level Red. She came to my class fearless and ready to work. She pays very close attention to all of my feedback. She does her best each and every day. She has been a pleasure to work with.The Deck Supervisor, Rommel worked with her for about 2 months. -Rommel

RED LEVEL

This is our beginner level of our program and is focused on getting the swimmer comfortable in the pool. Our program incorporates some safety skills as well at this level where we teach a child to be able to move around the pool and get themselves out of the pool in the event they fall into it. Though all pools are different, giving these skills to swimmers is important.

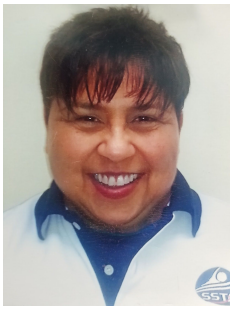
We teach the basics of kicking and moving the arms to get them a short distance and be able to float on the back; all of which are pre-reps to freestyle and backstroke taught in several later levels. To help the swimmers get used to putting their face in the water, especially if they have had bad experience or have any water aversion, we ask that parents assist us by having their swimmers practice in the bathtub under the shower: inhaling, holding breath, and exhaling while water is coming down their face.

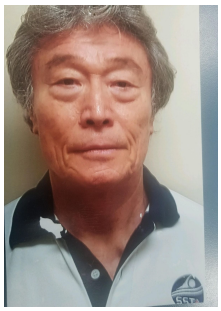
SSTA Superlatives 2018

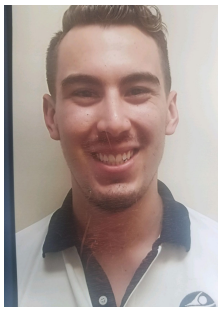


Most Improved:Yutong Liu **Most Helpful: Jacquelyn Loretto**

Most Move ups:Susan Amaro **Most Reliable: Jesse Dona**







Most Valuable Instructor: James Liu

Front Desk Employee of the Year: Stacy Stewart

*****Cancellation for the month of January is December 15*****

Holidays shutdown from Dec 23 to Jan 01