



Saratoga Star Aquatics

Newsletter - March 2019

News – White Level

In this level, we focus on the rotation between from face down to face up position; as well as the flutter kick which is crucial in freestyle and backstroke. How to do it well:

1. Rolly Polly: keep the head in line with the spine, during the roll, if the head is tilted upward, it will cause the body to sink. The terminology is ROLL, not LIFT.
2. Kicking during the Rolly Polly: keep the up and down motion in equal range, and power; the kick should always consistent.
3. Kicking with stream line: for both on the stomach or on the back: Keep the hands locked, and the arms squeezed behind the head. This is especially important to create an efficient aquatic position for all strokes.

Private and Semi-Private Lessons

One-on-one and two-on-one lessons are simply the best options for students to improve their skills no matter the subject. These options will offer the ability to have a custom-tailored lesson that suits the student's unique learning style. There is no peer pressure either!

Private lessons give the student the confidence to ask questions that they otherwise might be too shy to ask. All of the hard to grasp concepts will now be more accessible.

Individual attention is also heightened with private lessons. Students will no longer compete for the instructor's attention. This will allow them to grow their skills at their own pace creating a more pleasant and fulfilling experience.

To get further information of SSTA's semi private and private lessons, please come to our front desk and ask! Spots are limited so don't delay

Progress report week 3/17-3/23:

We will be performing progress reports this week. In order to provide comprehensive detailed skill reports to everyone, our amazing instructors will spend 10 mins to give in-person feedback to the parents. Please be present during your children's classes, so you can receive the most valuable information regarding your children's progress.

Summer Class Schedule 2019

Summer camp is an additional swim program where students will have lessons Mon-Fri for one week. Each session will last for one week, and we have 9 sessions in total. Parents can sign up for multiple sessions and check the summer camp schedule at the front desk. Registration for Summer Camp begins on April 1st. Feel free to inquire more at the front desk. Look forward to seeing you here!

1 Week Camp, 1 Session per Camp, 5 Lessons held on every <u>Monday to Friday</u>												
Semi-private and private classes are available 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	7/29 - 8/9											
**\$25 Reg Fee for new student/ current students with expired-status												
Level / 30 mins		Level	Level	Level / 40 mins		Level	Level	Level	Level	Level	Level	
From / To		Red	Orange	From / To		White	Yellow	Navy	Green	Aqua	Blue	Purple
9:00	9:30			9:00	9:40							
9:30	10:00			9:40	10:20							
10:00	10:30			10:20	11:00							
10:30	11:00			11:00	11:40							
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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											

Employee of the Month

The employee of the month is Ernie Hung. Ernie started working for SSTA since March 2018 and was promoted to Front desk supervisor. He has displayed great enthusiasm to learn and grow professionally. He is very reliable and detail oriented, he works well with all front desk employees and with other departments. He helps subbing when others need one.

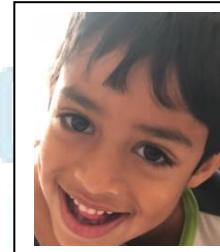


Student of the Month - White Level

The student of the month is Srimai Nukala. Srimai's instructor, Jackie, said "I remember I was a Deck Manager and I saw Srimai progress from red to orange and now she is in white. She has a high interest in swimming as she is able to move up to the white class from red in less than a month."

Student of the Month - White Level

The student of the month is Vikranth Anand. Lei said Vikranth struggled with the workout at the beginning beginning; however, now he seems to learn faster, understanding the workout and making progress every practice.



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/>

