

SSTA March 2023

Camp is coming!



White Level Spotlight: Preparing for swim class

White Level: This is the SSTA 3rd level of Swim lessons program and is focused on getting the swimmer moving more through the water. alternately swimming dog paddle for 5 seconds on front and back. Kick on the entire width of the pool using sculling hands. Flutter kick on stomach and back in streamline. Flutter kick on side.

**SSTA will be closed on
April 9th, Easter Sunday**

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.

Please bring a cap and goggles, (As they are required to get into the pool)



Student of the Month White Level- Shelby Cheung

Shelby is a SSTA student of the month for white level. Shelby is coming to SSTA for last 2 years, she loves swimming and enjoy her classes here at SSTA.

Her favorite thing to do in the class. Is Jumping in at the end!

Favorite food to eat, she said “I love to eat noodles”.

Shelby is a bright, happy student and her teachers love to have her in their swim lesson classes. Shelby, you are the super star!



Student of the Month White level- Evan Lou

Evan is the student of the month, White level.

His favorite thing to do in the class swim lesson class is jumping into the water!

Looks like that is everyone’s favorite thing to do!

His favorite food to eat, is mangoes and pizza. Yum!

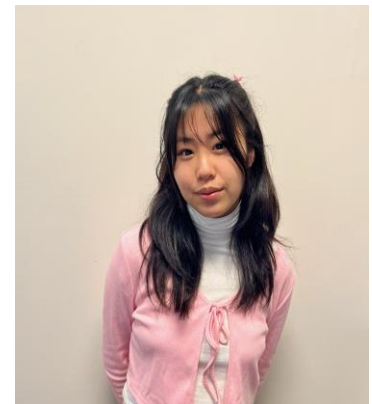
I've been swimming for 9 months, he said, and I really love it.

We love to have Evan here at SSTA too. Evan is smart young man, and he will be a great swimmer! Evan, you ROCK!



Teacher of the month- Anya Wai

Anya has been working at SSTA for 7 months and she is a great teacher and Coworker. Currently, Anya is a junior in High School, and she loves to swim. Anya said: “She has been swimming for almost all her life until the pandemic”. Anya loves kids and teaching them is FUN for her! Anya has couple of Cats around the house, and she loves them. Her other hobby is baking. We are lucky to have Anya here at SSTA. THANK YOU, ANYA!





COME JOIN US
Fun Summer Camp!
Swimming Lessons

for kids June 19 to August 11, 2023

Early Birds Special

SAVE \$50
 on
 Registration Fee
 before
04/15/2023

- ✓ Flexible weekly classes (Mon to Fri)
- ✓ Taught by highly trained instructors
- ✓ Group Lessons
- ✓ Semi Private Lessons
- ✓ Private Lessons



Join Us:

(408) 320-4868
 info@ssta-swim.com
 www.ssta-swim.com
 12230 Saratoga Sunnyvale Rd, Saratoga, CA 95070

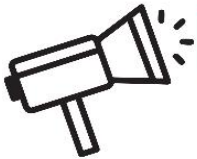
SCAN ME



Summer Camp QR



SARATOGA STAR AQUATICS
 12230 Saratoga Sunnyvale Road, Saratoga, CA 95070
 Email: jobs@ssta-swim.com
 Phone: (408) 320-4868



**WE ARE
 HIRING!**

Open Positions: 
**SWIM INSTRUCTOR
 and/or LIFEGUARD**

Scan QR code to apply



JOIN OUR TEAM !
 FLEXIBLE HOURS
 COMPETITIVE PAY
 \$200 SIGN-ON BONUS
 INDOOR SWIMMING POOL