

SSTA April 2023 Newsletter

Camp is coming!



Yellow Level Spotlight: Preparing for swim class

Correct the kicking motion by placing your hands under the knees to manually move the legs. Flutter kick on the stomach with kickboard (face up). Fingers up, thumbs down. Flutter kick on the stomach on the wall (face down) Stack the hands, Wrap the top thumb down to lock the hands. Press the arms down and lift the head up to breathe (do not break the streamline). Flutter kick on the stomach in streamline with pop ups (face down) Have the swimmer push off from the steps and streamline on the surface of the water a short distance out to you. Have the swimmer push off from you and streamline on the surface of the water a short distance to the steps. Stand in front of the swimmer. Gently tap the top of the head and ask the swimmer to pop up. Have the swimmer press the arms down and pick his/her face out of the water and take a deep breath in (do not break the streamline). Have the swimmer place his/her face back in the water. Increase the number of pop ups as the swimmer becomes more proficient at completing them.



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



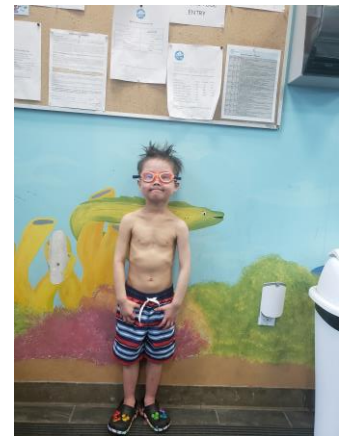
Student of the Month Yellow Level- Shelby Cheung

Shelby love water and has been swimming for the last 2 years. She loves the freestyle stroke and jumping into the water. Her favorite food is Hotpot. Thank you, Shelby, for being so positive and for your smile!



Student of the Month Yellow Level-William Fan

William started swimming about 9 months and his favorite stroke is back-Stroke, he said. He loves water and jumping into the water is his favorite time at the end of the class. He loves fruits, especially Grapes! Thank you, William, for being so brave!



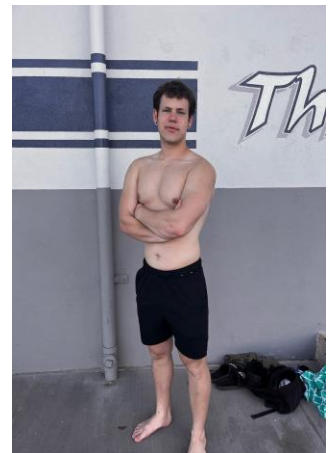
Teacher of the month, Alex McAllister

Alex is a student at Branham High School. He swam for 7 years and plays water polo.

He loves to be in the water and enjoys all water activities. He enjoys teaching swim Lessons to our younger students and he is so patient.

Alex love to eat food, but his favorite is sushi, and he likes to surf, play video games, and hang out with friends.

Thank you, Alex, for being a Great team player!





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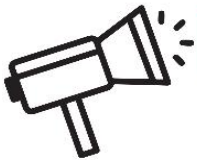
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