

# SSTA June 2023 Newsletter

## Summer Camp is here!

Signup now and get a free-swimming Cap



### *Green Level* Spotlight: Preparing for swim class

Students will learn:

- Kicking: Dolphin and breaststroke kick on the kickboard.
- Freestyle and Backstroke: Proper backstroke.
- Butterfly: Introduce butterfly.
- Treading Water and Diving: Tread water in deep water for 30 seconds unassisted.
- Treading Water and Diving: Proper dive in deep water unassisted.
- Flip Turns: Introduce somersaults and tucks assisted and unassisted.



**We would like to say Thank you to all the Summer Camp staffs, teachers, Volunteers, and parents for a wonderful Summer Camp kick-off. Happy faces all around.**

**Prepare for Swim Classes Hydration:** exercising causes loss of water. Please Bring a water bottle with you. **Band-Aids:** Waterproof or not, Band-Aids do not stay on, in the water. Please take them off before getting into the swimming pool. Any open wound should be kept away from the swimming pool.

## **Student of the Month Green Level- Mia Xu**

Mia likes dolphin kicks. She loves swimming here at SSTA and she likes her friends and teachers.

Mia loves dancing. Her favorite food is noodles.



## **Student of the Month Green Level- Steve Lin**

Steve is a happy student all the time when he is here at SSTA. He loves to jump into the water during his class time. He loves to swim freestyle. His favorite sports are to play Soccer and swim.

Steve loves to eat hamburgers.



## **Teacher of the month, Gabi Nguyen**

Gabi is attending UC Santa Cruz and majoring in biology. She loves to swim competitively and play with her dogs in her free time. Helping kids overcome the fear of water and swimming is one of her passions. Gabi is helping out during Summer Camp and It's a pleasure to have Gabi around SSTA.

**Thank you, Gabi, for being a Great team player!**





COME JOIN US  
**Fun Summer Camp!**  
**Swimming Lessons**

for kids

June 19 to  
 August 11, 2023

Sign Up

GET 1 FREE  
 SWIM CAP

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



Join Us:

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SCAN ME

