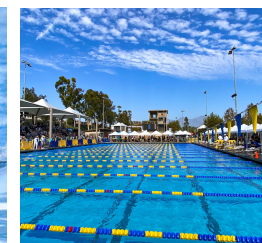
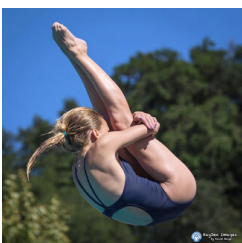




JOIN US!

TEAM TRAINING IN MISSION VIEJO



TRAIN BY THE DAY OR BY THE WEEK

\$25/athlete/day + \$30/hour monitoring fee

2 two-hour training sessions

dryland available

SWIM

Short Course or Long Course

Dryland/weight room

On-deck equipment storage

Competition level starting blocks

Hot tub

Meeting rooms available within minutes of pool

DIVE

1,3,5,7,10-meter platforms with bubbles

3 - 1 meters and 2 - 3 meters

3 dryboards and 2 in-deck trampolines

Spring floor, foam pit

Hot tub

TIVO replay systems for all levels

Beach is 20 minutes away • hotels are 10 minutes • free parking

Orange County Airport = 20 minutes • LAX = 60 minutes

Great weather • Lots of friends!

Marguerite Aquatics Complex
27474 Casta Del Sol, Mission Viejo, CA 92692

Swim: coachsarah@mvnswim.org • (949) 380-2552
Dive: office@mvndive.com • (949) 380-2538