



MARCH 2023

MISSION VIEJO NADADORES

Family, Respect, Excellence

Your Nadadores staff have been meeting regularly to define our own Vision and Mission statements to help guide us as we develop a richer experience for our membership and a closer bond across the facility.

VISION: The Mission Viejo Nadadores exemplifies excellence in our TEAM, community, and tradition.

MISSION: We foster a positive, safe, and inclusive culture empowering members to participate in a transformative experience which allows everyone to realize their potential in sport and in life.

This process has been invaluable to the group and is rooted in our mutually agreed-upon core values of **Family, Respect, and Excellence**. We believe in those values so much that we have painted them on our office walls as a daily reminder.

So, as you encounter our coaches and staff, know that we are collaborating while building a better overall program and refining our “why”, “how”, and “what”.

Warm Regards,
Michele Mitchell, Ph.D.
Executive Director



Save the Date

JUNE 10, 2023 • 4 PM - 9 PM



MIDNIGHT MADNESS

Fundraising in the Moonlight

Save the date for the 2nd annual Midnight Madness, an all-team event that marks the combination of our swim and dive-a-thons.

Come out to enjoy our food trucks, beer & wine garden, music, family games, and a silent auction.

All this while athletes gather in waves to complete their laps/dives to earn their pledges for swim and dive-a-thons.

More information to follow in upcoming newsletters!

Nadadores News and Events



AAPI - LUNAR FESTIVAL MEET

A new USA Swimming cultural heritage meet made its inaugural debut at our home pool over President's Day weekend.

A single aged Prelims/Finals meet over the course of 4-days incorporated a Pan-Asian cultural flair which was apparent throughout all aspects of the meet. From the walk-in under the Best Wishes' branches, to Red Envelopes for the heat winners - to red lanterns and flowers that adorned the deck and a Korean drum troupe that opened Finals... The Nadadores will continue to host the annual event as one of the forefront Cultural-Heritage meets in the United States.



"WEARING THE COLORS"



12 year-old Lucas Rodriguez from the Silver Group rocked his Nadador colors at a fun Disney day!

Thank you for wearing the colors and sharing your Nadadores pride when you are out and about! Make sure to take a picture and send it to us... we may just include you in the next newsletter.

SHARE THE NADADORES SPIRIT EVERYWHERE!

*Send photos to: marketing@mvnadadores.org

TEAM TEXTING

Please make sure "SMS" box is filled out in your Team Unify account.



Your coaches may use this feature to text you with important reminders, for example, if practice is cancelled for lightning.

To enable text communication, log in to your account on mvnswim.org. Click on "My Account → Account Info" and add your cell phone number and carrier to the SMS box.

Nadadores News and Events



SUNDAY, APRIL 30, 2023 • 12-3 PM

Come make a splash and kick off Water Safety Month at a FREE community event at Marguerite Aquatics Complex!

- Inflatable obstacle course
- Recreational swim activities
- Jump off the diving boards
 - Water safety tips
- Drowning prevention information
 - Music, food and more!

SNAP (Special Needs Adaptive Programming) with modified sensory activities • 11 AM-12 PM



NATE'S BELL

In Memory of Nate Lipscomb

Nate Lipscomb was a passionate man who fiercely loved his family, career, adventures, and his son Jackson's diving.

Jackson Lipscomb (17) is a promising diver with the Mission Viejo Nadadores Diving team in Orange County. Jackson is a straight-A student, he trains 20+ hours per week and is on the national diving scene. Recently, Jackson verbally committed to Yale for 2024. Nate could not have been prouder of him, or more helpful to the team.

Nate was a quiet but ever-present and positive force, for both Jackson and the program. In his honor, the team and Nate's family will soon erect "Nate's Bell" and an accompanying plaque at the facility. When a diver learns a new dive (a big deal) he/she will ring "Nate's Bell" to let Nate and the world know of the diving success.

If you would like to donate to the Mission Viejo Nadadores in Nate's memory, your contribution will be used for dive scholarships. Visit our website to learn more and to make your donation. [CLICK HERE.](#)



Notable Nadadores



Project Kindness



Have you heard about Notable Nadadores? It's a new project the MVN coaching staff have put together to shine a spotlight on attributes or characteristics coaches look for in great athletes. The first theme chosen by the coaches is called "Project Kindness," which ran through February. Athletes were asked to nominate teammates that had shown them or other teammates a gesture of kindness. Coaches from each program (Junior Team, Swim and Dive) have read through all the nominations and have chosen the following that exemplify acts of kindness towards a fellow teammate.

JR TEAM

MAOCHEN TAN nominated CAMERON DAY: "When I got hurt, he asked if I was okay."



AVA MENDOZA nominated AMY JUNG: "On my second day of practice, she treated me like a friend."



10&U SWIM

GRIFFIN FELKER nominated KEVIN KUBASIK: "He is a good friend during practice, and he is a good person to talk to."



CHRISTA STINE nominated BRYNLEY GRINSTEAD: "My bag fell in the water, and she helped me pick it up."



11-12 SWIM

HALLE KETCHUM nominated ADDY TAYLOR: "She always comes to practice positive and is always kind to others. She even cares how people are feeling. If I am sad, she makes me smile."



JULA PAJA nominated MARINA OHTA & HALLE KETCHUM: "When I joined bronze, I knew nobody. Once I joined Marina and Halle's lane, we became friends, and I wasn't lonely."



DIVE

KAROLINA POLIZOS nominated CLAIRE NELSON: "Claire is always positive, funny and encouraging the group." ♥



Upcoming Competitive Events

SWIM

SCS Spring JO
Hosted by ROSE
Mar 16-19
Pasadena, CA

BB Max
Mar 25-26
TBD

Intrasquad Meet
April 1 – 2
MAC

SMOC
April 13 – 16
MAC

MVN – BB – MIN
May 5 – 7
MAC

TYR Pro Swim Series
May 17 – 20
MAC

NOVA Grand Challenge
May 26 – 27
Woollett Aquatics Center, Irvine

Intrasquad
June 3 – 4
MAC

June Age Group Invite
June 16 – 18
TBD

DIVE

Texas All-Star Invitational
March 9 – 12
Texas A&M - College Station, TX
Elite Divers

Ron O'Brien Invitational
March 24 – 26
MAC
All groups

USA Diving Region 8 Meet
April 21 – 23
West Fargo, ND
Invitation by Lead Coach

USA Diving Region 10 Meet
April 21 – 23
Novato, CA
Invitation by Lead Coach

USA Diving Region 12 Meet
April 28 – 30
UNLV- Las Vegas, NV
Invitation by Lead Coach

Bergen Open
May 4 – 7
Bergen, Norway
Elite Divers by Invitation

World Championship Trials
May 17 – 24
Morgantown, WV
Pre-Qualified Divers

Lee Brennan Memorial
June 9 – 11
Laguna Niguel Aquatic Center
ALL DIVERS expected to attend

MASTERS SWIM

MVN Masters SCY
March 12
MAC

CVMM Annual Matt Biondi
Classic
March 26
Simi Valley, CA

USMS Spring Nationals
April 27 – 30
Irvine, CA

MVN Masters LCM
May 28
MAC

OC Riptide Masters LCM
June 4
Huntington Beach, CA

MVN Masters Patrick Moore
Memorial Relay Meet
July 7
MAC

USMS Summer Nationals
Championship
August 2 – 6
Sarasota, Florida

MASTERS DIVE

2023 Spring Masters
National Championships
April 27 – 30
Ft. Lauderdale, FL



SWIM

JR TEAM

The Junior Team is going strong in the new year! Our first swim meet of 2023 was held on February 5, with 46 participants. Everyone swam each stroke to demonstrate what they had learned and accomplished over the first few weeks of the year. There were lots of smiles and cheering! We will be hosting our next swim meet in early April.



11/12 DIVISION

Oso Fit Fun Run - 11/12 Silver athletes, Penelope Bartocci and Gianna Rivera, attended the Oso Fit 5k Fun Run, then had a post-run practice and lunch!



FEBRUARY BB MAX MEET SWIMMERS OF THE MEET

11-12 Bronze – Riley Scout

11-12 Silver – Hunter Shrivastava

CONGRATS!!

AAPI LUNAR FESTIVAL MEET



Congratulations to the 11- and 12-year-old High Point winners: Aaron Deng for 12-year-old boy, Amy Robles for 11-year-old girl and Ben Yang for 11-year-old boy! Also, Aaron Deng and Baron Marshal both slipped under the 200-yard breaststroke team record! Baron Marshal came out with the win and became the fastest 11-12 200 breaststroker in team history.





SWIM

10 & UNDER DIVISION

February BB Min Swimmers of the Meet

10U Silver – Kevin Kubasik and Wolfgang Lubba
10U Gold – Grace Frahm and Noah Huang



AAPI Lunar Festival Meet Recap

Congratulations to our 10&Unders who competed in the inaugural Lunar Meet last weekend! It was a long weekend, and we are so proud of our Nadadores who showed grit and perseverance through their individual races and relays! Shoutout to our 9&Under Boy High Point Winner, Joel Taylor! Also, Congratulations to our individual meet record holders: Taylor Jones, Joel Taylor, Jack Dedeaux, Nicholas Kubasik, and Connor Neth!



Thank You to our awesome Nadador parents who helped to set-up, run, donate, tear down, etc., with the meet! We are truly grateful and appreciate all your time, patience, and contributions in putting up such great hosted meets for not only our team, but visiting teams as well. You are a valuable part of our team and your efforts do not go unnoticed!

February BB Max Meet Recap

Bronze and Silver athletes braved the cold and rainy weather and gave their best efforts and showed great team spirit with awesome swims and fast times!

Swimmers of the Meet

- 10U Bronze – Owen Newton and Gabby Graham
- 10U Silver – Evan Huang and Ayla Shahriar

10&Under x National Team Buddies!

National Team Nadadores buddied up with our 10&Unders during the Lunar Meet! It was such a fun experience to bond together, create memories, and build team culture!





SWIM

SENIOR DIVISION

The Senior division wraps up a busy month of February competing at the BB Min at El Toro High School, our inaugural Lunar festival meet, and another BB Max in Anaheim. Through the sunny and stormy days, Nadadors' shined throughout the month of February and came out stronger both in and out of the water.

The Senior Division kicks off next month right away as they bring 55 athletes down to Carlsbad to go against the best teams in the state to compete for the overall Team Title. From there the celebration won't stop as the 13/14's look to take on SCS Spring Champs at Rose Bowl Aquatics. Stay tuned for our April Newsletter to see the official results and how our Nadadores represented their team through the month of March.

Notable Swims:

Nolan Baker for tying the MVN Team Record in the 100 Free!

1st Time Futures Cuts:

Arthur Barney (200 Fly) Futures Cut
Nick Lee (200 Free) Futures Cut

First Spring JO Cuts:

Audrey Miazga - 100 Breast
Kaityln Fong - 50 Free
Zach Hornstein - 100/200 Breast

New Sectional Cuts:

Hannah Campbell - 50 & 100 Free
Vivian Taylor - 100 & 200 Free, 200 IM
Luke Collins - 200 Breast

Minute Barriers Broken:

Zoe Le - 100 Backstroke
Sophia Del Rosario - 200 Free
Bennet Korner - 200 Back
Brendan Cook - 200 Back
Anny Ambrosio - 400 IM
Parker Coombs - 100 Back
Nolan Weijland - 200 Back



ATHLETE SPOTLIGHT BRENDEN COOK

Brenden is a long time Nadador and started in Coach Sarah's 11-12 group. He noted the team chemistry



being his favorite part about being a Nadador, as it is an important aspect to enjoying the sport! He's most proud of getting his sectionals cut in the 50 free.

A few fun facts about Brenden:

- Group: Senior Silver
- Favorite events: 50 & 200 free, 200 back
- Favorite hobby: playing Madden
- Favorite movies: the Jurassic Park series
- Favorite food: Korean BBQ
- Favorite song: Chicago, Michael Jackson



360° PERFORMANCE CENTER

HATCH CRUSHES PHILIPPINES NATIONAL RECORD!



With only 10 days' notice, Nadador Pro, Jarod Hatch, traveled 7,280 miles and 16 time zones away to compete in the 2023 SEA Games, in New Clark City, Philippines. Hatch brought home 4 golds in 4 events and set a new Philippines national record in the 50 fly, in both the prelims and the finals. Originally planned to be in late February, Hatch was notified of the date change at the last minute but rose to the challenge.

As we know is part of the Nadador way, Jarod handled the challenge as an opportunity, set his mind to a positive approach, planned with Coach Jeff, and got ready to take care of business. This first step was huge in attaining these results. The second piece, that needed to happen way before this news ever came up, was that he set himself up in the best position to handle anything thrown his way by being as CONSISTENT as possible in his process. Consistency + the right mental approach allows you to handle just about anything thrown your way.



Congrats to Jarod! And he's only getting started...

TYR PRO SWIM SERIES - FT LAUDERDALE

Justin Ress - 1st 50 Back, 3rd 100 Back - New Olympic Trials cut in the 100 Back

Trenton Julian - 2nd 200 Fly, 4th 100 Fly, 5th 200 Free, 11th 50 Fly - New Olympic Trials cuts in the 200 Fly, 200 Free, and 100 Free

Jerome Heidrich - 16th 50 Free, 21st 50 Fly, 22nd 100 Free

UPCOMING DATES

April 13-16 — Fran Crippen Swim Meet of Champions, Mission Viejo*

April 21-23 — OW Nationals, Sarasota, FL

May 6-11 — Southeast Asian Games, Cambodia (Jarod Hatch - Philippines)

May 17-20 — TYR Pro, Mission Viejo*

June 27-July 1 — Nationals, Indianapolis

*TAKE NOTE — two home meets to come out and watch our Pros racing

Go Nadadores!



Staff Corner: Assistant Dive Coach Doe Krug



Doe was the program director, manager, and co-head coach of Pitt Aquatic Club Divers from 1979 to 2017. She and Julian Krug were instrumental in laying the training foundation for Olympians Karen LaFace (1992), David Pichler (1996, 2000), and Cassidy Krug (2012), plus an Olympic diving coach Nunzio Esposito (2016). They produced 48 gold medals at the PIAA State Championships earned by 25 different divers. Doe also coached diving teams at Mt. Lebanon, Montour, Chartiers Valley, Quaker Valley, and Oakland Catholic High Schools over the years.

Doe's passion and service to the sport of diving go beyond coaching. She served on the broadcast crews of 9 Olympics: Los Angeles, Seoul, Barcelona, Atlanta, Sydney, Athens, Beijing, London, and Rio. She is an international certified FINA diving judge and enjoys officiating NCAA, USA Diving, and FINA competitions. She has served as USA Team Leader at the Pan American Games, as well as Team Chaperone to the FINA Junior World Championships and Junior Pan American Games. She has been chairman of the Pennsylvania Association of USA Diving for decades.

Doe grew up in Bloomington, Indiana, earning her B.A. from Lawrence University and an M.S. from Indiana University. She is an avid hiker here in Southern California, and also enjoys yoga, pickleball, traveling, and lapidary arts.

I have been with MVN since 2018.

My family is: husband Julian, children Cassidy and Kyle, son-in-law Nick and granddaughter Ocean (born 10/8/22). I love being a grandma!

My favorite recent movies were Coda and King Richard and a classic fave is Wizard of Oz.

The best vacation I ever took was adventuring in Costa Rica with some fellow hiking junkies. We hiked, kayaked, chased waterfalls, and marveled at the biodiversity.

My first job was as a hostess/cashier and then a waitress at a Chinese restaurant.

I grew up in Bloomington IN, except for a year each in Kyoto Japan, Bethesda MD and Hong Kong. Most of my adult life was spent in Pittsburgh, PA.

My favorite hobby is hiking, and I have moved to hiking paradise here in Orange County.

When I was little I was a dare devil.

If I won the mega-jackpot lottery I would share my bounty with groups preserving open spaces and slowing climate change.

The best advice I could give anyone would be "You've always had the power, my dear, you just had to learn it for yourself" - Glinda in The Wizard of Oz.



DIVE

OSO FIT 5K RUN

A big shout-out to Parker Boggs, Cody Jurick, Tyler Mark, Ava Sommers, Ruier Wang and Will Wang for attending the 5k Oso Fit Fun Run. The event is hosted by Spirit League and supported by Children’s Cerebral Palsy Movement. 100% of proceeds went back to MVND. Thank you for attending and supporting this great cause and thank you to Camille Molinari for volunteering at the swim and dive community booth during the Health Fair!



VOLUNTEERING FOR UPCOMING MEETS

It is absolutely imperative that all parents and families are involved with the volunteer needs of the program as we head into our heavy meet season. We anticipate record numbers as we host the Ron O’Brien Invitational at the end of March and at the Junior National Championships at the end of July. The program and these events will necessitate everyone’s participation however big or small. Please keep your eyes peeled for volunteer opportunities that will be coming your way.

CDC NOVICE & JO INVITATIONAL WRAP-UP

Novice, Gym 2 Dive and High School divers kicked off their first 2023 meet in Cypress, CA at the Charger Dive Club’s CDC Novice & JO Invitational.

Nadadores sent 17 divers from the Novice program, four from Gym 2 Dive and two from the High School program. We had many personal best records on 1m, 3m and Platform. Misha Jain from the Novice program participated in her very first dive meet competing on 1m Springboard in the Girls 10-14 age-group. Congratulations Misha! Novice athletes were excited about competing Platform events at this meet.

**NADADORES CDC INVITATIONAL MEDAL COUNT:
6 GOLD, 5 SILVER AND 3 BRONZE!**



Alex Cochran, Cody Jurick, Emmeline Chen, Kinley May, London Smith and Parker Boggs all brought home 1st place trophies as 1st place winners of their respective dive events. Congratulations!





DIVE

updates

DEVELOPMENTAL PROGRAM

Evaluations were completed during regular dive practice in Novice groups and we were happy to save our members the evaluation fee. Congratulations to the 20 divers who advanced through another level of the dive progressions: Tara Afshar, Wren Bailey, Nicholas Corona, Eve Cox, Lachlyn Fletcher, Emmett Geis, Belle Kelley, Kayla Keoveunxay, Cash Kleindienst, Keira Kuderka, Lauren Kudo, Arianna Lopez, Ethan Mak, Tyler Mark, Charlotte Moorefield, Dayenu Munoz, Karah Owings, Coco Rainey and Genna Raphael.

LESSONS PROGRAM

We are excited that our Lessons program is growing and we have welcomed 9 new divers. Coach Gavin has been doing an amazing job with our Lessons divers, so much so that five athletes have transitioned from the recreational program into our Competitive Novice Pathway. We are happy to welcome Nika, Will, Ruier, Connor, Ayanna, Eric, Owen, Ivy, Adrienne, Clara and Issac to our Novice and Lessons teams.

NOVICE PROGRAM

20 divers successfully evaluated out of their current dive group and into the next set of progressions this past month. Novice divers are currently working on preparations for the Ron O'Brien Invitational coming up March 24-26.

GYM 2 DIVE PROGRAM

Optional gymnasts are well into their first month of competition for USA Gymnastics while training in dive on the weekends. Two of our gymnasts have retired their leotards in exchange for a MVN team suit. Eve Cox and Brianna McClaine have joined Novice 3a and we welcome our newest Gym 2 Dive athlete, Malia Brooks coming to us from Olympica Gymnastics.

HIGH SCHOOL PROGRAM

Congratulations to Sarah Lopez and Madeleine Raphael for representing the High School Dive program at the CDC JO Invitational. Sarah and Madeleine both competed 1m JO events finishing a respective 8th and 15th in their events. High School divers are currently spending a lot of time on 1m as the High School dive season approaches. Most of our High School divers are gaining their 11-dive competition list under the guidance of Coach Doe, Coach Gavin and Coach Lisa. High School divers are also getting ready to compete at the Ron O'Brien meet in both JO and Novice events March 24-26.

ELITE TEAM PROGRAM

Since coming back from the Winter Break, the Elite Team athletes have been shifting focus from mastering the basics and fundamentals of diving, to learning more complex skills and preparing to enter the meet season. Most of our Elite Team athletes spent more time on the fundamentals of diving than they ever have. It created a bit of nerves and uncertainty. Now that we are building things back up to more complex dives, all of the work on the fundamentals is paying off! Regardless of the pathway, your child is taking, they are all working hard and doing a tremendous job. All of you as parents should be proud!



SWIM SCHOOL

STROKE CLINICS

Swim School students got a jump on evaluation week with a specialized clinic in either Freestyle/Backstroke or Breaststroke/ Fly. Head Senior Division Coach Logan Redondo supervised the clinic lead by our National Team athletes. Clinics focused on stroke-specific technique demonstration and practice.



COMING IN MARCH AND APRIL

Stroke Intensives with MVN National Team! Sign-up for stroke-specific intensive classes in JackRabbit. Limited classes available with 2:1 ratio.

Summer Camps also available Register Today!

MISSION VIEJO NADADORES

SPRING BREAK CAMP AT THE pool

APRIL 3-6, 2023
MONDAY - THURSDAY
9:00 AM - 12:00 PM
\$205 PER SESSION



Activities

- ✓ Swimming Lessons
- ✓ Diving Fun (no lessons)
- ✓ Crafts and Games
- ✓ Snacks provided
- ✓ Tons of FUN!

Register with the QR Code or at:
missionviejonadadores.org/events

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

More Information: 949-380-2550 • swimschool@mvnadadores.org

WELCOME JOSH!

We are pleased to welcome our new Programs Manager, Josh Kartawinata. You'll see Josh on deck with our instructors overseeing lessons, safety and training. Josh is a former swimmer, experienced instructor and is thrilled to join our Nadador family!



BIRTHDAY POOL PARTY

CLICK HERE

HOW ABOUT A POOL PARTY FOR YOUR NEXT BIRTHDAY BASH? OUR SWIM SCHOOL POOL CAN BE RENTED FOR YOUR BIG DAY!





MASTERS

WHO ARE WE?

Nadadores Masters swimming exists to promote health and fitness in its members who participate in a variety of ways ranging from fitness swimming to local, regional, national, and international competitions.

Everyone has his or her own reason for joining Masters-health, fitness, camaraderie, fun, the thrill of competition, travel, and coaching. Anyone 18 years of age or older can join.

Our current roster boasts 250+ swimmers. We practice 7 days a week offering 25+ workouts weekly. The focus is on improvement. Improve stroke, Improve health. Improve fitness. Any one or all three, it's your choice. Tri-athletes are welcome. Competitions and meets are available, but not required.

What is unique about our program is that in every practice all swimmers do the same workout, the distances and intervals might change according to ability but everybody begins each set together. And every daily workout follows the same format, the only adaptations being interval conversions for short course yards and long course.

PRACTICE TIMES (1 HOUR)

Monday-Friday: 5:00 AM, 6:00 AM, 9:00 AM, 12:00 PM, and 7:45 PM

Saturday: 5:00 AM and 6:00 AM

Sunday: 8:00 AM and 9:00 AM

2022 USMS TOP 10 NATIONAL SCM FOR MVN

Top 10 listing - 50 swims achieved TOP TEN by 12 Nadadores!
3 swims were #1 in the USA!

Randy Aakhus (30-34)

Magid Ahmadi-Kashani (50-54)

Jody Bergstrom (55-59)

Van Cochran (70-74)

William A. Kennedy (65-69)

Diana Dolan LaMar (65-69)

Jan Levinrad (75-79)
ALL AMERICAN in 1 event

Bev Montrella (75-79)
ALL AMERICAN in 2 events

Elizabeth Olsheim (45-49)

Zeyad Ramadan (35-39)

David Sumner (50-54)

James Tobin (55-59)



[CLICK HERE](#) for Top Ten results for MVN

Way to go Nadadores!!!



MASTERS

ADULT LEARN TO SWIM

Recently MVN Swim School hosted a USMS Adult Learn to Swim Certification Class. Congratulations to our Masters Coaches - Mo and Tim - for completing the course!



MASTERS VALENTINES CUPID COUPLES



Ian and Margaret Stewart

Met in Lausanne, Switzerland in 1998. MVN members since 2017.



Van and Margaret Cochron

Met at the University of Wyoming in 1971. MVN members since 2019.



Ray and Susanne Borzone

Met at a swimming pool in Anaheim in 1989. MVN members since 2004.



Bruce and Jeanne McCleave

Met in Stockton, CA in 1968. MVN members since 2003 and 2019.



Ryan and Allison Terbush

Met on the MIT swim team in 2008. MVN members since 2018.



Dave and Heather Barney

Met in the computer lab at BYU in 1998. MVN members since 2019 and 2020.



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available at the MVPProShop

Get ready for your season! Shop for TechSuits
and MV Nadador gear at MVPProShop.



NEW EXPANDED HOURS:

MON, TUES, THURS, FRI: 2:00 - 7:00 pm

WED: 10:00 am - 12:30 pm AND 2:00 - 7:00 pm

SAT: 9:00 AM - 12:00 pm

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