



# Malibu Westside Aquatics Fall 2009 Programs



## Competitive Springboard Diving Class

(Ages: 7 - 18) Develop and refine your diving techniques in this new clinic. Coach Lori Stilson-Armstrong has been a competitive diver since the age of 7. She placed 5<sup>th</sup> in the NCAA National Championship. Coach Lori has been a swim/dive instructor since 1976 and a Malibu resident since 1995.

Prerequisites (Qualification to be determined by coach):

- Swim 100 yards freestyle
- Dive head first off the one-meter board
- Able to jump on a trampoline 10 times in a row

Sept. 8 - Nov. 24, Tuesdays and Thursdays  
5:45 p.m. - 6:15 p.m. Land Workout  
6:15 p.m. - 7:15 p.m. Water

Session Dates	Fee*
Sept. 8 - Nov. 24	\$300
Oct. 6 - Nov. 24	\$215
Nov. 3 - Nov. 24	\$115

\*Pro-rated fee schedule for late enrollment only  
*Payment is required by third practice.*  
2009 USA Diving Membership \$20

## Swim Team

(Ages: 6 - 18) Develop your strokes and technique, improve timing, and build confidence as a part of the Westside Aquatics Swim Team. All coaches and swimmers are members of USA Swimming. A supportive environment, conducive to growing as a swimmer, is provided. Each practice begins with a brief dryland warm-up (equipment provided).  
*Pre-Requisite Swim: 25 yds. freestyle & 25 yds. backstroke*

**Practice:** Monday - Saturday, Sept. 8 - Nov. 30

**Novice:** 5:00 p.m. - 6:15 p.m.

**Senior/Competitive:** 5:00 p.m. - 6:45 p.m.

Non-Meet Saturdays: 11:00 a.m. - 12:15/45 p.m.

Registration Dates	Novice*	Senior/Competitive*
Sept. 8 - Nov. 30	\$430	\$520
Oct. 5 - Nov. 30	\$290	\$350
Nov. 2 - Nov. 30	\$150	\$180

\*Pro-rated fee schedule for late enrollment only  
*Payment is required by third practice.*  
2009 USA Swimming Membership \$55

## Water Polo Player Conditioning

(Ages: 10 - 16) Open to all current and off-season City and Malibu High School water polo participants. Practice with the Westside Aquatics swim team twice a week! These workouts will allow you to refine your strokes while growing as a swimmer.

Sept. 8 - Nov. 19, Tues. & Thurs., 6:15 - 7:15 p.m.

Session	Session Dates	Fee*
Session 1	Sept. 8 - Oct. 1	\$95
Session 2	Oct. 6 - Oct. 29	\$95
Session 3	Nov. 3 - Nov. 19	\$72

*Payment is required by third practice.*  
2009 USA Swimming Membership \$55



Malibu Community Pool • 30215 Morning View Drive, Malibu  
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[www.westsideswim.com](http://www.westsideswim.com)