

Pool Schedule/Information

WINTER POOL SCHEDULE

Starts: Dec 1 – Feb 28, 2015



Scan for
Schedule
& Fees

	Monday - Thursday	Friday	Saturday & Sunday
Adult Lap Swim & Spa (Ages 14+)	6-8am 12-1pm 6-8pm	12-1pm 6-8pm	9am-12pm
Recreation Swim (All ages)	9am-12pm** 1-4pm	9am-12pm** 1-4pm	12-4pm

*See modified / Holiday Hours below.

** Diving boards closed.

December 10th Santa on the pool deck



*The Stockings will be hung
by the pool with care.
Crown Valley Pool knows
Saint Nick will be here!*

Swimming Pool Schedule and Information

Hotline: 362-4351 x2
Parks and Recreation Office: 425-5100

Age	Daily Ticket	Annual Pool Pass	
		Residents	Non Residents
Adult (14-59 yrs)	\$4	\$240	\$320
Youth (2-13 yrs)	\$3	\$140	\$210
Senior (60+ yrs)	\$3	\$140	\$210

Annual pass valid for one (1) year from date of purchase. (Proof of residency will be required, e.g. driver's license.)

LOST OR STOLEN PASS REPLACEMENT \$5
 LOCKER RENTAL25c
 POOL HOTLINE 362-4351 x2

The Red Cross Swim App

Check it out!

Modified/Holiday Pool Hours

Dec 13	Parade	Closed
Dec 15-20	Pool Maintenance	Closed
Dec 24, 25	City Holiday	Closed
Dec 31	Adult Lap Rec Swim	9am-12pm 12-4pm
Jan 1	Holiday	Closed

NOTIFY ME

Sign up for text & email
pool schedule reminders!
cityoflagunaniguel.org

Fitness

Poolates®

Effective and challenging, Poolates® is soothing to the mind and spirit and gentler on joints and muscles than land-based exercises. Innovatively uses the buoyancy, resistance, and gentle movement of water to strengthen muscles, enhance flexibility and posture, sharpen coordination and balance, and relax body and soul. Pool temp: 85-88 degrees.



Scan for more information

For more information go to poolates.com or for a free trial class, email Diane at dianerai@cox.net.

Instructor: Diane Raibon, Certified Pilates & Poolates® Instructor
Location: CVCP, Fit Pool

8050	18+ yrs	Dec 2-11 (4 classes)	Tu/Th	6:30-7:30am	\$100
8051	18+ yrs	Jan 6-22 (6 classes)	Tu/Th	6:30-7:30am	\$150
8052	18+ yrs	Jan 27-Feb 12 (6 classes)	Tu/Th	6:30-7:30am	\$150
8053	18+ yrs	Feb 17-Mar 5 (6 classes)	Tu/Th	6:30-7:30am	\$150
8054	18+ yrs	Dec 3-Jan 28* (6 classes)	W	12-1pm	\$150
8055	18+ yrs	Feb 4-Mar 11 (6 classes)	W	12-1pm	\$150

*No class Dec 17, 24, 31

AquaToneOC® Bariatric Water Exercise Program

A revolutionary program designed for non-exercisers, those wishing to lose 20 lbs.+ and pre/post Bariatric Surgery patients. Facilitates weight management through gentle, non-impact movements to bring about strength & firming, loss of pounds/inches, overall fitness/pain relief, increased metabolism and improved cardiovascular health. Ability to swim not required. For privacy, no visitors allowed. Swimsuit cover-ups permitted. Pool temp: 85-88 degrees.

REGISTER: Email Resa: aquatoneoc@gmail.com
Call 388-0612 (no text messages, please)

Instructor: Resa Hempfling
Location: CVCP, Fit Pool

Ongoing*	Tu/Th/F	12-1pm	\$160 for 10 classes or \$20 drop-in
	M	6:30-7:30pm	

*No class Dec 15-20, 24, 25, Jan 1

Swim Clinic

BACK BY POPULAR DEMAND! This program is open to anyone who wants to improve their swim workouts. Learn how to apply interval training. There will be a coach on deck to give participants workouts and stroke critique. You must be able to swim 500 yards continuously to qualify for this program. This program provides a serious workout.

Instructor: Aquatics staff
Location: CVCP, Pool (5 weeks)

5041.002	18+	Nov 8-Dec 6	Sa	7-9am	\$65
5041.211	18+	Jan 10-Feb 7	Sa	7-9am	\$65
5041.202	18+	Feb 21-Mar 21	Sa	7-9am	\$65

Pain Management Aqua Exercise

Pain Management Therapeutic Aqua Exercise is designed for individuals of all ages seeking pain relief due to arthritis, age related stiffness, back & spine issues, surgery / injury recovery and life's general aches and pains. Improves strength, balance, flexibility, energy, mental clarity and have FUN! Ability to swim not required. Pool temp: 85-88 degrees.

REGISTER: Email: aquatoneoc@gmail.com or
Call Resa at (949) 388-0612 (no text messages, please)

Instructor: Resa Hempfling
Location: CVCP, Fit Pool

Ongoing*	Sa/Su	12-1pm	\$160 for 10 classes or \$20 drop in
	W, F	6:30-7:30pm	

*No class Dec 15-20, 24, 26, 31



Power Water Workout

A Sally Stanton Fitness Program

Our most consistent & long standing H2O class will have you dancing, jumping and sculpting your muscles to great music! Learn how to work out properly with RoseAnn, who has been teaching this class for almost 20 years! Beginners/non-swimmers welcome. Visit waterwarmups.com for info about equipment available to borrow/purchase. Do not buy equipment until you see what works for you!

REGISTER: Call 859-0118, rlartist@cox.net,
sallystanton@gmail.com

Instructor: RoseAnn Linsley
Location: CVCP, Pool

Ongoing*	M/W/F	9:15-10:15am	\$8 per class/drop in
			\$60 for 9 classes (per month)
			\$70 unlimited (per month)

*No class Dec 15, 17, 19, 24, 26, 29, 31, Jan 19, Feb 16



Scan for more information

Swim Lessons

Wild Child Water Play Dates & Times	Winter Session 1 (December) Dec 1-14*	Winter Session 2 (January) Jan 5-Feb 1	Winter Session 3 (February) Feb 2-Mar 1*
	F-Su	F-Su	F-Su
Mornings	9:30-10:15am 10:15-11am 11-11:45am	9:30-10:15am 10:15-11am 11-11:45am	9:30-10:15am 10:15-11am 11-11:45am
	M-F	M-F	M-F
Afternoons	1-1:45pm 1:45-2:30pm 2:30-3:15pm 3:15-4pm 4-4:45pm 4:45-5:30pm 5:30-6pm <i>*No class Dec 13, Dec 15-Jan 4</i>	1-1:45pm 1:45-2:30pm 2:30-3:15pm 3:15-4pm 4-4:45pm 4:45-5:30pm 5:30-6pm	1-1:45pm 1:45-2:30pm 2:30-3:15pm 3:15-4pm 4-4:45pm 4:45-5:30pm 5:30-6pm <i>*No class Feb 8</i>

COST:

Infant/Toddler	\$18 per class*
Private Swim Lessons	\$25 per class*
Developmental Swim Team	\$25 per class*
30 min. Private Swim Lessons	\$40 per class*
Adult Lessons	\$40 per hour**

*Discounts are available for multiple children and/or multiple days.
**\$40 per 1/2 hr. or Discount Package of 5 lessons \$35 per class \$175.

REGISTRATION INFORMATION:

Call Dawn at 429-0702 or email: info@wildchildwaterplay.com

Location: CVCP, FIT Pool

Set your own schedule! Sign up for one, two or three days per week. If there is an open spot you may start any time during the session and pro-rate the class fee. All classes are 45 minutes and take place in the FIT Pool, which is kept between 85-88 degrees year round.



Scan for more information

Infant/Toddler Water Play Ages 6 mos-3 yrs

Class is a "play-date" for infants and "play-group" for toddlers in the pool. With the help of a parent or trusted guardian water play is a stimulating activity for infants/toddlers and adults, which promotes gross motor development, teaches basic swimming skills and water safety. Class is divided into the following segments 1. Songs & Games 2. Swimming skills 3. Free play.

Private Lessons Ages 3+ yrs (1:3 max. ratio)

Each lesson will help the child perfect all four competitive swim strokes, and build swimming strength and endurance. 15 minutes of your child's lesson is one-on-one. 30 minutes of lesson time is free play with the other students to encourage playing and learning from each other. We encourage "play group" enrollment, signing up with friends and family.

Developmental Swim Team Ages 6+ yrs (1:6 max. ratio)

Our goal of this class is for the child who needs extra help in advancing into competitive swimming or become stronger for ocean sports. Students will work on all four competitive swim strokes, learn how to circle swim, be introduced to competitive turns, and build endurance.

WCWP Adult Lessons

Adult lessons are available by appointment. The Wild Child Staff are happy to develop a program especially for your needs. We specialize in working one-on-one with adults who are beginners or are afraid of the water. Classes meet in FIT Pool.



Swim Team

Dolphin Aquatics Swim Team

Dolphin Aquatics' mission is to nurture the values of self-discipline, commitment, self-reliance and responsibility. The team provides instruction in the four competitive strokes, starts, turns and finishes. Dolphin Aquatics is a member of the United States Swimming Association, Southern California Swimming Association and Orange County Swim Conference.



Scan for more information

REGISTER: daswim.org

Cost: Varies depending on group assignment

(See Workout Group Chart Below)

Director: Rod Snyder

Location: CVCP, Pool

Ongoing*	5-18 yrs.	M-F	5-7pm
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*No class Dec 15-20, Dec 22-Jan 5, 19 & Feb 16

- TRYOUTS :**
Monday and Wednesday at 6pm
PROMPTLY – NO APPOINTMENT NECESSARY!
- Work out times may be adjusted on group size and season.
- Parents requested to sit in the bleacher area during practice.
- *Family discounts available. Annual membership fee of \$60 is required + \$75 one time registration fee or \$100 per family.

DOLPHIN AQUATICS SWIM TEAM Workout Groupings and Time/Rate Schedule

	Stroke School 5-8 years	Bronze 7-14 years	Silver 1 7-10 years	Silver 2 11-15 years	Gold 9-12 years	Pre-Senior	Senior 13 + years
Eligibility	Swim 25 yds. Free and 25 yds. Backstroke	Swim 25 yds. Free and 25 yds. Backstroke	Efficient in 3 of the 4 competitive strokes	Efficient in 3 of the 4 competitive strokes	Must have competitive experience	All Four Strokes	All Four Strokes
Practice Times	4-4:30pm 6-6:30pm	4:30-5:15pm 5:15-6pm 6-6:45pm	4-5pm	5-6pm	4-6pm	5-7pm	4-6pm
Fee Per Swimmer*	\$70/mo	\$75/mo	\$85/mo	\$85/mo	\$105/mo	\$105/mo	\$125/mo

*Fees are subject to change. Please check our website (daswin.org) for details.



2014 AAU National Champions!

Diving

Crown Valley Diving Team

Team tryouts for the Crown Valley Novice Diving Team or the U.S. Junior Olympic Diving Team are by appointment only. Novice team practices are twice a week. Junior Olympic team workouts are two, three or four times per week. Team fees vary depending on the number of workouts per week.

REGISTER: Call 455-7859
Website: crownvalleydivers.com

Instructor: Curt Wilson
Location: CVCP, Pool

Ongoing*	M-F	Must Qualify	2:30-7pm	\$65** per mo.
		Novice		\$45** per mo.

*No class Dec 15-20, 22-Jan 5, 19 & Feb 16

**Additional annual fee for joining AAU and USA Diving



Scan for more information

Diving Instruction

REGISTER: Call 455-7859 (see registration form on right side)
Website: crownvalleydivers.com

Instructor: Curt Wilson
Location: CVCP, Pool

Ongoing*	5-15 yrs	M/Tu/Th	\$70/6 Lessons
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*No class Dec 15-20, Dec 22-Jan 5, 19 & Feb 16



Trampoline Classes

Beginning instruction for safe and enjoyable use of trampoline. A complete full body exercise to promote coordination and body awareness. Taught by the Crown Valley Diving coaching staff. All instructors are safety certified. (One-hour lesson once a week.)

REGISTER: 455-7859
Website: crownvalleydivers.com

Instructor: Curt Wilson
Location: CVCP, Pool Area

Beg.	5-18 yrs	M-F	Call for times*	\$15/month
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*No class Dec 15-20, Dec 22-Jan 5, 19 & Feb 16

POOL NOTES

Swim Clinic is back!

DETAILS ON PAGE 26.

SPRINGBOARD DIVING REGISTRATION FORM

The Crown Valley Diving program, for ages 5-15 years, offers beginning lessons. Beginning divers will gain confidence and self-esteem while receiving instruction on conditioning, flexibility, body control, forward and backward approaches, water entries and basic dives. Divers who want to become members of the Crown Valley Diving Team will work on the necessary dives required for competition. Instructors are U.S. Safety certified.

Student's Name _____

Age _____

Address _____

Phone Number _____

Parent's Name _____

Email address _____

Previous diving experience _____ How long? _____

Include a list of dives you can do _____

Any gymnastics experience? _____ How long? _____

Classes are offered in four lesson blocks for 2 weeks. Please circle the days and times you want and mail the registration form to the address below.

Evenings: M/Tu/Th – 3:45-4:30pm, 5:15-6 pm
 Tu/Th – 6:45-7:45pm

Mail registration to:
 Curt Wilson, 30262 Crown Valley Parkway #151
 Laguna Niguel, CA 92677

Include a \$70 check payable to **CROWN VALLEY DIVERS**. If classes are full, your check will be returned. Registration is on a "first received" basis. A \$20 U.S. diving registration fee for insurance is due at the first class meeting.

