

POOL INFORMATION

PUBLIC USE SCHEDULE

Session I: Jun 12 - Aug 6

	Monday - Thursday	Friday	Saturday & Sunday
Adult Lap Swim & Spa (Ages 14+)	6-8am 12-1pm 7-9pm	8am-12pm 12-1pm 6-8pm	9am-12pm
Swim Lessons	8-11:45am		
Recreation Swim (All ages) <i>Some lap lanes available</i>	1-4pm	1-4pm	12-5pm
FIT Pool (Jun 12-Sep 4)	Closed	Closed	1-5pm
Diving Boards	1-4pm	1-4pm	12-5pm
Team Aquatics	4-7pm	4-6pm	

Session II: Aug 7 - Sep 4

	Monday - Thursday	Friday	Saturday & Sunday
Adult Lap Swim & Spa (Ages 14+)	6-8am 12-1pm 7-9pm	12-1pm 6-8pm	9am-12pm
Recreation Swim (All ages) <i>*Some lap lanes available</i>	9am-12pm** 1-4pm*	9am-12pm** 1-4pm*	12-5pm
FIT Pool (Jun 12-Sep 4)	1-4pm	1-4pm	1-5pm
Diving Boards	1-4pm	1-4pm	12-5pm
Team Aquatics	4-7pm	4-6pm	

** Diving boards closed to the public.

Pool Fees

Hotline: (949) 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 RENTAL	.25c
POOL HOTLINE	362-4351 x2

Youth Summer Pool Pass Special

Age	Date	Cost	
		Residents	Non-Residents
2-13 yrs.	Memorial Day- Labor Day	\$50	\$70

Modified/Holiday Pool Hours

Jun 3-10 (Sa-Sa)	Pool Maintenance	Closed
Jun 9 (F)	Concert	Closed at 6pm
Jun 14 (W)	Swim Meet	Closed at 4pm
Jun 16-18 (F-Su)	Diving Meet	Closed
Jun 23 (F)	Concert	Closed at 6pm
Jun 28 (W)	Swim Meet	Closed at 4pm
Jul 4 (Tu)	FREE Lap Swim FREE Rec. Swim	9am-12pm 12-5pm
Jul 12 (W)	Swim Meet	Closed at 4pm
Jul 21 (F)	Concert Night	Closed at 6pm
Aug 2 (W)	Swim Meet	Closed at 4pm
Aug 4 (F)	Concert Night	Closed at 6pm
Aug 18 (F)	Concert Night	Closed at 6pm
Sep 4 (M)	Labor Day-Lap Swim Labor Day-Rec. Swim	9am-12pm 12-5pm



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/posture, sharpen coordination/balance and relax body and soul. Pool temp: 85-88 degrees.

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

Instructor: Diane Raibon, Certified Pilates & Poolates Inst. (6 classes)

Location: CVP, Fit Pool

9409	M/W	Jun 12-31	12-1pm	18+ yrs	\$125
9410	M/W	Jul 3-19	12-1pm	18+ yrs	\$125
9411	M/W	Jul 24-Aug 9	12-1pm	18+ yrs	\$125
9412	M/W	Aug 14-30	12-1pm	18+ yrs	\$125

*No class May 29, Sep 4. Pool closed Jun 3-10.

AquaToneOC®

Weight Control Therapy Exercise

A revolutionary program designed for non-exercisers, those wishing to safely lose weight & tone the body. 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: aquatoneoc@gmail.com

Instructor: Resa Hempfling

Location: CVP, Fit Pool

Ongoing*	Tu, Th, F	12-1pm	\$128 for 8 classes/month or \$20 drop in
	M	6:30-7:30pm	

*Pool closed Jun 3-10. No class Jun 16, Jul 4.

Pain Management Aqua Exercise

Pain management medically-based Aqua Therapy Exercise by Certified Instructor is designed for individuals of all ages seeking pain relief from back / joint issues, age or occupation related stiffness, surgery / injury recovery. Improve flexibility, balance, energy, strength, mental clarity and have FUN! Ability to swim not required. Pool temp 85-88 degrees.

REGISTER: Email: aquatoneoc@gmail.com

Instructor: Resa Hempfling

Location: CVP, Fit Pool

Ongoing*	Tu/Sa	12-1pm	\$128 for 8 classes/month or \$20 drop in
	M, W	6:30-7:30pm	

*Pool closed Jun 3-10,18. No class Jul 4.

Power Water Workout

A Sally Stanton Fitness Program

Our most consistent and long standing H2O class will have you dancing, jumping and sculpting your muscles to great music. Learn how to work out properly with RoseAnn, a very experienced instructor. She will show you how to get the most out of your workout! Come on down and try a class and see for yourself! Beginners and non-swimmers welcome. This class is done entirely in the shallow end of the pool. Visit waterwarmups.com for info about equipment available to borrow/purchase. What you need depends on your fitness level so please wait to find out where you are fitness wise before you buy any equipment.

REGISTER: Call (949) 859-0118, rlartist@cox.net, sallystanton@gmail.com

Instructor: RoseAnn Linsley

Location: CVP, Pool

May 1-Jun 2	M/W/F	9:15-10:15am	\$10 per class/drop in
Jun 12-Aug 4	M/W/F	8-9am	\$70 for 9 classes
Aug 7-Ongoing*	M/W/F	9:15-10:15am	\$80 unlimited

*No class Aug 16-21.



SPRAYGROUND

SUMMER SCHEDULE

May 27 - June 11

Every day, 10am-4pm

June 12 - Sep 4

Every day, 10am-5pm

Sprayground may be closed at any time due to inclement weather, or other events. Check the City website: CityofLagunaNiguel.org for latest updates.



CVP SWIM LESSONS REGISTRATION DATES & TIMES

Registration Information

Register for all 4 sessions at one time ONLINE!!!

Online Registration for City Swim Lessons:

Go to "CityofLagunaNiguel.org"
Click on "Online Registration" and register.

Online Registration

Sessions 1 thru 4 May 24 (noon)

Walk-in Registration

Sessions 1 thru 4 May 30 (9am)

General/Registration Information:

- To determine which class to enroll your child in, refer to Skill Level Descriptions - see page 23 for details.
- Classes meet on Monday / Wednesday OR Tuesday / Thursday.
- For detailed information on CVP swim registration
Go to: CityofLagunaNiguel.org
Roll on: Departments
Roll on: Parks & Recreation
Click on: Aquatics
Click on: Learn to swim class descriptions

CVP SWIM LESSON DATES

Session	Class Meeting Dates
1	June 12-June 22 M & W Jun 12, 14, 19, 21 Tu & Th Jun 13, 15, 20, 22
2	June 26-July 6 M & W Jun 26, 28, Jul 3, 5 *Tu & Th Jun 27, 29, Jul 6
3	July 10-20 M & W Jul 10, 12, 17, 19 Tu & Th Jul 11, 13, 18, 20
4	July 24-Aug 3 M & W Jul 24, 26, 31, Aug 2 Tu & Th Jul 25, 26, Aug 1, 3

*T/Th Prorated: Only 3 class meetings due to July 4th.

Swim Lesson Cancellation Policy:

- All withdrawal requests must be made at least 5 days before the first day of class/session and are subject to a \$5 processing fee.
- Withdrawal requests received less than 5 days prior will be processed for 50% of the class fees.
- Illness: A doctor's note is required. Attended classes will be prorated.
- Severe weather: In the event the City of Laguna Niguel has to close the pool for the safety of the patrons, the City will only give a credit for the class which was canceled.

CVP LESSON MEETING TIMES

Class Descriptions (See page 22)	Monday & Wednesday (4 classes per 2-wk session)	Tuesday & Thursday (4 classes per 2-wk session)	Levels Taught	Instructor Student Ratio	Cost Laguna Niguel Resident	Cost Non-Resident
Private 3 yrs - adult 25 min. per lesson	8-8:25am 8:30-8:55am 10-10:25am 10:30-10:55am 11-11:25am 11:30-11:55am	8-8:25am 8:30-8:55am 10-10:25am 10:30-10:55am 11-11:25am 11:30-11:55am	All	1:1	\$75	\$90
New! Afternoons (Fit Pool)	*2:30-2:55pm *3-3:25pm *3:30-3:55pm	*2:30-2:55pm *3-3:25pm *3:30-3:55pm				
Group 4-16 yrs 45 min. per lesson	9-9:45am 10-10:45am	9-9:45am 10-10:45am	1 & 2 3-5 6 1-4	1:6 1:8 1:10	\$65	\$80
Pre-School 3-5 yrs 30 min. per lesson (In FIT Pool)	9-9:30am 10:30-11am	9-9:30am 10:30-11am		1:3 1:3 1:3	\$65 \$65	\$80 \$80

*Classes will be held in FIT Pool.

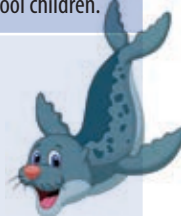
PARKS & RECREATION OFFICE: (949) 425-5100 | AQUATICS HOTLINE: (949) 362-4351

ONLINE REGISTRATION: CityofLagunaNiguel.org/Registration | REGISTRATION FORM: Inside Back Cover

CVP SWIM LESSON DESCRIPTIONS

Descriptions

Pre-School	Ages 3-5 yrs Introductory swim program for pre-school children.
Level 1 Sea Lions	Ages 4-16 yrs Supported floating and kicking Alternating arm action Water safety rules For non-swimmers
Level 2 Starfish	Ages 5-16 yrs Floating and kicking without support Rhythmic breathing Combined stroke on front and back Simple water safety skills
Level 3 Sea Horse	Ages 5-16 yrs Must perform Starfish skills to qualify for this class Learn survival float Self-rescue skills Diving from side of pool introduction
Level 4 Squids	Ages 6-16 yrs Must perform Sea Horse skills to qualify for this class. Introduction to sidestroke, breaststroke and turns Personal safety skills Learns butterfly
Level 5 Dolphins	Ages 7-16 yrs Must have accomplished all of Squids skills Learns front and back flip turns Refines all strokes previously learned Introduced to spring board diving and safety skills
Level 6 Marlins	Ages 7-16 yrs Will spend the session working on one of the following areas: Must perform skills at Dolphins proficiently to qualify Personal water safety Fitness swimmer



WEB ACCESS TO SWIM LESSONS

For more detailed information on CVP swim lessons:

- Go To: CityofLagunaNiguel.org
- Scroll down & click on the Aquatics Icon
- Click on: Aquatics Classes - Brochure



MAKE WATER SAFETY YOUR PRIORITY

- Swim in designated areas supervised by lifeguards like our pools and sprayground!
- Always swim with a buddy; do not allow anyone to swim alone.
- Ensure that everyone in the family learns to swim well. Enroll in our Swim Lessons today!
- Never leave a young child unattended near water and do not trust a child's life to another child; teach children to always ask permission to go near water.
- Have young children or inexperienced swimmers wear life jackets.
- Establish rules for your family and enforce them without fail.
- Even if you do not plan on swimming, be cautious around natural bodies of water including ocean shoreline, rivers and lakes.
- Avoid alcohol use. Alcohol impairs judgment, balance and coordination; affects swimming and diving skills; and reduces the body's ability to stay warm.



SWIM LESSONS

WILD CHILD WATER PLAY

Learn to Swim Program

Managing Director: Dawn Urbanek
(949) 429-0702

info@wildchildwaterplay.com

Location: CVP, Fit Pool

Swimming Lessons for all ages and abilities.

Infant/Toddler • Private Lessons • Developmental Swim Team • Adults Lessons

- Infant/Toddler Water Play from ages 6 months to 3 years - Learning to swim through songs, games and interactive play. We build strong swimmers who love to swim.
- Private Lessons from ages 3+ years - focused on the perfection of all four competition swim strokes.
- Developmental Swim Team from ages 6+ years - for advancing into competitive swimming or building strength and endurance.
- Adult Lessons - available by appointment to overcome the fear of water or advance from basic swim techniques.

SET YOUR OWN SCHEDULE:

Registration information:

STEP 1: Log on to wildchildwaterplay.com

STEP 2: Create an account.

STEP 3: Authenticate your account: Once you complete the registration form you will receive an e-mail asking you to click on the link to authenticate your account.

STEP 4: Purchase SplashCash credits. (If you are using Charter School Funds or a Coupon you do not need to purchase SplashCash, you will enter a coupon code when booking classes).

STEP 5: Login and book your preferred time slot and favorite instructor. Cancel and reschedule classes at your convenience. Classes may be scheduled a minimum of one hour in advance, and be cancelled 24 hours in advance to schedule a make-up. The more credits you buy, the less expensive the class.

CLASS TIMES:

F-Su 9:30-11:45am (Jun 23-Aug 6)

M-Su 9:30-11:45am (Aug 7-Sep 4)

M-F 1:45-4pm (Sep 5-Ongoing)

COST:

Infant/Toddler: \$20 per class discounts to \$14 per class.

Private Lessons: \$26 per class discounts to \$20 per class.

Half-Hour Private: \$45 per class discounts to \$40 per class.

Dev. Swim Team: \$26 per class discounts to \$20 per class.

Half-Hour Adult Lessons: \$45 per class discounts to \$40 per class.

The more swim credits you purchase, the less expensive the class. Credits can be divided between family members.

**Pool closed Jun 3-10. No class Jul 4.*

ISR® - OC Water Babies

Give your child the competence, confidence and skills of aquatic safety and survival from Infant Swimming Resources (ISR), Self-Rescue™ program, the safest survival swimming lessons for children 6 months to 6 years of age. Each child is taught one on one. For more information, go to ocwaterbabies.com or call instructor.

REGISTER: Call Annette (949) 813-6363

Instructor: Conrad Rodriguez

Email: c.rodriguez@infantswim.com

Location: CVP, Fit Pool

Jun 2-Oct 2* M-F 4-6:15pm \$135/wk (5 private lessons)

**Pool closed Jun 3-10, Jul 4, Sep 4.*

Fit Pool Family Use Schedule

Weekends:

June 12 - Labor Day
Sa/Su, 1-5pm

Weekdays:

Aug 14 - Sep 1
M-F, 1-4pm

Family time will be open for children, 6 and under, who are within arm's reach of a supervising adult. Coast Guard approved PFD's only.



SUN SAFETY

- **Cover up:** A wet t-shirt offers much less UV protection than a dry one, and darker colors may offer more protection than lighter colors
- **Get a hat:** Hats that shade the face, scalp, ears, and neck are easy to use and give great protection.
- **Wear sunglasses:** Look for sunglasses that block as close to 100% of both UVA and UVB rays as possible.
- **Apply sunscreen:** For the best protection, apply sunscreen generously 30 minutes before going outdoors. Don't forget to protect ears, noses, lips, and the tops of feet.



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.

Director: Rod Snyder

REGISTER: daswim.org

Cost: Varies depending on group assignment (see Workout Group Chart below)

Location: CVP, Pool

Ongoing*	5-18 yrs	M-Th	4-7pm
		F	4-6pm

*Pool closed Jun 3-10. No class Jun 16, Jul 4.

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*	\$80/mo	\$85/mo	\$100/mo	\$100/mo	\$120/mo	\$120/mo	\$145/mo

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

*Fees are subject to change. Please check our website, DASWIM.org for details.

Dolphin Aquatics Summer League Fun and Fitness

All swimmers must be able to swim one length of the pool (25 yds.) on their belly.

- You will learn all four competitive swim strokes.
- You will be taught Dives/Racing; Starts/Finishes.
- You will receive improved skills/techniques to make you a better swimmer.
- Professionally coached by DA's own USA Swimming Certified coaches.
- Each 4 week session will include dual swim meets either against another local swim club or intra-squad meets.
- DA swim cap.

Director: Rod Snyder

REGISTER: daswim.org. (Click on "Summer League Program")

Location: CVP, Pool

Session 1

4-7 yrs	Jun 12-Jul 6	M-Th	6-6:30pm	\$175*
8-10 yrs	Jun 12-Jul 6	M-Th	6-6:45pm	\$175*
11-16 yrs	Jun 12-Jul 6	M-Th	6-7pm	\$175*

Session 2

4-7 yrs	Jul 10-Aug 3	M-Th	6-6:30pm	\$175*
8-10 yrs	Jul 10-Aug 3	M-Th	6-6:45pm	\$175*
11-16 yrs	Jul 10-Aug 3	M-Th	6-7pm	\$175*

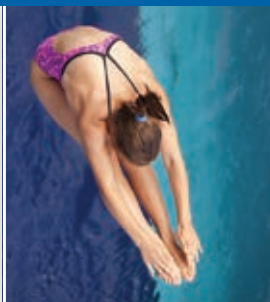
*\$325 for two sessions (\$25 savings). Must sign up and pay in one payment.



DIVING

Diving Lessons

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.



Mail in registration form on this page.

REGISTER: Call (949) 455-7859 (See registration form on right side) →

Website: Crownvalleydivers.com

Instructor: Curt Wilson

Location: CVP, Pool

Beg.	5-15 yrs	See reg. form Tu/Th	9-10am 10-11am 11am-12pm 3-4pm 5-6pm 6-7pm	\$70/4 Lessons (2 wks)
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*Pool Closed Jun 5-9, Jul 4.

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 (949) 455-7859

Website: crownvalleydivers.com

Instructor: Curt Wilson

Location: CVP, Pool

Ongoing*	5-18 yrs.	M-F	Must Qualify	2:30-8pm	\$140** per mo.
			Novice		\$100** per mo.

**Additional annual fee for joining AAU and USA Diving

*Pool Closed Jun 5-9, Jul 4.

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: (949) 455-7859

Website: crownvalleydivers.com

Instructor: Curt Wilson

Location: CVP, Pool Area

Beg.	5-18 yrs	M-F	Call for times	\$15/month
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*Pool Closed Jun 5-9, Jul 4.

AAU NATIONAL CHAMPIONS!

SPRINGBOARD DIVING REGISTRATION FORM

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 nine lesson blocks. Please circle the date, day and time you want and mail the registration form to the address below.

All summer lesson divers qualify to be in our (optional) summer lesson dive meet/team. Tryouts are held Aug 25.

Dates:

Session 1: May 1-12

Session 6: Jul 10-21

Session 2: May 15-26

Session 7: Jul 24-Aug 4

Session 3: May 30-Jun 2

Session 8: Aug 7-18

Session 4: Jun 12-23*

Session 9: Aug 21-Sep 1

Session 5: Jun 26-Jul 7**

Classes are Tu, Wed, Th for Session 3.

**No Class June 16 – Session 4*

***No Class July 4 – Session 5*

Days/Times:

Mornings: Tu / Th – (*Morning classes begin after June 19*)

9-10am 10-11am 11am-12pm

Evenings: Tu / Th

3-4pm 5-6pm 6-7pm

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.

