

## POOL INFORMATION

### FALL POOL SCHEDULE

**Starts September 5**

	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-12* 1-4pm	12-4pm
Diving Boards	1-4pm	1-4pm	12-4pm
Team Aquatics	4-6pm	4-6pm	

### Modified/Holiday Pool Hours

Sep 4	Labor Day	9am-12pm - Adult Lap 12-5pm - Rec Swim
Sep 5	Fall Pool Schedule Begins	
Oct 14 & 15	Dive Meet	
Oct 27	Haunted Trails event	Closed at 6pm
Nov 23 & 24	Thanksgiving	Closed



## SPRAYGROUND FALL SCHEDULE

**Aug 1-Sep 4**

Every day, 10am-5pm

**Sep 9-Oct 29**

Open Weekends, 10am-4pm

*Sprayground may be closed at any time due to inclement weather, or other events. Check the City website: [CityofLagunaNiguel.org](http://CityofLagunaNiguel.org) for latest updates.*

## 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](http://poolates.com) or for a free trial, email Diane at [dianerai@cox.net](mailto:dianerai@cox.net).

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

**Location: CVP, Fit Pool**

9540	M/W	Sep 6-20	12-1pm	18+ yrs	\$104
9541	M/W	Sep 25-Oct 11	12-1pm	18+ yrs	\$125
9542	M/W	Oct 16-Nov 1	12-1pm	18+ yrs	\$125
9543	M/W	Nov 6-22	12-1pm	18+ yrs	\$125

### AquaToneOC®

#### Weight Control Therapy Exercise

A revolutionary program designed for non-exercisers, those wishing to safely lose weight and tone the body. Facilitates weight management through gentle, non-impact movements to bring about strength and 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](mailto:AquaToneOC@gmail.com)

**Instructor: Resa Hempfling**

**Location: CVP, Fit Pool**

Ongoing*	Tu, Th, F M	12-1pm 6:30-7:30pm	\$128 for 8 classes/month or \$20 drop in
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\*No class Sep 4, Oct 18-27, Nov 10, 23, 24.

#### 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, and 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](mailto:AquaToneOC@gmail.com)

**Instructor: Resa Hempfling**

**Location: CVP, Fit Pool**

Ongoing*	Tu/Sa M, W	12-1pm 6:30-7:30pm	\$128 for 8 classes/month or \$20 drop in
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\*No class Sep 4, Oct 18-27, Nov 23, 24.



## FITNESS CONTINUED

### Power Water Workout **Year Round!**

#### 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](http://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](mailto:rlartist@cox.net), [SallyStanton@gmail.com](mailto:SallyStanton@gmail.com)

Instructor: RoseAnn Linsley

Location: CVP, Pool

Ongoing*	M/W/F	9:15-10:15am	\$10 per class/drop in \$70 for 9 classes (Monthly- \$80 unlimited -paid 1st of month)
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\*No class Sep 4, Oct 25-Nov 1, 10, 24.

## Oktoberfest 30-Mile Swim Challenge

Take the 30 mile challenge! Swim or even water walk 30 Miles in the Month of October. All you need to do is put your name on the tracking chart, then add up your yardage. At the end of October, all participants will receive a feeling of self-satisfaction for the distance they swam! Swimmers will also receive bragging rights if you achieve the 30 mile goal!

Location: CVP, Pool

1 Length = 25 yds      2 Lengths = 50 yds.  
3 Lengths = 75 yds      4 Lengths = 100 yds.  
1,760 yds = 1 Mile      52,800 yds = 30 miles

18+ yrs Oct 1-31      During Public Use Hours      Free to participate

## SWIM LESSONS

### 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](http://ocwaterbabies.com) or call instructor.

REGISTER: Call Annette (949) 813-6363

Instructor: Conrad Rodriguez

Email: [c.rodriguez@infantswim.com](mailto:c.rodriguez@infantswim.com)

Location: CVP, Fit Pool

Ongoing-Sep 30\* M-F 4-6:15pm \$130/wk (5 private lessons)

\*No class Sep 4.

## WILD CHILD WATER PLAY

Learn to Swim Program

Managing Director: Dawn Urbanek

(949) 429-0702

[info@wildchildwaterplay.com](mailto: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](http://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:

Sep*	Mornings	9:30-11:45am
	Afternoons (M-F)	1:45-4pm
Oct*	Mornings	9:30-11:45am
	Afternoons (M-F)	1:45-6pm
Nov*	Mornings	9:30-11:45am
	Afternoons (M-F)	1:45-6pm

\*No class Sep 4, Oct 25-Nov 1, 10, 24.

#### 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.



# 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](http://daswim.org)

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

**Location:** CVP, Pool

Ongoing*	5-18 yrs	M-F	4-6pm
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\*No class Sep 5, Nov 11, 24, 25.

## 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 13 + years	Senior 13 + years
<b>Eligibility</b>	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
<b>Practice Times</b>	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
<b>Fee Per Swimmer*</b>	\$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](http://DASWIM.org) for details.



# 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 entities 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

Ongoing*	Tu/Th	5-6pm or 6-7pm	5-15 yrs	\$70/4 Lessons** (2 wks)
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\*No class Sep 4, Nov 10, 23, 24.

\*\*Additional annual fee for joining AAU and USA 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 (949) 455-7859

Website: CrownValleyDivers.com

**Instructor:** Curt Wilson

**Location:** CVP, Pool

Ongoing*	M-F	Must Qualify	2:30-7pm	5-18 yrs.	\$140** per mo.
				Novice	\$100** per mo.

\*No class Sep 4, Nov 10, 23, 24.

\*\*Additional annual fee for joining AAU and USA Diving.

## 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.	M-F	Call for times	5-18 yrs	\$15/month
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\*No class Sep 4, Nov 10, 23, 24.



**AAU NATIONAL CHAMPIONS!**

## 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 entities 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:** Tu / Th 5-6pm or 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.

