Pool Schedule/Information

SPRING POOL SCHEDULE

Scan for Schedule & Fees

Mar 1 – May 31

	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
Team Aquatics	4-6pm	4-6pm	

**Pool closed for maintenance*
*** Diving boards closed.*

Swimming Pool Schedule and Information

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

Age	Daily Ticket	Annual Pool Pass Residents	Annual Pool Pass Non Residents
Adult (14-59)	$4	$240	$320
Youth (2-13)	$3	$140	$210
Senior (60+)	$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 ..... .25¢
POOL HOTLINE 362-4351 x2

Modified/Holiday Pool Hours

Mar 14-16	Diving Meet	Closed
Apr 20	Easter	Closed
May 26	Memorial Day	Adult Lap: 9am-12pm Rec. Swim: 12-4pm

Lifeguard Training / Prep / WSI

Junior Guard Preparation

If this is the summer you are planning on trying out for a junior guard program, this is the class for you. This 16-session program will prepare the candidate for junior guard tryouts by including stroke instruction and intensive endurance training. Taught by qualified swim coaches. For more information visit daswim.org

REGISTER: daswim.org

Director: Rod Snyder
Location: Crown Valley Park, Pool Facility: Main Pool – Shallow end

8-14 yrs	Apr 28-May 22	M-Th	6-6:45pm	$140
8-14 yrs	May 26-Jun 19*	M-Th	6-6:45pm	$140

**No class May 26*

Red Cross Lifeguard Training

This training course includes certification in CPR for lifeguard, first aide, lifeguard training & Automatic External Defibulator (AED). Books will be provided for use during class.

Scan for more information

- **Must be 15 years old by the last day of class**
- **Swim 300 yards continuously. (using front crawl and breaststroke)**
- **Tread water for 2 minutes without using your hands**
- **Retrieve a 10 lb. brick from 7 feet of water and swim 20 yards**
- **100% attendance is required for selected session – no exception**

Failure to meet or achieve any of the above prerequisites on the first day of class will disqualify participant from the class & forfeit registration fee.

Instructor: Aquatics Staff
Location: CVCP, Pool

5100.401	1	Apr 25 Apr 26 & 27	F Sa & Su	5-10pm 8am-6pm	$160
5100.402	2	May 2 May 3 & 4	F Sa & Su	5-10pm 8am-6pm	$160
5100.403	3	May 16 May 17 & 18	F Sa & Su	5-10pm 8am-6pm	$160
5100.404	4	Jun 2-6	M-F	6-10pm	$160

Red Cross Water Safety Instructor

This course will teach you to become a Red Cross trained swim instructor. The participant will be trained in all 6 levels of the Learn-To-Swim program, Community Water Safety programs and Water Safety Aide program. Books will be provided for use during class.

Scan for more information

- **Must be 16 years old by the last day of class**
- **Proficiently demonstrate – treading water, survival floating**
- **Front crawl, breaststroke, backstroke, butterfly, sidestroke & elementary backstroke**
- **100% attendance is required for selected session – no exception**

Failure to meet or achieve any of the above prerequisites on the first day of class will disqualify participant from the class & forfeit registration fee.

Instructor: Aquatics Staff
Location: CVCP, Pool

5120.402	May 12-16	M-F	5-10pm	$165

Fitness

March Madness 30 Mile Swim Challenge

March Madness is BACK! Swim or water walk 30 miles in the month of March. Place your name on the tracking chart, log in your yardage every day you swim, then add up your laps at the end of the month. 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!

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**

Location: CVCP, Pool

18+ yrs	Mar 1-31	During public use hours

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. For more information, poolates.com.

Scan for more information

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

7224	18+ yrs	Mar 18-Apr 17	Tu/Th	6:30-7:30am	$150
7225	18+ yrs	Apr 22-May 22	Tu/Th	6:30-7:30am	$150
7226	18+ yrs	Mar 19-Apr 16	W	12-1pm	$75
7227	18+ yrs	Apr 23-May 21	W	12-1pm	$75
					$20 Drop-in

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 or call 388-0612

Instructor: Resa Hempfling
Location: CVCP, Fit Pool

Ongoing*	Tu/Th/F M	12-1pm 6:30-7:30pm	$150 for 10 classes or $20 drop in

**No class Mar 14 & May 26*

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 Resa: aquatoneoc@gmail.com or call at 388-0612

Instructor: Resa Hempfling
Location: CVCP, Fit Pool

Ongoing*	Sa/Su W	12-1pm 6:30-7:30pm	$150 for 10 classes or $20 drop in

**No class Mar 15, 16 & Apr 20*

Aqua Zumba®

Jump into Spring with a Latin-inspired, easy-to-follow, joint-friendly, calorie burning, dance fitness party, that makes working out a splash! Appropriate for all fitness levels. Pool temperature: 85-88 degrees.

Website: www.ocfitnessburn.com

Scan for more information

Instructor: Nicole Mathews, NSCA-CPT
Location: CVCP, FIT Pool

7221 (8 classes)	18+ yrs	Mar 4-27	Tu/Th	6:30-7:30pm	$99
7222 (9 classes)	18+ yrs	Apr 1-29	Tu/Th	6:30-7:30pm	$115
7223 (8 classes)	18+ yrs	May 1-29*	Tu/Th	6:30-7:30pm	$99
					$20 Drop-in

**No class May 8*

Power Water Workout
A Sally Stanton Fitness Program

Works your heart the entire hour while you dance, jump and sculpt all your muscles! Learn how to work out properly with RoseAnn, who has been teaching this class for almost 20 years! Beginners and non-swimmers welcome. Visit waterwarmups.com for info about equipment available to borrow/purchase. Do not run out & buy anything until you see what's right for you!

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

Scan for more information

Instructor: RoseAnn Linsley
Location: CVCP, Pool

Ongoing*	M/W/F	9:15-10:15am	$65 unlimited (within one month) $55 for 9 classes $8 per class/drop in

**No class Mar 14, May 5-9 & 26*

Masters Swim

No excuses – it's time to get into the pool and make a work out commitment! The Master Swim program is for adults 18+ yrs. Class meets 5 nights a week, it's time get back into the pool and challenge yourself to look and feel better. Taught by qualified swim coaches. For more information visit daswim.org.

REGISTER: daswim.org

Director: Rod Snyder
Location: CVCP, Pool

18+	Ongoing**	M-F	6:15-7:30pm	$75/mo*

**$55 annual membership + $50 one-time registration fee.*
***No class Mar 14, 19 & May 26*

ISR® - OC Water Babies

Give your child the competence, confidence and skills of aquatic safety and survival from Infant Swimming Resource's (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 the instructor.

REGISTER: Call Annette (949) 813-6363

Instructor: Conrad Rodriguez
Email: c.rodriguez@infantswim.com
Location: CVCP, FIT Pool

Scan for more information

Mar 31-May 30*	M-F	4-6:15pm	$130/wk.

**No class May 26*

Swim Lessons

Wild Child Water Play Learn to Swim Program

Managing Director: Dawn Urbanek
For information: wildchildwaterplay.com
REGISTER: Call Dawn Urbanek at (949) 429-0702 or email: info@wildchildwaterplay.com

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. Class offered Friday, Saturday and Sunday mornings only.

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.

REGISTRATION INFORMATION:

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 anytime 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.

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

COST:

Infant/Toddler Water Play	$16 per class*
Private Lessons	$22 per class*
30 min. Private Lessons	$36 per class*
Developmental Swim Team	$22 per class*

**Discounts are available for multiple children and/or multiple days.*

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 the FIT Pool. Cost: $60 per hour** ($40 per ½ hr.)

***Package of 5 classes: $30 each*

Wild Child Water Play Dates & Times	Spring Session 1 Mar 2-29	Spring Session 2 Mar 30-Apr 26*	Spring Session 3 Apr 27-May 31*
Morning	**M-Su**	**M-Su**	**M-Su**
	9:30-10:15am 10:15-11am 11-11:45am	9:30-10:15am 10:15-11am 11:00-11:45am	9:30-10:15am 10:15-11am 11:00-11:45am
Afternoon	**M-F**	**M-F**	**M-F**
	1:45-2:30pm 2:30-3:15pm 3:15-4pm 4-4:45pm 4:45-5:30pm 5:30-6pm	1:45-2:30pm 2:30-3:15pm 3:15-4pm	1:45-2:30pm 2:30-3:15pm 3:15-4pm

**No class Apr 20, May 11 & 26*

Swim Team

Swim Team

The Dolphin Aquatics offers training and practice groups for swimmers of all ages and ability levels. It is the goal of the Dolphin Aquatics to offer age specific training for all of our athletes geared towards challenging each individual and developing each individual to the best of THEIR abilities.

Team tryouts are held ***every*** Monday at the Crown Valley Pool starting at 6pm. Check DASWIM.ORG for more registration information. Each swimmer must be between the ages of 5-18 years of age and able to complete 25 yards freestyle and 25 yards backstroke.

REGISTER: daswim.org / email rdsnyder4@cox.net
Cost: Varies depending on group assignment
(see Workout Group Chart below)

Director: Rod Snyder
Location: CVCP, Pool

Scan for more information

All new swimmers must be evaluated (tryout) by one of our USA Swimming coaches prior to registering into any group.

Dolphin Aquatics Swim Team
Workout Groupings and Time/Fee Schedule

	Age of Swimmers	Day/Time	Monthly Fee	Entrance Requirement	Attendance/Meet Requirement
Age Group Program:					
Pre-Senior	9-12	4-6 pm (M-F)	$105	Must meet time standards*	Yes
Black	11-14	5-6 pm (M-F)	$85	All four strokes	No / OC Meets
Blue	7-10	4-5 pm (M-F)	$85	All four strokes	No / OC Meets
Green Groups:					
Green #1	7-14	4:30-5:15 pm (M/W/F)	$75	3 of 4 strokes	No / OC Meets
Green #2	7-14	4:30-5:15 pm (T/TH/F)	$75	3 of 4 strokes	No / OC Meets
Green #3	7-14	5:15-6 pm (M/W/F)	$75	3 of 4 strokes	No / OC Meets
Green #4	7-14	5:15-6 pm (T/TH/F)	$75	3 of 4 strokes	No / OC Meets
Novice Program:					
Stroke School #1	5-12	4-4:30 pm (M/W)	$70	25 yds. Unassisted Freestyle 25 yds. Unassisted Backstroke	No / OC Meets
Stroke School #2	5-12	4-4:30 pm (T/TH)	$70	25 yds. Unassisted Freestyle 25 yds. Unassisted Backstroke	No / OC Meets
Stroke School #3	5-12	5:15-5:45 pm (M/W)	$70	25 yds. Unassisted Freestyle 25 yds. Unassisted Backstroke	No / OC Meets
Stroke School #4	5-12	5:15-5:45 pm (T/TH)	$70	25 yds. Unassisted Freestyle 25 yds. Unassisted Backstroke	No / OC Meets

**Must swim a particular time in a USA swimming sanctioned meet.*

Southern California Swimming (SCS) Registration fee is $60 (this is an annual fee Jan-Dec and not prorated). DA Team Registration Fee* of $50 per swimmer or $75 for two or more swimmers from the same family. (If your swimmer is inactive more than 3 consecutive months, you will need to re-register and pay Team Registration fee again.)

- *If your swimmer takes time off from swimming we do not charge your account monthly dues; however, when your swimmer returns to the team you will be charged $25 (per swimmer) to reactive your account. If you have been inactive for more than 3 months, you must re-register and pay DA Team Registration Fees.*
- *No class May 26*

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.

Scan for more information

REGISTER: Call 455-7859
Website: crownvalleydivers.com

Instructor: Curt Wilson
Location: CVCP, Pool

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

**Additional annual fee for joining AAU and USA Diving*
***No class May 26*

Diving Instruction

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 455-7859 (see registration form at right)
Website: crownvalleydivers.com

Instructor: Curt Wilson
Location: CVCP, Pool

Beg.	5-15 yrs	M/Tu/Th	6:45-7:45pm	$70/6 lessons

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

**No class May 26*

2013 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? _____

Days/Times:

Evenings: M / Tu / Th – 6:45-7:45pm

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.

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.