

POOL INFORMATION CONTINUED

San Clemente

San-clemente.org/recreation-community/aquatics

San Clemente Aquatics Center
987 Avenida Vista Hermosa, San Clemente
(949) 429-8797

San Clemente Ole Hanson Beach Club
105 Avenida Pico, San Clemente
(949) 388-2131

Daily Non-Resident Fees: Adult \$8.00
 Senior \$6.00
 Youth \$6.00

Irvine

Cityofirvine.org/aquatics

William Woollett Jr. Aquatics Center
4601 Walnut Avenue, Irvine
(949) 724-6717

Daily Non-Resident Fees: Adult \$4.00
 Senior (50+) \$2.00
 Youth \$2.00

Crown Valley Pool

Membership Update

The construction at Crown Valley Park is well underway! It is anticipated that the pool will reopen Spring of 2019. For our loyal pool members, your current membership options are:

- 1.) Maintain your current membership – **No action necessary**
- 2.) Prorated refund for valid and existing membership. Deadline for refund is December 31, 2018. No refunds will be given after this date, no exceptions.

For more information, or to request a pool membership refund, please contact the Registration Office at (949) 425-5100 or email registration@cityoflagunaniguel.org.

FITNESS

Please contact instructors directly for information regarding class information and locations.

AquaTone OC Weight Control Therapy Exercise

Designed for non-exercisers and those wishing to lose weight and tone the body safely. For class information, email Resa Hempfling at aquatoneoc@gmail.com.

Pain Management and Aqua Exercise

Designed for individuals of all ages seeking pain relief from back/joint issues, age or occupation related stiffness, and surgery/injury recovery. For class information, email Resa Hempfling at aquatoneoc@gmail.com.

Power Water Workout - A Sally Stanton Fitness Program

Will have you dancing, jumping and sculpting your muscles to great music! Learn how to work out properly and get the most out of your workout. For class information, email RoseAnn Linsley at rlartist@cox.net or sallystanton@gmail.com.

SWIM LESSONS, SWIM TEAM & DIVING

Wild Child Water Play Learn to Swim Program

Swimming lessons for all ages and abilities! For ages 6 months to adult. Private lessons available. For class information, contact Dawn Urbanek at (949) 429-0702, visit wildchildwaterplay.com, or email info@wildchildwaterplay.com.

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. For Swim Team information visit daswim.org.

Diving Lessons and Crown Valley Diving Team

Lessons for the beginner. Gain confidence and self-esteem while receiving instruction on conditioning, flexibility, body control, forward and backward approaches, water entries and basic dives. Beginning lessons for ages 5-15. Novice Diving Team and US Junior Olympic Diving Team tryouts are by appointment only, for ages 5-18. For Dive Team information, visit Crownvalleydivers.com.

