

City of Laguna Niguel Aquatics Center
LAP SWIM INFORMATION

How to Make a Lap Swim Reservation

- Online reservations are preferred and will open the day before at 9:00 AM. You can make your Lap Swim reservation online via the cityoflagunaniguel.org/lapswimreservations.
- If you wish to sign up via the phone, call 949-425-5100 between 9:00 AM and 5:00 PM the day before the reservation.
- All reservations are available on a first-come, first-served basis.
- No shows will be charged.
- Lap swimming will only be available to individuals 14 years of age and older.
- Swimmers are limited to one reservation per day.
- No drop-in swimmers allowed.
- Reservations are non-transferrable.
- A waiver must be signed and on file prior to swimming.

Prepare for Your Swim/Arrival

- Admission to the facility is for lap swimmers only. No spectators or guests allowed, unless required for assistance.
- Swimmers shall show up at the appointed check-in time. Fifteen minutes have been allocated for the check-in process.
- Restrooms/showers are available, if necessary. Swimmers are encouraged to come prepared to enter the pool, including being showered and ready to swim.
- Swimmers will enter through the YMCA gate and check-in with staff at the registration hut on the pool deck.
- While waiting to be checked in, it is recommended that swimmers wear a mask and practice social distancing.
- Wristbands will be issued, with a lane assignment and end time, and shall be worn during the entire time at the facility.
- Swimmers must bring their own pool equipment, including goggles, towels, kickboards, sunscreen, etc.
- Prior to entering the pool, swimmers will be required to dip and rinse personal equipment in the chlorine/water bin then dip and rinse in the clear water bin, in an effort to reduce possible contamination on the pool deck.

During Swim

- One swimmer will be assigned per lane.
- Once the lane is assigned, swimmers may not change lanes.
- Swimmers in odd numbered lanes enter the water from the west end, and swimmers in even numbered lanes enter from the east end of the pool. Follow directions for spacing and stay at least six feet apart from others. Swimmers are expected to swim in the middle of the lane to allow for maximum social distancing.
- Do not make physical contact with others, such as shaking hands or giving a high five.
- Avoid touching your face.

- Avoid sharing food, drinks, or towels.
- Maintain appropriate social distancing from others on the pool deck.
- Exit times are strictly enforced.
- Violation of pool rules may result in removal from the facility and possible revocation of reservations in the future.

After Swimming

- Leave the facility as soon as reasonably possible after your swim. Exit the facility only through the YMCA gate.
- Wash your hands thoroughly and/or use hand sanitizer after leaving the pool. Hand sanitizer will be available at the facility.
- Limited restrooms and showers are available, but the locker rooms will be closed. If possible, please shower at home to minimize possibility of cross contamination.
- There will be no lost and found available, please remember to take all of your equipment and personal items with you. All items (towels, suits, goggles, etc.) will be discarded daily.
- Do not congregate after swimming.

Schedule and Fees

Adult Lap Swim \$4.00
 Senior Lap Swim \$3.00

- No cash will be accepted. Credit card or debit card only.
- Due to social distancing restrictions, the SPA and FIT Pool will be closed until further notice.
- Patrons with an active pool pass will be given credits for the recent closure. You will be notified via email/postal service of your status and credits.

Schedule

Schedule (Phase 1): June 17, 2020 through July 5, 2020
 Monday-Friday, 6:00 AM – 9:00 AM

Lap

Schedule	Check-In Time	Pool Start Time	End Time	Lane #s
AM Group 1	6:00AM	6:15AM	6:45AM	1,3, 5,7,9,11
AM Group 2	6:15 AM	6:30AM	7:00AM	2,4,6,8,10
AM Group 3	6:45AM	7:00AM	7:30AM	1,3, 5,7,9,11
AM Group 4	7:00 AM	7:15 AM	7:45AM	2,4,6,8,10
AM Group 5	7:45 AM	8:00 AM	8:30 AM	1,3, 5,7,9,11
AM Group 6	8:15 AM	8:30 AM	9:00AM	2,4,6,8,10

Updated schedules will be posted regularly, and patrons will be notified accordingly.