



CITY OF LAGUNA NIGUEL Aquatics



Group Use Policy

The City of Laguna Niguel receives requests for Swim Groups & Camps to use LNAC for Recreation Swim. These groups are welcomed to the facility by following the regulations listed below.

1. Any group belonging to an organization profit, non-profit, club etc. must gain a signed permit from the City of Laguna Niguel Parks and Recreation office before entering Laguna Niguel Aquatics Center. No exceptions will be made.
2. The organization must have 1 adult per 10 children to gain entry. Failing to do so will disallow the group from entering the facility.
3. LNAC restricts the daily amount of group users to approximately 200 participants per day.
4. Groups are allowed to swim during Recreational Swim time, 1-4:00 PM Monday – Friday only.
5. All swimmers who enter the pool will receive the pool rules before entering the water.
6. All swimmers may be required to prove swimming ability, by way of a swim test, to be eligible to swim in the deep water and go off diving boards.
7. The swim test will be given once per day between the hours of 1:00 and 1:45 PM.
8. The swim test will be given one per child, once per day. If a child fails, the test they may try again on a subsequent day.
9. Once the swim test is passed, the swimmer is not required to retake the test. It is the responsibility of the camp/group leaders to log and verify the swimmers who pass the swim test.



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Group Rules:

RULES

1. **Please Walk.**
2. **Keep your hands to yourself.**
 - **No Dunking, Pushing, CLIMBING ON SHOULDERS.**
3. **One person on diving board at a time.**
4. **Wait until the person proceeding the diver has reached the ladder before next person gets on to the diving board.**
5. **Food and drinks are allowed in bleacher area ONLY.**
 - **Please dispose of all trash in trash cans.**
6. **No hanging on lane lines, unless it is an emergency.**
7. **No swimming through lap lanes. Lap Lanes are for Adults use only.**
8. **5M Platform is closed to Public.**

Swim Test:

Jump feetfirst into water over the head in depth. Level off and swim 25 yards in a strong manner using one or more of the following strokes: breaststroke, front crawl and demonstrating rhythmic breathing.

Dog paddle is not an acceptable swim stroke





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TIPS FOR STAFF WHILE CONDUCTING SWIM TEST;

- Ask the child if they want to take the test. Do this to check out the fear level of the child, if they seem fearful they may only be testing because all of their friends are. This may save you from having to go in the water for a rescue.
- Make sure the kids swim near the lane line. Explain to them that IF they get too tired they can grab on to the lane line to rest. By grabbing the lane line they DO NOT pass the swim test.
 - Dog paddle is not an acceptable swim stroke