

## Pool Schedule/Information

### Swimming Pool Schedule and Information

Hotline: 362-4351 x2

Parks and Recreation Office: 425-5100

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

### FALL POOL SCHEDULE

Starts September 6

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

### Modified/Holiday Pool Hours

Sep 5	Labor Day	9am-12pm – adult lap 12-5pm – rec. swim
Sep 6	Fall Pool Schedule begins	
Oct 15 & 16	Dive Meet	
Nov 24 & 25	Thanksgiving	Closed

## 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

## NOTIFY ME

Sign up for notifications

To receive electronic notices of modified

Pool Schedule:

[CityofLagunaNiguel.org](http://CityofLagunaNiguel.org)

- 1 Type your email address in the box and select Sign In.
- 2 If you want to receive text messages enter your phone number and select Save.
- 3 To subscribe find Calendar and Aquatics then click on Email or Phone icon next to Aquatics.
- 4 After you select Aquatics, a confirmation will be sent to you.



## Fitness

### 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: [aquatoneoc@gmail.com](mailto:aquatoneoc@gmail.com) or Call Resa at (949) 388-0612 (no text messages, please)**

**Instructor: Resa Hempfling**  
**Location: CVP, Fit Pool**

Ongoing*	Tu/Sa	12-1pm	\$128/8 classes per month or \$20 drop-in
	M/W	6:30-7:30pm	

\*No class Sep 5, Nov 11, 24, 25.

### Power Water Workout

#### A Sally Stanton Fitness Program

Our most consistent & long standing H2O class will have you dancing, stretching and sculpting your muscles to great music! Learn how to work out properly with RoseAnn, who has been teaching this class for almost 20 years! Beginners/non-swimmers welcome. Visit [waterwarmups.com](http://waterwarmups.com) for information about equipment available to borrow/purchase. Do not buy equipment until you see what works for you!

**REGISTER: Call 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 \$60 for 9 classes (per month) \$70 unlimited (within one month)
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\*No class Sep 5, Oct 26, 28, 31, Nov 2, 11, 24, 25.

## RECREATION BROCHURE COVER PHOTO CONTEST

The City of Laguna Niguel would like to know how much you love Laguna Niguel Parks and Recreation during the winter season. Help us celebrate our City and Parks and Recreation by participating in a community cover photo contest. The winning photo will be displayed on the Winter Recreation Brochure cover. All photos must be original work of the contestant and never been the subject of a copyright or previously published. Prizes will be awarded. For more information visit our website at [www.cityoflagunaniguel.org/coverphotocontest](http://www.cityoflagunaniguel.org/coverphotocontest)

**Deadline for submittal: Friday, Sep. 23, by 4pm.**

### Swim Clinic

This program is open to anyone who wants to improve their swim workouts. Learn how to apply interval training. There will be a coach on deck to give participants workouts and stroke critique. You must be able to swim 200 yards continuously to qualify for this program. This program provides a serious workout. (5 weeks)

**Instructor: Aquatics staff**  
**Location: CVP, Pool**

5041.777	18+ yrs.	Sep 10-Oct 8	Sa	7-9am	\$65
5041.001	18+ yrs.	Oct 22-Nov 19	Sa	7-9am	\$65

### 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. (6 classes)

**For more information go to [poolates.com](http://poolates.com) or for a free trial class, email Diane at [dianerai@cox.net](mailto:dianerai@cox.net)**

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

8982	18+ yrs	Sep 14-Oct 3	M/W	12-1pm	\$125
8983	18+ yrs	Oct 5-24	M/W	12-1pm	\$125
8984	18+ yrs	Oct 26-Nov 14	M/W	12-1pm	\$125
8985	18+ yrs	Nov 16-Dec 5	M/W	12-1pm	\$125

### AquaToneOC®

#### Weight Control Therapy Exercise

A revolutionary program designed for non-exercisers, those wishing to safely lose weight & tone the body. 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: [aquatoneoc@gmail.com](mailto:aquatoneoc@gmail.com) Call Resa at 388-0612 (no text messages, please)**

**Instructor: Resa Hempfling**  
**Location: CVP, Fit Pool**

Ongoing*	Tu/Th/F	12-1pm	\$128/8 classes per month or \$20 drop-in
	M	6:30-7:30pm	

\*No class Sep 5, Nov 11, 24, 25.

## STAY CONNECTED:



Facebook

City of Laguna Niguel



Twitter

@City of Laguna Niguel



On the Web

CityOfLagunaNiguel.org



Email Alerts

CityofLagunaNiguel.org/NotifyMe



Mobile App

# Swim Lessons

## Wild Child Water Play

Learn to Swim Program  
 Managing Director: Dawn Urbanek  
 (949) 429-0702  
 info@wildchildwaterplay.com  
 Location: CVP, Fit Pool



## Swimming Lessons for Everyone and Every Ability

Infant/Toddler • Private Lessons • Development Swim Team • Adult 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 that 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 info:

**STEP 1:** Log on to [www.wildchildwaterplay.com](http://www.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 5, Oct 15, Nov 11, 24, 25.

#### COST:

Infant/Toddler: \$20 per class discounts to \$14 per class.

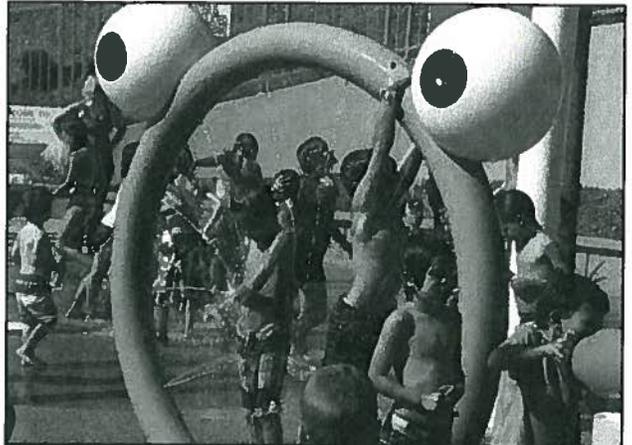
Private Lessons: \$26 per class discounts to \$20 per class.

½ hour Private: \$45 per class discounts to \$40 per class.

Dev. Swim Team: \$26 per class discounts to \$20 per class.

½ 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.



# SPRAYGROUND

## FALL SCHEDULE:

Open Weekends

10am-4pm

Sprayground may be closed at any time due to inclement weather, or other events.

Check the city's website [cityoflagunaniguel.org](http://cityoflagunaniguel.org) for latest updates.

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

**REGISTER: Call Annette 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 5.

While visiting our facilities, parks and events, please be aware that City staff and photographers may be taking photos or video for marketing purposes. If you do not want your image used, please notify the photographer at the time of the photo.

# 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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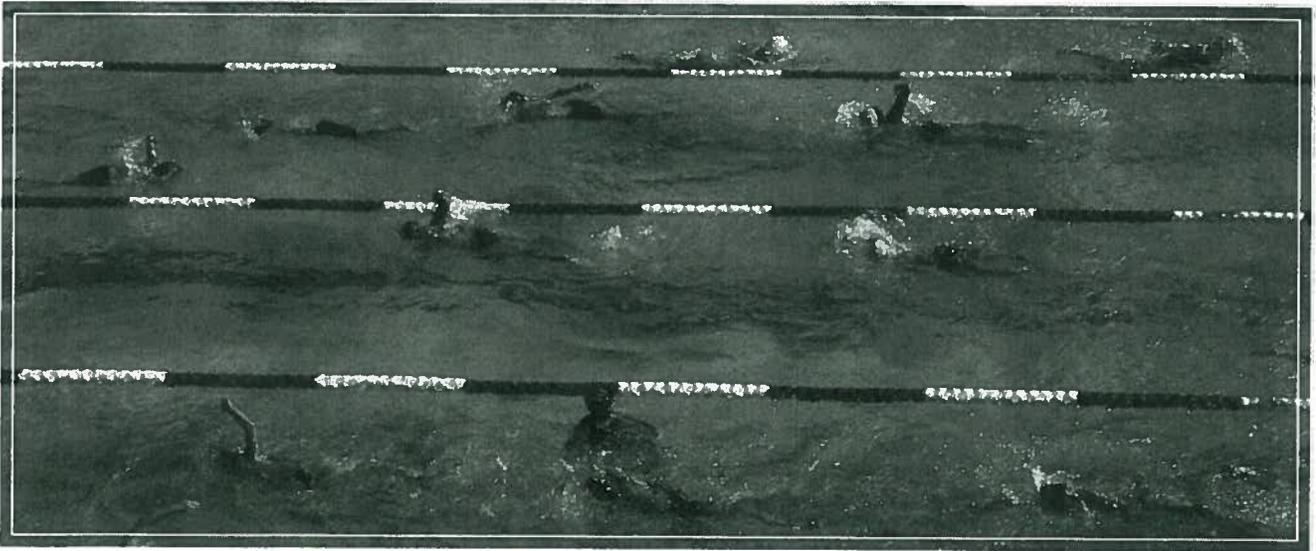
\*No class Sep 5, Nov 11, 24, 25.

### 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	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>	\$75/mo	\$80/mo	\$95/mo	\$95/mo	\$115/mo	\$115/mo	\$135/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 entries 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. (2 weeks)



**REGISTER: Call 455-7859 (see registration form at right)**

**Website: crownvalleydivers.com**

**Instructor: Curt Wilson**

**Location: CVP, Pool**

Ongoing\* 5-15 yrs Tu/Th 5-6pm or 6-7pm \$70/4 Lessons\*\*

\*No class Sep 5, Nov 11, 25, 29.

\*\*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 455-7859**

**Website: crownvalleydivers.com**

**Instructor: Curt Wilson**

**Location: CVP, Pool**

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

Novice \$100\*\* per mo.

\*No class Sep 5, Nov 11, 24, 25.

\*\*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: 455-7859**

**Website: crownvalleydivers.com**

**Instructor: Curt Wilson**

**Location: CVP, Pool Area**

Beg. 5-18 yrs M-F Call for times\* \$15/month

2014 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 entries 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.

