

**REQUEST FOR PROPOSALS (RFP)**

**Publication and Distribution of  
Recreation Brochures**



**City of Laguna Niguel**  
30111 Crown Valley Parkway  
Laguna Niguel, CA 92677  
(949) 362-4300

**Key RFP Dates**

Issue Date:	<b>November 7, 2016</b>
Question Submittal Date:	<b>November 17, 2016</b>
City Response Date:	<b>November 21, 2016</b>
Proposal Submittal Date:	<b>December 2, 2016</b>

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## CITY of LAGUNA NIGUEL CITY COUNCIL

30111 Crown Valley Parkway • Laguna Niguel, California 92677  
Phone/949 • 362 • 4300 Fax/949 • 362 • 4340

Mayor Laurie Davies  
Mayor Pro Tem Jerry Slusiewicz  
Council Member Gary Capata  
Council Member Elaine Gennawey  
Council Member Fred Minagar

### **NOTICE OF REQUEST FOR PROPOSALS (“RFP”)**

**RFP SUBJECT:** “Publication and Distribution of Recreation Brochures”

**TO:** All Proposers

**FROM:** City of Laguna Niguel

The City of Laguna Niguel (City) invites proposals from qualified consultants to provide publication and distribution of Recreation Brochures for the Parks and Recreation Department. The budget for this effort is \$280,000, for a three year term effective February 1, 2017 through January 31, 2020, with two additional one-year option terms.

**Proposals must be received in the City’s office at or before 2:00 p.m. on December 2, 2016.**

Proposals delivered in person or by a means other than the U.S. Postal Service shall be submitted to the following:

**City of Laguna Niguel  
30111 Crown Valley Parkway  
Laguna Niguel, California 92677**

Proposals delivered using the U.S. Postal Service shall be addressed as follows:

**City of Laguna Niguel  
30111 Crown Valley Parkway  
Laguna Niguel, California 92677  
Attn: Marvin Cruz, Purchasing Manager**

Proposals and amendments to proposals received after the date and time specified above will be returned to the Proposers unopened.

Proposers are able to subcontract with small businesses to the maximum extent possible.

All Proposers will be required to comply with all applicable equal opportunity laws and regulations.

The award of this contract is subject to receipt of federal, state, and/or local funds adequate to carry out the provisions of the proposed agreement including the identified Scope of Work.

**SECTION I: INSTRUCTIONS TO PROPOSERS**

**SECTION I. INSTRUCTIONS TO PROPOSERS**

**EXAMINATION OF PROPOSAL DOCUMENTS**

By submitting a proposal, Proposer represents that it has thoroughly examined and become familiar with the work required under this RFP and that it is capable of performing quality work to achieve the City's objectives.

**ADDENDA**

Any City changes to the requirements will be made by written addendum to this RFP. Any written addenda issued pertaining to this RFP shall be incorporated into the terms and conditions of any resulting Agreement. The City will not be bound to any modifications to or deviations from the requirements set forth in this RFP as the result of oral instructions. Proposers shall acknowledge receipt of addenda in their proposals. Failure to acknowledge receipt of Addenda may cause the proposal to be deemed non-responsive to this RFP and be rejected.

**CITY CONTACT**

All questions and/or contacts with City staff regarding this RFP are to be directed to the following:

Marvin Cruz, Purchasing Manager  
Finance Department  
30111 Crown Valley Parkway  
Laguna Niguel, CA 92677  
Phone: 949-362-4395, Fax: 949-360-9601  
Email: [MCruz@cityoflagunaniguel.org](mailto:MCruz@cityoflagunaniguel.org)

**CLARIFICATIONS**

**Examination of Documents**

Should a Proposer require clarifications of this RFP, the Proposer shall notify the City in writing in accordance with Section E.2. below. Should it be found that the point in question is not clearly and fully set forth, the City will issue a written addendum clarifying the matter which will be sent through the City's website.

**Submitting Requests**

All questions must be put in writing and must be received by the City no later than 5:00 p.m., on November 17, 2016.

Requests for clarifications, questions, and comments must be clearly labeled, "Written Questions." The City is not responsible for failure to respond to a request that has not been labeled as such.

Any of the following methods of delivering written questions are acceptable as long as the questions are received no later than the date and time specified above:

U.S. Mail: City of Laguna Niguel, 30111 Crown Valley Parkway, Laguna Niguel, CA 92677.

Personal Delivery: City of Laguna Niguel Finance Department, 2<sup>nd</sup> Floor, 30111 Crown Valley Parkway, Laguna Niguel, CA 92677.

Facsimile: 949-360-9601.

Email: [MCruz@cityoflagunaniguel.org](mailto:MCruz@cityoflagunaniguel.org).

### **City Responses**

Responses from the City will be posted on the City's website at [www.cityoflagunaniguel.org/bids](http://www.cityoflagunaniguel.org/bids) no later than November 21, 2016. Proposers may download responses from the City's website or request responses be sent via U.S. Mail by emailing or faxing the request to Marvin Cruz, Purchasing Manager.

Inquiries received after 5:00 p.m. on November 21, 2016 will not be responded to.

## **SUBMISSION OF PROPOSALS**

### **Date and Time**

Proposals must be received in the City's office at or before 2:00 p.m. on December 2, 2016.

Proposals received after the above-specified date and time will be returned to Proposers unopened.

### **Address**

Proposals delivered in person or through U.S. mail shall be submitted to the following:

**City of Laguna Niguel  
Finance Department  
30111 Crown Valley Parkway, 2<sup>nd</sup> Floor  
Laguna Niguel, CA 92677  
Attention: Marvin Cruz, Purchasing Manager**

### **Identification of Proposals**

Proposer shall submit an **original and 3 copies** of its proposal in a sealed package, addressed as shown above in F.2.

The outer envelope must show the Proposer's name and address and clearly marked as follows:

**“RFP for Publication and Distribution of Recreation Brochures”**

In addition to the above, Proposers shall also include one (1) electronic copy of their entire RFP submittal package in “PDF” format, on a CD or DVD.

### **Acceptance of Proposals**

The City reserves the right to accept or reject any and all proposals, or any item or part thereof, or to waive any informalities or irregularities in proposals.

The City reserves the right to withdraw or cancel this RFP at any time without prior notice and the City makes no representations that any contract will be awarded to any Proposer responding to this RFP.

The City reserves the right to postpone proposal openings for its own convenience.

Proposals received and opened by City are public information and must be made available to any person upon request.

Submitted proposals are not to be copyrighted.

### **PRE-CONTRACTUAL EXPENSES**

The City shall not, in any event, be liable for any pre-contractual expenses incurred by a Proposer in the preparation of its proposal. Proposer shall not include any such expenses as part of its proposal.

Pre-contractual expenses are defined as expenses incurred by Proposer in:

- Preparing its proposal in response to this RFP;
- Submitting that proposal to the City;
- Negotiating with the City any matter related to this proposal; or
- Any other expenses incurred by Proposer prior to date of award, if any, of the Agreement.

### **JOINT OFFERS**

Where two or more firms desire to submit a single proposal in response to this RFP, they should do so on a prime-subcontractor basis rather than as a joint venture. The City

intends to contract with a single firm and not with multiple firms doing business as a joint venture.

## **TAXES**

Proposals are subject to State and Local sales taxes.

## **CONTRACT TYPE**

It is anticipated that the Agreement resulting from this solicitation, if awarded, will be a fixed unit-price for work specified in the scope of work, included in the RFP as Exhibit A. The term of the contract is effective February 1, 2017 through January 31, 2020, with two additional one-year option terms.

## **CONFLICT OF INTEREST**

All Proposers responding to this RFP must avoid organizational conflicts of interest which would restrict full and open competition in this procurement. An organizational conflict of interest means that due to other activities, relationships, or contracts, a Proposer is unable, or potentially unable, to render impartial assistance or advice to the City; a Proposer's objectivity in performing the work identified in the Scope of Work is or might be otherwise impaired; or a Proposer has an unfair competitive advantage. Conflict of Interest issues must be fully disclosed in the Proposer's proposal.

**SECTION II: PROPOSAL CONTENT**

## **SECTION II. PROPOSAL CONTENT**

### **A. PROPOSAL FORMAT AND CONTENT**

#### **Format**

Proposals should be typed with a standard 12 point font, double-spaced, and submitted on 8 1/2"x11" size paper, using a single method of fastening. Charts and schedules may be included in 11"x17" format. Proposals should not include any unnecessarily elaborate or promotional materials. Proposals should not exceed fifty (50) pages in length, excluding any appendices, cover letters, resumes, or forms.

#### **Letter of Transmittal**

The Letter of Transmittal shall be addressed to Marvin Cruz, Purchasing Manager, and must, at a minimum, contain the following:

Identification of Proposer that will have contractual responsibility with the City. Identification shall include legal name of company, corporate address, telephone and fax number, and email address. Include name, title, address, email address, and telephone number of the contact person identified during period of proposal evaluation.

Identification of all proposed subcontractors including legal name of company, contact person's name and address, telephone and fax number, and email address; relationship between Proposer and subcontractors, if applicable.

Acknowledgement of receipt of all RFP addenda, if any.

A statement to the effect that the proposal shall remain valid for a period of not less than 120 days from the date of submittal.

Signature of a person authorized to bind Proposer to the terms of the proposal.

Signed statement attesting that all information submitted with the proposal is true and correct.

#### **Technical Proposal**

##### **Qualifications, Related Experience, and References of Proposer**

This section of the proposal should establish the ability of Proposer to satisfactorily perform the required work by reasons of: experience in performing work of a similar nature; demonstrated competence in the services to be provided; strength and stability of the firm; staffing

capability; work load; record of meeting schedules on similar projects; and supportive client references.

Proposers shall:

Provide a brief profile of the firm, including the types of services offered; the year founded; form of the organization (corporation, partnership, sole proprietorship); number, size, and location of offices; and number of employees.

Provide a general description of the firm's financial condition and identify any conditions (e.g., bankruptcy, pending litigation, planned office closures, impending merger) that may impede Proposer's ability to complete the project.

Describe the firm's experience in performing work of a similar nature to that solicited in this RFP, and highlight the participation in such work by the key personnel proposed for assignment to this project.

Identify subcontractors by company name, address, contact person, telephone number, email address, and project function. Describe Proposer's experience working with each subcontractor.

Provide as a minimum three (3) references for the projects cited as related experience, and furnish the name, title, address, telephone number, and email address of the person(s) at the client organization who is most knowledgeable about the work performed. Proposer may also supply references from other work not cited in this section as related experience.

### **Proposed Staffing and Project Organization**

This section of the proposal should establish the method, which will be used by the Proposer to manage the project, as well as identify key personnel assigned.

Proposer shall:

Identify key personnel proposed to perform the work and include major areas of subcontract work. Include the person's name, current location, proposed position for this project, current assignment, level of commitment to that assignment, availability for this assignment, and how long each person has been with the firm.

Furnish brief resumes (not more than two [2] pages each) for the proposed Project Manager and other key personnel that includes education, experience, and applicable professional credentials.

Include a project organization chart, which clearly delineates communication/reporting relationships among the project staff.

Include a statement that key personnel will be available to the extent proposed for the duration of the project acknowledging that no person designated as "key" to the project shall be removed or replaced without the prior written concurrence of the City.

### **Work Plan**

Proposer should provide a narrative, which addresses the Scope of Work, and shows Proposer's understanding of City's needs and requirements.

Proposer shall:

Describe the approach to completing the work specified in the Scope of Work. The approach to the work plan shall be of such detail to demonstrate the Proposer's ability to accomplish the project objectives and overall schedule.

Outline sequentially the activities that would be undertaken in completing the work and specify who would perform them.

Identify methods that Proposer will use to ensure quality control, as well as budget and schedule control for the project.

Identify any special issues or problems that are likely to be encountered in this project and how the Proposer would propose to address them.

Proposer is encouraged to propose enhancements or procedural or technical innovations to the Scope of Work that do not materially deviate from the objectives or required content of the project.

Provide samples of past collateral for similar recreation brochures. Copies of samples should be included with the original proposal and each proposal copy. Paper samples, not CDs, should be provided.

### **Exceptions/Deviations**

State any exceptions to or deviations from the requirements of this RFP, segregating "technical" exceptions from "contractual" exceptions. Where Proposer wishes to propose alternative approaches to meeting the City's technical or contractual requirements, these should be thoroughly explained. If no contractual exceptions are noted, Proposer will be deemed to have accepted the contract requirements as set forth in Exhibit C.

### **Cost and Price Proposal**

As part of the cost and price proposal, the Proposer shall submit proposed pricing to provide the services for the work described in Exhibit A, Scope of Work.

The Proposer shall complete the "Price Summary Sheet" form included with this RFP (Exhibit B), and furnish any narrative required to explain the prices. It is anticipated that the City will issue a fixed unit-price contract to complete the Scope of Work.

### **Appendices**

Information considered by Proposers to be pertinent to this project and which has not been specifically solicited in any of the aforementioned sections may be placed in a separate appendix section. Proposers are cautioned, however, that this does not constitute an invitation to submit large amounts of extraneous materials. Appendices should be relevant and brief.

**SECTION III: EVALUATION AND AWARD**

**SECTION III. EVALUATION AND AWARD**

**A. EVALUATION CRITERIA**

The City will evaluate the offers received based on the following criteria:

- 1. Qualifications of the Firm** **35%**

Technical experience in performing work of a closely similar nature; experience working with public agencies; strength and stability of the firm; strength, stability, experience, and technical competence of subcontractors; assessment by client references.
- 2. Staffing and Project Organization** **35%**

Qualifications of project staff, particularly key personnel and especially the Project Manager; key personnel's level of involvement in performing related work cited in "Qualifications of the Firm" section; logic of project organization; adequacy of labor commitment; concurrence in the restrictions on changes in key personnel.
- 3. Work Plan** **15%**

Depth of Proposer's understanding of City's requirements and overall quality of work plan; logic, clarity, and specificity of work plan; appropriateness of resource allocation; utility of suggested technical or procedural innovations; quality of samples of similar work specified in Exhibit A.
- 4. Cost and Price** **15%**

Reasonableness of rates; competitiveness with other offers received; adequacy of data in support of figures quoted.

**B. EVALUATION PROCEDURE**

An evaluation committee will be appointed to review all proposals received for this RFP. The committee is comprised of City staff and may include outside personnel. The committee members will evaluate the written proposals using criteria identified in Section III A. A list of top ranked proposals, firms within a competitive range, will be developed based upon the totals of each committee members' score for each proposal.

During the evaluation period, the City may interview some or all of the proposing firms. The City has established **December 15, 2016** as the date to conduct interviews. All prospective Proposers are asked to keep this date available. No other interview dates will be provided, therefore, if a Proposer is unable to attend the interview on this date, its proposal may be eliminated from further discussion. The interview may consist of a

short presentation by the Proposer after which the evaluation committee will ask questions related to the firm's proposal and qualifications.

At the conclusion of the proposal evaluations, Proposers remaining within the competitive range may be asked to submit a Best and Final Offer (BAFO). In the BAFO request, the firms may be asked to provide additional information, confirm or clarify issues, and submit a final cost/price offer. A deadline for submission will be stipulated.

At the conclusion of the evaluation process, the evaluation committee will recommend to City's management the Proposer whose proposal is most advantageous to the City.

**C. AWARD**

The City may negotiate contract terms with the selected Proposer prior to award, and expressly reserves the right to negotiate with several Proposer simultaneously and, thereafter, to award a contract to the Proposer offering the most favorable terms to the City.

The City reserves the right to award its total requirements to one Proposer or to apportion those requirements among several Proposer as the City may deem to be in its best interest. In addition, negotiations may or may not be conducted with Proposer; therefore, the proposal submitted should contain Proposer's most favorable terms and conditions, since the selection and award may be made without discussion with any Proposer.

The selected Proposer will be required to submit to the City's Accounting department a current IRS W-9 form prior to commencing work.

**D. NOTIFICATION OF AWARD AND DEBRIEFING**

Proposers who submit a proposal in response to this RFP shall be notified in writing of the contract award. Such notification shall be made within three (3) business days of the date the contract is awarded.

Proposers who were not awarded the contract may obtain a debriefing concerning the strengths and weaknesses of their proposal. Unsuccessful Proposers, who wish to be debriefed, must request the debriefing in writing or electronic mail and the City must receive it within seven (7) business days of notification of the contract award.

**EXHIBIT A: SCOPE OF WORK**

## **SCOPE OF WORK**

The City of Laguna Niguel (City) publishes a Recreation Brochure four (4) times a year that is delivered to approximately 25,550 postal customers. The City is requesting proposals from qualified consultants to provide full production of the Recreation Brochures (i.e. graphic design, art direction, layout, typesetting, printing and mailing services) detailing available activities, classes, and special events in the City's Parks and Recreation Department.

### **Consultant shall:**

- Have experience creating similar projects within the last three (3) years, providing the same or similar services requested in this RFP and provide a sample(s) of their work.
- Provide sufficient staff and/or sub-consultants available with experience in the disciplines required for this service.
- Provide a dedicated representative who can effectively communicate with City Staff and respond quickly throughout the workday.
- Incur any costs that result from errors in the typesetting, design or layout of the final approved version of the brochure.
- Be responsible for all design work, stock photo cost, color separation, set-up, cropping, etc. Photos for the front cover and inside pages may be provided by the City to be incorporated into design work.
- Have their printer located within twenty (20) miles from the City.
- Submit the final draft of the Recreation Brochure through a safe and secure file transfer site (FTS) service.
- Submit a copy of their Disaster Recovery Handbook and Protocol.

### **PROCESS**

The City will provide the Consultant with all class and event information in a word document and the Consultant shall provide all of the services required to complete the publications.

FREQUENCY

The City requires one (1) issue per quarter for a total of four (4) issues per calendar year. Quarters include: Winter (December – February), Spring (March – May), Summer (June – August), Fall (September – November).

QUANTITY

28,000 brochures per quarter. (Quantity will vary as City population fluctuates)

PRINTING

Sheets fed offset only. Consultant shall also be capable of in-house digital printing.

PAYMENT

Consultant shall invoice the City for payments corresponding to the work actually completed for each brochure. The City will submit a check for payment within thirty (30) days from receipt of the invoice.

PAGES

Each brochure shall include no less than thirty-two (32) pages including cover with the exception of the Summer Brochure, which shall have no less than thirty-six (36) pages including cover. (Page quantity will vary for special additions)

PAPER STOCK

Seventy (70) pound Endurance Recycled Gloss Book or similar.

COVER STOCK

One-hundred (100) pound Endurance Recycled Gloss Book or similar.

BROCHURE SIZE

Shall be between 8 – 8.5 inches wide and between 10.5 – 11 inches high.

**DRAFT PROCESS**

Graphic Designer and City Staff will work closely to complete multiple working drafts (showing corrections) of the brochure. Graphic designer must be accessible Monday through Friday, from 8:00 am to 5:00 pm.

**PROOFS**

Consultant shall provide the City with one (1) high-resolution (blue-line) physical and digital proof of the entire brochure. Additional proofs are required within twenty-four (24) hours until approved corrections are made.

**BINDERY**

Consultant shall trim, fold, in-house saddle stitch, and prepare for mailing.

**ARTWORK**

In-house full color design, concept design, photos, and production art. Consultant shall provide design of front and back cover art work. City shall provide a Microsoft Word document of information and Consultant shall transfer the information to digital files (both InDesign and PDF Format). Consultant must also have access to stock photos (public domain and non-copyrighted material) that include images of people, recreation activities, special events, etc. Consultants in-house design team must be available Monday through Friday, 8:00 am to 5:00 pm.

**MAILING**

The selected printing company must have in-house mailing capabilities and cannot be sourced out. Consultant shall utilize Every Door Direct Mail (EDDM) to mail brochure to Postal Local Customers in the City. Consultant must also have access to residential mailing list/routes for zip code 92677.

**POSTAGE**

Consultant shall obtain precise postage pricing (for each issue) from the United States Postal Service (USPS), based on weight and exact quantities required for mailing to every resident and business address in the City. Consultant shall pay for all postage costs prior to brochures being mailed to City Residents. Such costs shall be added to invoices and paid as described in the above “Payment” section. Consultant shall also be responsible for picking up previously issued surplus brochures and recycle responsibly.

**DELIVERY**

Deliver the respective number of Recreation Brochures to USPS for delivery to City Residents which includes an approximate amount of +/- 25,550 brochures per issue (quantity will vary as City population fluctuates). All brochures shall meet the USPS standards for bulk rate mail. Consultant shall file the necessary paperwork with the USPS for receipt and delivery. Consultant shall also deliver +/- 2,500 brochures to various City facilities, per issue. Printing and delivery of the brochure should be no later than the tenth day after getting final approval of the proof from the City. Proof of delivery to USPS is required.

**PROJECT SCHEDULE**

A calendar of deadlines will be provided to the Consultant annually. The approximate USPS delivery dates are:

- Winter – First week of November
- Spring – First week of February
- Summer – Last week of April
- Fall – First week of August

**EXHIBIT B: COST AND PRICE FORMS**

**PRICE SUMMARY SHEET**

Enter below the proposed price for the services described in the Scope of Work, Exhibit A. Prices shall include direct costs, indirect costs, tax and profits. The quantities provided below are for RFP evaluation purposes only. The City’s intention is to award a fixed unit-price type contract.

	<b>QUARTER</b>	<b>UNIT PRICE (per brochure)</b>	<b>Quantity</b>	<b>Total</b>
<b>YEAR 1</b>	Winter (32 pgs)	\$	28,000	\$
	Spring (32 pgs)	\$	28,000	\$
	Summer (36 pgs)	\$	28,000	\$
	Fall (32 pgs)	\$	28,000	\$
<b>TOTAL=</b>				<b>\$</b>

<b>YEAR 2</b>	Winter (32 pgs)	\$	28,000	\$
	Spring (32 pgs)	\$	28,000	\$
	Summer (36 pgs)	\$	28,000	\$
	Fall (32 pgs)	\$	28,000	\$
<b>TOTAL=</b>				<b>\$</b>

<b>YEAR 3</b>	Winter (32 pgs)	\$	28,000	\$
	Spring (32 pgs)	\$	28,000	\$
	Summer (36 pgs)	\$	28,000	\$
	Fall (32 pgs)	\$	28,000	\$
<b>TOTAL=</b>				<b>\$</b>

<b>YEAR 4 (Option)</b>	Winter (32 pgs)	\$	28,000	\$
	Spring (32 pgs)	\$	28,000	\$
	Summer (36 pgs)	\$	28,000	\$
	Fall (32 pgs)	\$	28,000	\$
<b>TOTAL=</b>				<b>\$</b>

<b>YEAR 5 (Option)</b>	Winter (32 pgs)	\$	28,000	\$
	Spring (32 pgs)	\$	28,000	\$
	Summer (36 pgs)	\$	28,000	\$
	Fall (32 pgs)	\$	28,000	\$
<b>TOTAL=</b>				<b>\$</b>

**EXHIBIT C: PROPOSED AGREEMENT**

PROPOSED AGREEMENT FOR PROFESSIONAL SERVICES

Publication and Distribution of Recreation Brochures

THIS AGREEMENT is made and entered into the \_\_\_\_\_ day of \_\_\_\_\_, \_\_\_\_\_, by and between the City of Laguna Niguel, a municipal corporation, hereinafter the "City", and \_\_\_\_\_, a \_\_\_\_\_ [capacity] hereinafter the "Consultant".

R E C I T A L S:

1. City requires publication and distribution of quarterly recreation brochures to residents of the City
2. City circulated a Request for Proposal for the above described services on \_\_\_\_\_, 2016
3. Consultant submitted a proposal to the City to provide the required services on \_\_\_\_\_, 2016
4. City staff has reviewed all of the proposals and staff, after considering the qualifications, proposed staff, work plan, and the fairness and reasonableness of Consultant's proposed cost, has determined that an agreement to provide the required services should be awarded to Consultant.
5. The City desires to enter into an agreement with Consultant for Consultant to provide required services.

A G R E E M E N T:

NOW, THEREFORE, in consideration of the foregoing premises and the mutual promises and covenants herein contained, the parties hereto agree as follows:

1. Services to be Performed by Consultant. Consultant agrees to perform the professional services for City and to prepare and deliver the work products to City, in a manner satisfactory to City, as described in Consultant's proposal dated \_\_\_\_\_, ("Scope of Work") which is attached hereto as Exhibit "\_\_\_."
2. Additional or Different Services. Any proposed changes in the Scope of Work and/or professional services which are the subject of this Agreement shall be made only by written amendment to this Agreement.
3. Term. This Agreement shall become effective on the date stated above and will continue in effect until January 31, 2020 subject to termination as provided in paragraph 27 except the indemnification provisions contained in paragraph 18 shall remain in full force and effect after the Agreement is terminated. The agreement may be extended for two one-year terms if Consultant's

performance is satisfactory and that it is in the interest of the City

4. Payment for Services. City agrees to pay Consultant for providing the professional services which are described in Exhibit "\_\_\_", and to pay for those services in the amount and in the manner and at the times set forth in Exhibit "\_\_\_".

[Make reference to any applicable fee schedule.]

Upon submission of each invoice, if the City is satisfied that the Consultant has performed the services described therein, the City shall promptly approve the invoice, in which event, payment shall be made within thirty (30) days of receipt of the invoice by City. Such approval shall not be unreasonably withheld. If City does not approve an invoice, the City shall notify Consultant in writing of the reasons for the non-approval within seven (7) days of receipt of the invoice.

5. Ownership of Documents and Drawings. All original drawings, plans, designs, reports, notes, calculations, maps, and other documents developed during the course of Consultant providing the professional services required by Exhibit "A" shall be the property of the City and shall be provided by Consultant to City upon their completion. Further, even if this Agreement is terminated, said documents shall be the property of the City and may be used by City as it determines appropriate.

6. Time is of the Essence. Consultant agrees to perform the services and deliver the work products provided for herein when reasonably requested by City.

7. Consultant to Supply Instrumentalities. Consultant shall supply all instrumentalities and tools required to perform the services under this Agreement.

8. Licenses; Standard of Care.

- a. Consultant represents and agrees that all personnel engaged by Consultant in performing services are and shall be fully qualified and are authorized or permitted under state and local law to perform such services. Consultant represents and warrants to City that it has all licenses, permits, qualifications, and approvals required of its profession to provide the services and work required to be performed by this Agreement. Consultant further represents and warrants that it shall keep in effect all such licenses, permits, and other approvals during the term of this Agreement.
- b. Consultant shall perform the services under this Agreement in a skillful and competent manner. The Consultant shall be responsible to City for any errors or omissions in the performance of work pursuant to this Agreement. Should any errors caused by Consultant be found in such services or products, Consultant shall correct the errors at no additional charge to City by redoing the professional work and/or revising the work product(s) called for in the Scope of Work to eliminate the errors.

9. Legal Responsibilities. Consultant shall keep itself informed of all State and Federal laws and regulations which may, in any manner, affect those employed by it or in any way affect the performance of its services pursuant to this Agreement. Consultant shall, at all times, observe and comply with all such laws and regulations. City, and its officers and employees, shall not be liable at law or in equity by reason of the failure of the Consultant to comply with this paragraph.

10. Non-Assignability. Neither this Agreement nor any rights, title, interest, duties or obligations under this Agreement may be assigned, transferred, conveyed or otherwise disposed of by Consultant without the prior written consent of City.

11. Subcontracting Subject to Approval. Consultant may not subcontract any portion of the work required by this Agreement to other persons or firms unless Consultant first obtains the written consent of City to engage in such subcontracting.

In requesting permission to subcontract any portion of the services contemplated by this Agreement, Consultant shall provide to City a precise written description of:

- a. The nature and scope of the work to be subcontracted, and the reason(s) such subcontracting is required or desired.
- b. The qualifications of the subcontractor.
- c. A statement signed by such subcontractor indicating that the subcontractor is not representing or providing services to any party, either by contract, subcontract, or other arrangement which party has interests which could reasonably be perceived as adverse to those of City, and that if approved as subcontractor with regard to the subject Agreement between City and Consultant, said subcontractor will abide by all pertinent provisions of the Agreement between City and Consultant including, but not limited to providing direct written notice to City consistent with the procedures set forth in Section 11 of such Agreement in the event subcontractor finds itself representing or being requested to represent a party whose interest(s) may reasonably appear to be adverse to those of City. Subcontractor shall also provide a copy of such notice to Consultant.

12. Independent Consultant. Consultant is and shall at all time remain as to City a wholly independent contractor. Neither the City nor any of its officers, employees, or agents, shall have control over the conduct of the Consultant or any of the Consultant's officers, employees, or agents. Consultant shall not at any time or in any manner represent that it or any of its officers, employees, or agents, are officers, employees, or agents, of the City. Except as specified in writing by City, Consultant shall have no authority, expressed or implied, to act on behalf of City, and Consultant shall have no authority, expressed or implied, to incur any obligation or liability against the City.

Consultant shall be responsible for and pay all taxes and other payments for Consultant and its employees for Federal and State income taxes, including withholding of taxes, Social Security, worker's compensation insurance, State disability insurance, unemployment insurance, and all other similar items.

13. Administration. This Agreement will be administered by the Parks and Recreations Department. The Parks and Recreations Director or designee shall be considered the Project Administrator and shall have the authority to act for the City under this Agreement. The Parks and Recreations Director or designee shall represent the City in all matters pertaining to the services to be rendered pursuant to this Agreement.

14. Progress. Consultant is responsible to keep the Project Administrator and/or designee informed on a regular basis regarding the status and progress of the work being performed pursuant to this Agreement.

15. Cooperation of City. City agrees to comply with all reasonable requests of Consultant and provide access to all documents reasonably necessary for the performance of Consultant's duties under this Agreement with the exception of those documents which the Scope of Work calls upon the Consultant to prepare.

16. Confidentiality. No news releases, including photographs, public announcements, or confirmations of the same, of any part of the work being performed pursuant to this Agreement shall be made without prior written approval of the City. The information which results from performing the services required by this Agreement is to be kept confidential unless the release of information is authorized by the City.

17. Conflicts of Interest. Consultant represents that it is not currently engaged in and has not contracted to perform work on the behalf of any party or parties whose interests are or would reasonably appear to be adverse to those of City. In the event that Consultant should discover that it has represented, is representing or is being requested to perform work for a party or parties with interests adverse to those of City, Consultant shall immediately notify City in writing of such situation. Said notification requirement shall apply to all work performed by Consultant for another party or parties, with interests adverse to those of City, on a subcontract as well as on a contract or other basis. Further, the Consultant or its employees may be subject to the provisions of the California Political Reform Act of 1974 (the "Act"), which (1) requires such persons to disclose financial interest that may foreseeably be materially affected by the work performed under this Agreement, and (2) prohibits such persons from making, or participating in making, decisions that will foreseeably financially affect such interest. If subject to the Act, Consultant shall comply with all requirements of the Act. Failure to do so constitutes a material breach and is grounds for termination of this Agreement by the City.

Consultant agrees not to provide services within the City boundaries for any other public or private entities without prior written approval from City.

18. Indemnification. Consultant shall indemnify, protect, defend and hold harmless, City and its Council members, officers, employees, agents, and representatives from any suits, claims, actions, liability or damages of whatsoever kind and nature that may arise from or is in any way related to Consultant's performance of work pursuant to this Agreement. This provision shall survive the term of this Agreement.

19. Insurance. Without limiting Consultant's indemnification of City as described in paragraph 18, Consultant shall obtain and provide and maintain at its own expense during the term of this Agreement policy or policies of liability insurance of the type and amounts described below and satisfactory to the City Attorney. Such policies shall be signed by a person authorized by that insurer to bind coverage on its behalf and must be filed with the City prior to exercising any right or performing any work pursuant to this Agreement. Said policy or policies shall be with insurance carriers admitted to do business in the State of California. The City of Laguna Niguel and its Council members, officers, employees, agents, and representatives shall be named as additional insureds under the policies required by subparagraphs a.(2). and a. (3). for all liability arising from Consultant's performance of services pursuant to this Agreement. This insurance shall be primary to any insurance maintained by the City. City insurance shall not contribute to any judgment rendered against the City.

a. Prior to the commencement of any services hereunder, Consultant shall provide to City certificates of insurance with original endorsements, and copies of policies, if requested by City, of the following insurance coverage:

(1) Worker's compensation insurance covering all employees and principals of Consultant that is of a minimum amount of \$1 million per accident and is in accordance with the laws of the State of California and Employers Liability Insurance in the amount of \$100,000.

(2) General liability insurance covering third party liability risks, including without limitation contractual liability, in a minimum amount of \$1 million combined single limit per occurrence for bodily injury, personal injury, and property damage. If general liability insurance or other form with a general aggregate limit is used, either the general aggregate limit shall apply separately to this project, or the general aggregate limit shall be twice the occurrence limit.

(3) Auto liability and property insurance covering any owned, hired and non-owned vehicles of Consultant in a minimum amount of \$2 million combined single limit per accident for bodily injury and property damage.

(4) Professional liability insurance, or errors and omissions insurance, for claims for bodily injury, death, property damage, or economic loss which may arise from the performance of the Consultant's work under this Agreement. Such policies shall be in the amount of \$2 million per occurrence and in the aggregate.

- b. Said policy or policies shall be endorsed to state that coverage shall not be suspended, voided, canceled by either party, or reduced in coverage or in limits except after sixty (60) days prior notice has been given in writing to City. Consultant shall give to City prompt and timely notice of any claim made or suit instituted against Consultant pertaining to Consultant providing services pursuant to this Agreement. Consultant shall also procure and maintain, at its own cost and expense, any additional kinds of insurance, which in its own judgement may be necessary for its proper protection and prosecution of the services under this Agreement.
- c. Consultant shall include subcontracting consultants, if any, as insureds under its policies or shall furnish separate certificates and endorsements for each subcontractor. All coverage for each subcontractor shall be subject to the requirements stated herein.

20. Nondiscrimination by Consultant. Consultant represents and agrees that Consultant, its affiliates, subsidiaries, or holding companies do not and will not discriminate against any subcontractor, consultant, employee, or applicant for employment because of race, religion, color, sex, handicap, or national origin. Such nondiscrimination shall include, but not be limited to, the following: employment, upgrading, demotion, transfers, recruitment, recruitment advertising, layoff, termination, rates of pay or other forms of compensation, and selection for training, including apprenticeship.

21. City's Rights to Employ Other Consultants. City reserves the right to employ other consultants in connection with the subject matter of the Scope of Work.

22. Consultant's Records. Consultant shall keep records and invoices in connection with it work performed under this Agreement. Consultant shall maintain complete and accurate records with respect to the costs incurred under this Agreement. All such records shall be clearly identifiable. Consultant shall allow a representative of City during normal business hours to examine, audit, and make transcripts or copies of such records. Consultant shall allow inspection of all work, data, documents, proceedings, and activities related to the Agreement for a period of three (3) years from the date of final payment under this Agreement.

23. Notices. Any notices to be given hereunder by either party to the other in writing may be effected either by personal delivery or by mail. Mailed notices shall be addressed to the address of the parties to be notified which appears below, but each party may change its address by written notice given in accordance with this paragraph. Notices delivered personally will be deemed communicated as of actual receipt. Mailed notices will be deemed communicated and received as of five (5) calendar days following the date of mailing of the notice.

CITY: City of Laguna Niguel  
Attn: City Manager  
30111 Crown Valley Parkway  
Laguna Niguel, California 92677

CONSULTANT: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

24. Entire Agreement. This Agreement supersedes any and all agreements, either oral or written, between the parties hereto with respect to the rendering of services described in Exhibit "\_\_\_" hereto by Consultant for City and contains all of the covenants and agreements between the parties with respect to the rendering of such services. Each party to this Agreement acknowledges that no representations, inducements, promises, or agreements, orally or otherwise, have been made with regard to such services by any party, or anyone acting on behalf of any party, which are not embodied herein, and that no other agreement, statement, or promise regarding such services not contained in this Agreement shall be valid or binding. Any modification or amendment of this Agreement will be effective only if it is in writing and signed by both parties to this Agreement.

25. Exhibits. The Exhibits referenced in this Agreement are attached hereto and incorporated herein by this reference as though set forth in full in the Agreement.

26. Governing Law. This Agreement will be governed by and construed in accordance with the laws of the State of California. Any legal action in which enforcement of the terms and conditions of this Agreement is requested, or in which it is alleged that a breach of this Agreement has taken place, shall be filed and prosecuted in the County of Orange, California.

27. Termination. City may terminate this Agreement, without cause or penalty, by providing written notice to the other party that the Agreement is terminated. Said written notice shall be provided at least fifteen (15) days [or some other appropriate period of time] in advance of the termination date. Unless terminated as provided herein, this Agreement shall continue in effect for the period set forth in Section 3. If City terminates this Agreement pursuant to this paragraph, Consultant's compensation shall be paid based on the percentage of the required services performed.

28. Breach of Agreement. If Consultant defaults in the performance of any of the terms or conditions of this Agreement, it shall have ten (10) days after service upon it of written notice of such default in which to cure the default by rendering a satisfactory performance. In the event that Consultant fails to cure its default within such period of time, City shall have the right, notwithstanding any other provision of this Agreement, to terminate this Agreement without further notice and without prejudice to any other remedy to which it may be entitled at law, in equity, or under this Agreement. The failure of City to object to any default in the performance of the terms and conditions of this Agreement shall not constitute a waiver of either that term or condition or any other term or condition of this Agreement.

29. Attorney Fees. If any legal proceeding, including an action for declaratory relief, is brought to enforce or interpret the provisions of this Agreement, the prevailing party will be entitled to reasonable attorney's fees, which may be set by the court in the same action or in a separate action brought for that purpose, in addition to any other relief to which that party may be entitled.

30. Severability. If any provision in this Agreement is held by a court of competent jurisdiction to be invalid, void, or unenforceable, the remaining provisions will nevertheless continue in full force without being impaired or invalidated in any way.

31. Successors and Assigns. The terms and conditions of this Agreement shall be binding on the successors and assigns of the parties to this Agreement.

32. Authority to Sign. The person [or persons] executing this Agreement on behalf of the Consultant warrants and represents that he [she/they] has [have] the authority to execute this Agreement on behalf of the Consultant and has [have] the authority to bind the Consultant to the performance of the obligations hereunder.

///

IN WITNESS WHEREOF, the parties hereto have executed this Agreement as of the date first above written.

"CITY"

CITY OF LAGUNA NIGUEL

By: \_\_\_\_\_

Print Name: \_\_\_\_\_

Title: \_\_\_\_\_

ATTEST:

\_\_\_\_\_  
Eileen Gomez,  
City Clerk

APPROVED AS TO FORM BY THE  
CITY ATTORNEY FOR THE  
CITY OF LAGUNA NIGUEL,  
CALIFORNIA

\_\_\_\_\_  
Terry E. Dixon, Esq.  
City Attorney

"CONSULTANT"

\_\_\_\_\_  
[insert name of company]

By: \_\_\_\_\_

Print Name: \_\_\_\_\_

Title: \_\_\_\_\_

By: \_\_\_\_\_

Print Name: \_\_\_\_\_

Title: \_\_\_\_\_

[Signatures are to be notarized; attach Acknowledgement.  
Need two signatures if Consultant is a corporation.]

**EXHIBIT D: SAMPLE RECREATION BROCHURE**

*Splash into  
Summer with us!*

**Parks  
Make  
Life  
Better!**



*Summer 2016*

## A Message From Parks & Recreation

Dear Neighbors,

Swim, splash, play, picnic, skate and make memories this season. Summer is a time to get out of the house and enjoy recreational activities!

Looking for quality FREE entertainment? Mark your calendar for our summer concert series, where you can sit back, relax and listen and/or jump in and dance the night away. Shakespeare by the Sea outdoor theater will also return with a performance of the story *Othello* in our amphitheater.

You will not want to miss registration for our popular and very reasonably priced day camps. Children will experience friendships, excursions and plenty of fun activities. Take a glance at Skatepark's lessons, BMX sessions and camps and learn a new trick this summer. In addition to our City camps, we offer a huge variety of sports and specialty camps that are sure to please.

Don't forget the importance of water safety and sign your child up for swim lessons! Our lifeguards are here to introduce and teach those water safety skills to all age groups.

Sea Country Center is gearing up for their jam packed schedule of enjoyable and enriching activities. Escape for the summer to Sea Country's very own tropical island by attending the Luau Celebration.

While you are enjoying the summer events, classes, and camps make sure to snap photos and participate in our Recreation Brochure Cover Photo Contest.

Splash into summer with us and enjoy our offerings that are fit for the whole family!

*Warm Regards,*  
*Parks and Recreation Department Staff*

## Parks & Recreation Showcase

### Tina Dittmar Aquatics Supervisor



Tina Dittmar moved to Laguna Niguel in December of 1989, just as Laguna Niguel became a City. She started working for the City in April of 1990. She never expected to find herself, 26 years later, still living and working in Laguna Niguel!

During her tenure at Crown Valley Pool, Tina has had some amazing professional opportunities in the field of Aquatics. She has worked extensively with the American Red Cross National Headquarters on revising the training manuals, videos and online content for the Water Safety Instructor Program, Lifeguard Training, and Lifeguarding Management Programs. For two years, she and a colleague wrote an awarding winning bi-line for an Aquatic trade magazine, called "Lessons Learned". She has been named one of the Power 25 in the field of aquatics by Aquatic International Magazine. She speaks at national, regional and local conferences on a wide variety of Aquatic topics. In 2017, she will serve as the President of the Association of Aquatic Professionals (AOAP).

Being the Aquatic Supervisor at Crown Valley Pool turned out not to be just a job, but a career with the added bonus of the swimmers and staff becoming part of her extended family. "When I pull into the parking lot in the morning, I am greeted with a smile, a wave, and sometimes a hug," said Tina. "I am a lucky person to work at a place where a smile is how you start your day," she said. Tina is happy to be here and thankful every day to be living in such a beautiful place.



### Jeffrey Kirby Head Lifeguard

Jeffrey is responsible for directly supervising the Lifeguard, Swim Instructor and Cashier/ Park Attendants at Crown Valley Park and Crown Valley Pool. He is also responsible for the day to day operations at Crown Valley Pool as well as supervising all aquatic special events. Before

starting work with the City of Laguna Niguel in 2008, Jeffrey worked for the City of Anaheim in several areas including aquatics, contract classes and adult softball programming.

Jeffrey resides and works in the City of Laguna Niguel. "As a resident and employee, I get to see where my tax dollars actually go and make sure these dollars go to enhance our community," said Jeffrey. "One of the most rewarding parts of my job is watching individuals learn and improve on the all-important life skill of swimming and I am so thankful that I get to provide this service to the residents of Laguna Niguel," he said. During Jeffrey's free time he loves to travel, camp and spend time in the water with his wife Alexis.

So, the next time you visit Crown Valley Park bring your swimsuit and enjoy a swim in the pool or during the summer months, bring the little ones and visit our new playground and Sprayground.

## Parks & Recreation Mission Statement

To provide a wide variety of innovative, diverse and inclusive recreational and cultural opportunities which enhance the quality of life for residents of Laguna Niguel.

**Laguna Niguel City Council**

Laurie Davies, Mayor

Jerry Slusiewicz, Mayor Pro Tem

Elaine Gennawey, Council Member

Jerry McCloskey, Council Member

Fred Minagar, Council Member

*The Mayor and City Council may be reached at 362-4300 or council@cityoflagunaniguel.org.*

**City Commission and Committee Meetings**

**City Council**

1st and 3rd Tue at 7pm

**Investment, Banking & Audit Committee**

Last Wed of Month Mar/Jun/Sep and 1st Wed in Dec at 4pm

**Military Support Committee**

3rd Mon at 12pm (Jan/Feb meet on 4th Mon)

**Parks and Recreation Commission**

2nd Mon at 7pm

**Planning Commission**

2nd and 4th Tue at 7pm

**Senior Citizens' Committee**

2nd Wed at 2pm, as needed

**Sports Advisory Committee**

4th Thu of Jan, Apr, July and Oct at 7pm

**Traffic Commission**

4th Wed at 7pm

**Youth Committee**

1st Thu at 7pm (No meeting Jul/Aug)

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Music

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**Registration Form Inside Back Cover**



**How Can We Help You?**

If you would like to ask a question, share a compliment or concern, or request service from a City department (including: City Council, City Manager, City Clerk, Community Development/Planning, Recreation, Finance and Police Services) go to [cityoflagunaniguel.org](http://cityoflagunaniguel.org) and click on "How Can We Help You" on the right side of the screen, or call City Hall at 362-4300.

**City of Laguna Niguel  
Parks and Recreation Department**

**Crown Valley Park  
29751 Crown Valley Parkway  
Laguna Niguel, CA 92677  
(949) 425-5100**

**Website/Online Registration:**  
cityoflagunaniguel.org/registration

**Email:** parks@cityoflagunaniguel.org

**Summer Office Hours:**

Monday-Thursday 7:30am-5:30pm  
Friday 8am-6pm  
Saturday/Sunday Closed  
*Holiday Closures: May 30, Jul 4, Sep 5*

**Recreation Hotline: Call 362-4351**

**Get updated information about:**

- Special Events
- Aquatics
- Field Status
- Teen Programs
- Volunteer Opportunities

**City of Laguna Niguel Directory**

**City Hall (City Council, City Manager, Public Works,  
Community Development/Planning, Finance)**

30111 Crown Valley Parkway  
Hours: M-F, 8am-5pm / 362-4300  
info-ln@cityoflagunaniguel.org  
cityoflagunaniguel.org

**Police Services (Administrative offices only)**

30111 Crown Valley Parkway  
Hours: M-F, 8am-5pm / 362-4346  
In case of emergency, call 911 or Sheriff's Dispatch at  
(949) 770-6011

**Sea Country Senior & Community Center**

24602 Aliso Creek Road / 425-5151  
Senior Center Hours: M-F, 9am-4pm  
Community Center Hours: Open for classes/room  
rentals as scheduled.

**Laguna Niguel Skatepark**

27745 Alicia Parkway/ Hours: School Days, 12-9:30pm;  
Weekends/Holidays: 9am-9:30pm / 916-7755

**Laguna Niguel Chamber of Commerce**

30111 Crown Valley Parkway, Suite A / 363-0136  
Incc@lnchamber.com / lagunaniguelchamber.net

**Laguna Niguel Family YMCA**

**At Crown Valley Park**  
29831 Crown Valley Parkway (back parking lot)  
495-9622 / ymca.oc.org/branches/sc.php

**Laguna Niguel Library**

30341 Crown Valley Parkway / 249-5252

**Parks and Facilities**

Recreation facilities, amenities, rental information and facility location codes are located on page 34-35.

**Activity Registration**

Registration information can be found on page 36 and the Registration Form is on the inside back cover. Please read cancellation policies carefully as they may change for classes offered at different facilities. Parks and Recreation will only take registration for classes with an activity number listed. If there is no activity number listed, refer to the REGISTER information under the class description. There are 4 ways to register for an activity:

- 1 Visit the Parks and Recreation office during business hours.
- 2 Mail.
- 3 Fax the registration form on the inside back cover to (949) 249-1115.
- 4 Online at cityoflagunaniguel.org/registration. Non-refundable service/ convenience fees apply for online registration. One form per person required.

**REGISTER EARLY!** Classes may be cancelled if the minimum number of participants is not met.

*The City of Laguna Niguel does not discriminate on the basis of disability in its services, programs, or activities and will make all reasonable modifications to policies and programs to ensure that qualified individuals with disabilities have an equal opportunity to enjoy all of its programs, services, and activities.*

**Niguel Botanical Preserve**

The Niguel Botanical Preserve is an 18-acre garden located within Crown Valley Park and considered a hidden jewel in the City. The objective of the Preserve is to demonstrate the appropriate use of drought tolerant plants native to the SoCal region and introduce unusual plant species to the public. The Preserve also features a Citizen of the Year Grove and Labyrinth. Maps are available in the Parks & Recreation office. Please be aware, access consists of steep, partially paved and dirt paths.

*For more information about membership to the Friends of the Niguel Botanical Preserve, special events, meetings and volunteer opportunities, visit [niguelbotanicalpreserve.org](http://niguelbotanicalpreserve.org).*

**Laguna Niguel Trail Maps**

**Trail maps are available online at:**  
cityoflagunaniguel.org/recreation (under Trails – Hiking & Biking) or pick one up in the Parks and Recreation office at Crown Valley Park (see map on page 33).



## Calendar of Events

### May

- 1 Summer Day Camp Registration Opens, CVP – pg. 9-10
- 25 Summer Swim Lesson Online Registration Opens; CVP – pg. 17
- 27 Music & Arts Festival, 6-10pm; CVP, Amphitheater – pg. 25
- 31 Summer Swim Lesson Walk-Ins Registration Opens; CVP – pg. 17

### June

- 11 Shredding Event, 7am-12pm; CH – pg. 6
- 11 Late Night Skate Night, 9:30pm-12am; LNSP – pg. 24
- 18 DAWG Walk, 8am-12pm; Mission Viejo – pg. 6
- 21 Go Skateboarding Day, 4-7pm; LNSP – pg. 24
- 23 Snake Lecture, 7pm; CVP – pg. 5
- 24 Concert, 6:30-8:30pm; CVP Amphitheater – pg. 4

### July

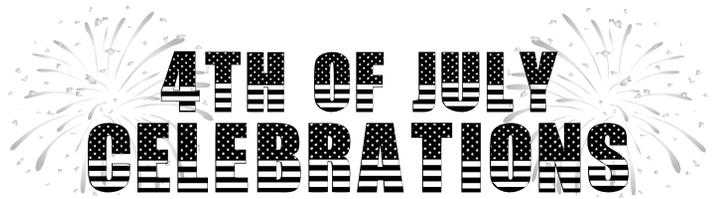
- 4 YMCA Run in the Parks & Chamber Pancake Breakfast, 7:30am; CVP - pg. 3
- 4 Free swimming, 9am-12pm (lap), 12-5pm (Recreation); CVP pool – pg. 3
- 4 Concert, 6-8pm; CVP Amphitheater – pg. 3
- 4 Fireworks, 9pm; LNRP – pg. 3
- 15 Concert, 6:30-8:30pm; CVP Amphitheater – pg. 4
- 22 Rule the Pool, 8-10pm; CVP pool – pg. 5
- 27 "Now That's Magic" w/lunch – 10am-4:30pm, SCC – pg. 28
- 28 Luau Celebration, 12-1:30pm; SCC – pg. 29
- 29 Concert, 6:30-8:30pm; CVP Amphitheater – pg. 4
- 30 Late Night Skate Night, 9:30pm-12am; LNSP – pg. 24
- 30 Kids' Campfire Program, 6-9pm; CVP – pg. 5

### August

- 2 National Night Out, 5-8pm; Laguna Niguel Elementary School – pg. 5
- 5 Rule the Pool, 8-10pm; CVP pool – pg. 5
- 12 Concert, 6:30-8:30pm; CVP Amphitheater – pg. 4
- 14 Shakespeare "Othello", 7-9pm; CVP Amphitheater - pg. 5
- 16 "3 Kings – The Elvis Experience", 10am-4:30pm, SCC – pg. 28
- 19 Rule the Pool, 8-10pm; CVP pool – pg. 5
- 26 Concert, 6:30-8:30pm; CVP Amphitheater – pg. 4

### September

- 2 Rule the Pool, 8-10pm; CVP pool – pg. 5



*38th Annual*  
**Run in the Parks**  
 Hosted by the Laguna Niguel Family YMCA, at Crown Valley Park

6:00am **Registration Opens**  
 7:30am **5K Run/Walk & 10K Run**  
 9:30am **Children's Races**

For information about races and sponsorship opportunities, contact 495-9622 or visit [www.ymcaoc.org/ritp](http://www.ymcaoc.org/ritp)

*All proceeds benefit YMCA scholarship programs.*



## 34th Annual Pancake Breakfast

**Hosted by the Laguna Niguel Chamber of Commerce in conjunction with the YMCA Run in the Parks**

**Crown Valley Park, YMCA**

**Time:** 7:30-11am

**Cost:** \$5 for breakfast (Includes 2 pancakes, sausage, juice & coffee)

**Be sure to visit the promotional displays!**

For information: 363-0136 or visit [www.lnchamber.com](http://www.lnchamber.com)



## FREE PARKS AND RECREATION ACTIVITIES

**Pool Lap Swim (9am-12pm) & Recreation Swim (12-5pm) at CVP Pool.**

## CONCERT

**6pm / CVP, Amphitheater**

Kick off your evening festivities with a concert by **Undercover Live**. Details on page 4. After the concert, walk to the Regional Park to watch the Fireworks Spectacular (3/4 mile walk each way). Bring flashlights and something to sit on.

## Fireworks Spectacular

**9pm / LN Regional Park** (over the lake)

You won't want to miss this beautiful and spirited display! Limited parking and access inside the LN Regional Park (entry fee applies) and on La Paz Road.

*Sponsored by the City of Laguna Niguel & Co-Sponsored by OC Parks.*

# FREE SUMMER CONCERT SERIES

CROWN VALLEY PARK, AMPHITHEATER

29751 CROWN VALLEY PARKWAY



FRIDAY, JUNE 24  
6:30-8:30pm

**Tommy Tassi & The Authentics**  
50'S & 60'S / ROCK N' ROLL



MONDAY, JULY 4  
6-8pm\*

**Undercover Live**  
VARIETY



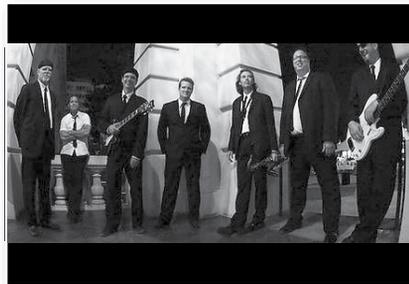
FRIDAY, JULY 15  
6:30-8:30pm

**The Answer**  
CLASSIC ROCK



FRIDAY, JULY 29  
6:30-8:30pm

**Fortunate Son**  
CREEDENCE CLEARWATER  
REVIVAL TRIBUTE



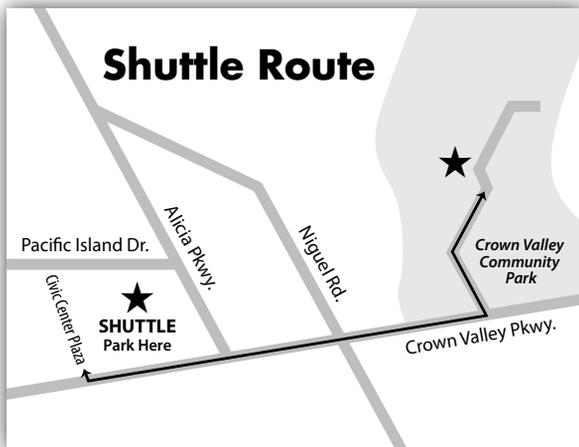
FRIDAY, AUGUST 12  
6:30-8:30pm

**Stone Soul**  
MOTOWN & SOUL



FRIDAY, AUGUST 26  
6:30-8:30pm

**Queen Nation**  
QUEEN TRIBUTE



**Free shuttle service available for every concert.**

5:30-9:15pm (4-10:30pm on July 4). Park at City Hall at 30111 Crown Valley Parkway.

**Food available for purchase.** A list of food truck vendors is available at [cityoflagunaniguel.org](http://cityoflagunaniguel.org) or 362-4351. (Vendors subject to change without notice.)

**For the safety of others...** please no scooters, skateboards, rollerblades, pets, or glass containers allowed in the event area. No smoking allowed in park. Please bring low chairs/blankets. No blankets with plastic backing or plastic tarps. No chairs/blankets setup prior to park opening at 6am on concert day. The City of Laguna Niguel is not responsible for unattended items.

*\*After the 4th of July concert, walk (3/4 mile each way) to the Regional Park for the fireworks display at 9pm, seating is in the grass/dirt. Bring flashlights for the dark trail!*

## SNAKES, EVERYTHING YOU WANTED TO KNOW!

Learn about snake identification, habitat, real snake graphics, safety, signs and symptoms of envenomation, first aid recommendations and treatment. After a 45-minute lecture, an animal control officer and veterinarian will present a live snake exhibit.



**Parents, please be sure your children are mature enough to sit through a 45-minute lecture; ages five and up preferred.** This is a popular event and seating is available on a first-come, first-served basis.

**Instructor: Dr. Jeffrey Rey and Dr. Scott Weldy**

**Location: Crown Valley Park, View Room**

5+ yrs	Jun 23	Th	7pm	Free
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## Kids' Campfire Program

As children are signed into the evening program, the recreation staff will play organized games with the group, as we introduce each other and go over the safety rules. Recreation staff will BBQ hot dogs and serve chips and fruit for dinner. A night hike to the Botanical Preserve will include stories about the area. Staff will then lead the campfire program, while children roast marshmallows for s'mores, and enjoy singing traditional campfire songs. Children should wear tennis shoes, (no flip-flops or sandals) and bring a sweatshirt and flashlight for the night hike. Pre-registration is required as this event sells out!

**Instructor: Recreation Staff**

**Location: CVP, Lower Soccer Field**

8831	6-12yrs	Jul 30	Sa	6-9pm	\$25
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## NATIONAL NIGHT OUT NEW LOCATION

Celebrate a night against crime with Laguna Niguel Police Services at the 6th annual National Night Out! Activities include: Orange County Sheriff's Department CSI and Bomb Squad displays, Sheriff's Deputies, OCFA Fire engine, food from our local restaurants, games, giveaways, information on crime prevention, emergency preparedness, fire prevention, drug and alcohol abuse prevention and more! On this night, as a National Night Out tradition, you can also show your support by leaving your outdoor lights on as part of a vigil to show our unity as a city. We look forward to celebrating with you and your family on this special night.

**Location: Laguna Niguel Elementary School**

**Information: Police Services 367-4346**

Aug 2	Tu	5-8pm	Free
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*Shakespeare by the Sea Presents...*

## OTHELLO

An emotionally gripping thriller, where gossip turns friendships rancid, and rumor brutally murders innocence. Othello is as unflinching in its power as it is in its heartbreak.



For audiences seeking quality, family entertainment, Shakespeare by the Sea's free performances can't be beat. Pack a picnic, a blanket and beach chair, gather loved ones, and settle in under the stars for a night of classic entertainment (donations gratefully accepted). The tales are timeless, the admission ticketless, and the experience priceless. For more information visit [www.shakespearebythesea.org](http://www.shakespearebythesea.org) or call 310-217-7596.

**Location: Crown Valley Park, Amphitheater**

Aug 14	Su	7-9pm	Free
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## "RULE THE POOL" FRIDAYS

Enjoy a night of water volleyball, inter-tube races, diving board contests and music provided by a D.J. (Sorry, adults not invited!) Participants may not leave until 10pm, unless released to a parent. Snacks are sold for a \$1 each. Admission sales end at 8:30pm.

**Instructor: Recreation & Lifeguard Staff**

**Location: Crown Valley Park, Pool**



9-13 yrs	Jul 22, Aug 5, 19 & Sep 2	F	8-10pm	\$5 at pool
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## Craft Vendors Wanted! Fall Boutique & Crafts Faire

**Information/Application: Call 425-5100**

**Submit applications Jun 6-Aug 1 to Laguna Niguel Parks and Rec. at - 29751 Crown Valley Pkwy.** (Faire held at Sea Country Center). **ALL ITEMS SOLD MUST BE HANDCRAFTED/HAND EMBELLISHED** and you will need to provide clear pictures of everything you will be selling with your application (digital copies ok, Parks & Rec. will keep all photos). Applications will be reviewed and approved/denied by Parks and Rec. staff and spaces will be assigned by Aug. 19. After Aug. 19, applications will be reviewed based on availability. Some offerings may be limited to allow for variety (limited availability for jewelry, baby items, soaps, etc). Indoor/limited outdoor spaces available. 2 space maximum. For a complete list of rules, go to [cityoflagunaniguel.org](http://cityoflagunaniguel.org)

**Available for rent: 6 ft. table = \$15 and chair = \$5.**

Oct 1	Sa	10am-3pm	SCC	\$50 per space
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## Community News

### MILITARY SUPPORT COMMITTEE (LNMSC)

[www.inmilitarysupport.org](http://www.inmilitarysupport.org)

One of the ways in which the LNMSC supports our adopted military families is by providing baby care packages for expectant mothers, loaded with all sorts of baby supplies. In March, the LNMSC held a successful drive at the City's Walmart store collecting donated items and cash to prepare the baby packages. A warm thank you to all our generous volunteers and donors.

The City's adopted military units—the 1st Battalion, 4th Marine Regiment and the Navy guided missile destroyer USS Stockdale—are constantly on the move to keep our nation safe. This fall, the 1/4 Marines will embark on a deployment overseas. The LNMSC will be conducting a care package drive on October 29th at the City's Albertsons stores to support the Marines during their deployment. Check our website [Inmilitarysupport.org](http://Inmilitarysupport.org) for details. And when the USS Stockdale returns from deployment this year, the sailors will be given a joyous welcome home by the LNMSC.

The LNMSC's flagship event this year is the annual Fairways to Freedom: Golfing for Heroes Tournament, to be held on September 26th. This event will include a fun-filled day of golf at the Arroyo Trabuco Golf Club, lunch, prizes, a festive dinner, and more. Golfers will also have the opportunity to play golf with our Marines and Sailors. Check the website [FairwaystoFreedom.org](http://FairwaystoFreedom.org) for more information.

## Shred Identity Theft!

### DOCUMENT SHREDDING EVENT\*

Hosted by the City of Laguna Niguel Police Services

**SATURDAY, JUNE 11**

7am-12pm, or until trucks reach capacity.

**City Hall, 30111 Crown Valley Parkway**

*\*Limit of ten banker boxes or comparable sized containers per car load.*

For more information, go to [cityoflagunaniguel.org](http://cityoflagunaniguel.org) or call the Police Services at 362-4346.



## 22<sup>nd</sup> Annual Dawg Walk and Pet faire



Sat., June 18, 8am-12pm

Village Green at Oso Viejo Park

24932 Veterans Way, Mission Viejo

**Information:** [dawg.org](http://dawg.org) or [cmvas.org](http://cmvas.org) or call (949) 470-3045

*Proceeds benefit the Mission Viejo Animal Services Center, which also services Laguna Niguel.*

Take a lovely walk with your K-9 buddy on the Oso Creek Trail in Mission Viejo and attend the popular Pet Faire featuring local businesses, animal rescues, pet merchandise and services, raffle prizes, refreshments, K9 agility presentation, dog adoptions and much more! Hosted by the City of Mission Viejo and Dedicated Animal Welfare Group (DAWG).

**Walk fee:** \$25 per person if registered by June 14 or \$30 at event.

*No fee required to attend the pet faire.*

CITY OF **LAGUNA NIGUEL**  
RECREATION BROCHURE

## 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.**



Check out **MyLagunaNiguel** Mobile App!



## Orange County Sheriff's Department Explorer Program

Explorer Post #449 is a community-based policing program designed to educate and involve young men and women in police operations and peak their interest in law enforcement functions.

### Applicants must meet the following requirements:

- Between the ages of 14 ½ and 20 (14 if the applicant has completed the eighth grade)
- Have a minimum 2.0 GPA, and be in good standing with school administrators.
- Be free from any serious physical or mental limitations
- Have no criminal convictions.

All applicants must attend 3 meetings at their desired division, pass a background investigation and participate in an oral interview prior to being accepted to the status of probationary Sheriff Explorer. Applicants must also have written parent approval and at least one parent must attend one meeting.

**For more information:** please contact Deputy Martin at [cmartin@ocsd.org](mailto:cmartin@ocsd.org) or 362-4307.

### NOTIFY ME

Sign up to receive email notification of City events and subscribe to our E-Newsletter by visiting:  
[www.cityoflagunaniguel.org/NotifyMe](http://www.cityoflagunaniguel.org/NotifyMe)



## Go Skateboarding Day and Late Night Skate Nights



Details on page 24!



## P.A.C.T (Police Auxiliary Citizens Team)

The City of Laguna Niguel is currently seeking active retired men and women ages 50 and above, who are interested in volunteer work with Laguna Niguel Police Services. No experience is necessary, but volunteers must be willing to commit to a minimum of 4 hours per week. The days and duty hours are flexible and adjustable to meet your needs.

### Duties include:

- Vacation home checks
- Business patrol checks
- Traffic control
- Parking enforcement
- Special events (Holiday Parade, Summer Concerts, and other city events)

### Qualifications:

- Physical exam (paid for by The City of Laguna Niguel)
- Valid California driver's license
- Criminal background check

For additional information or to request an application, contact Police Services at (949) 362-4307 or stop by the office located at 30111 Crown Valley Parkway.



## Y.A.N.A. You Are Not Alone

The YANA program is designed for Laguna Niguel residents to provide a measure of security and well-being for those who primarily live alone.

This free program consists of Police Services senior volunteers checking on the welfare of those residents who have requested it. Participants in the program can choose from having the volunteers either come to their residences or contact them by phone. The visits and calls usually take place two days each week. If the participant does not answer the door or call, his or her emergency contact person will be contacted to check on the participant's welfare. A deputy sheriff may also be called upon for assistance during these instances. The YANA program does not provide the following services: take the participant to the doctor's office, run errands or administer medications.

For additional information, please contact Laguna Niguel Police Services at (949) 362-4346.

# LAGUNA NIGUEL PUBLIC LIBRARY

30341 Crown Valley Parkway | 249-5252 | [ocpl.org/libloc/ln](http://ocpl.org/libloc/ln)  
 Monday-Thursday: 10am - 9pm | Friday-Saturday: 10am - 5pm | Sunday: 12 - 5pm

## CHILDREN

### Lapsit Storytime

Wednesdays, 10am (ages 2½ and under)

Simple stories, finger plays, puppets, and easy activities.

### Pre-School Storytime

Wednesdays, 11am (infants to 5 years)

New stories every week, including music and dance time.

## TEENS

### Teen Volunteer Opportunities

(13 years +)

Summer reading volunteers are needed. Interested teens should speak with Librarian Amber Ray for details. Participant must complete a volunteer application and attend one Teen Volunteer Training session.

## Summer Reading Program

Children and teens can keep reading skills high during the break! Stop by for details and to sign up.

## ADULTS

### Morning Book Group

2nd Tuesday of the month, 10:30am

Selections available at the front desk.

### Adult Summer Reading Program

June 20-August 1

Stop by for details and to sign up!

## FAMILY

### Family Night Programs

3rd Tuesday of the month, 7pm

Live performers. Call for schedules.

### Sunday Showtime

1st Sunday of the month (popular films)

Call for selections / show times.



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.



Follow  
us on  
Facebook

City of Laguna Niguel

## Parks and Recreation VOLUNTEER OPPORTUNITIES

Hotline: Call 362-4351 x1

Volunteers must be 13 years of age or older.

- **Attention Volun-Teens!**  
Squirrels program now accepting applications!  
Mandatory Training: Wed., June 15th, 10am-12pm  
Age Requirements: 13-17 yrs.  
Volunteer Hours: 8am-12:30pm & 12:30-4:45pm\*  
\*Requires daily swimming with campers.
- **Parade Committee positions available for ages 18 years & older.**  
For more information: [tthomas@cityoflagunaniguel.org](mailto:tthomas@cityoflagunaniguel.org),  
425-5100 or [lagunaniguelparade.com](http://lagunaniguelparade.com)
- **Sheriff's Department accepting P.A.C.T (Police Auxiliary Citizens Team), Emergency Radio and CERT team volunteers**  
For more information contact Police Services at 362-4307

**Note:** Parks and Recreation does not accept court ordered volunteers.

# Summer Camps

• REGISTRATION OPENS MAY 1ST •

**REGISTER: ONLINE, FAX OR IN OFFICE!**

- 1. Online Registration:**  
cityoflagunaniguel.org/registration
- A family account must be set up prior to online registration.  
**Note: returning customers do not need to set up an account.**
- Proof of residency required (CA license or utility bill).
- Medical History form must accompany child on first day of camp.  
*(Detailed instructions online.)*

## WEEKLY ACTIVITY THEMES FOR SQUIRRELS CAMP:

Week	Theme
Jun 20-24.....	Western
Jun 27-Jul 1.....	Imagination
Jul 5-8 (4 days).....	Build It
Jul 11-15.....	Super Hero
Jul 18-22.....	Save the Earth
Jul 25-29.....	Wild Animal
Aug 1-5.....	"What Will I Be?"
Aug 8-12.....	International

## SQUIRRELS

**Grades:** Entering 1st-3rd grades in Fall 2016

**Ages:** 5¾ yrs - 8 yrs (5 yrs by Sep. 1, 2015)

**Hours:** 8:30am-4:30pm  
Extended camp: 7:30-8:30am and 4:30-5:30pm

**Days:** M/W/F (3 days)  
M-F (5 days)

**Fees: Resident**  
M/W/F: \$100 – M-F: \$145

**Non-Resident**  
M/W/F: \$110 – M-F: \$155  
*No camp on Jul 4.*

**Resident Fee** (4-day camp)  
Week of Jul 5 - Jul 8: \$166

**Non-Resident Fee** (4-day camp)  
Week of Jul 5 - Jul 8: \$176  
*(Includes trip to LEGOLAND on Jul 8)*

Extended camp flat fee: M-F: \$25  
Extended camp is \$20 for week of Jul 5 - Jul 8

**Location:** CVP, View Room & Patio Room

**Activities:** Campers will experience outdoor play; handball, group games on the soccer field, construction toy building, science and nature exploration in the botanical preserve, classic board games, water play in our Spray-ground, climbing at the nature playground, singing camp songs, swimming daily, arts and crafts projects, and themed presentations on Fridays.

**Swim Lessons:** Campers registered for M-F (5 days) may sign up for swim lessons, for an additional \$30. CVP Aquatics staff will teach two 45-minute group swim lessons on Tuesdays and Thursday, from 11-11:45am. Camp staff will escort campers to their lesson and will remain on the deck to escort the camper back to Squirrel's camp.

8694	Jun 20, 22, 24	M/W/F	8:30am-4:30pm
8695	Jun 20-24	M-F	8:30am-4:30pm
8707	Swim Lessons - Jun 21 & 23	Tu/Th	11-11:45am
8684	Extended Camp	M-F	7:30-8:30am & 4:30-5:30pm
8696	Jun 27, 29, Jul 1	M/W/F	8:30am-4:30pm
8697	Jun 27-Jul 1	M-F	8:30am-4:30pm
8708	Swim Lessons: Jun 28 & Jun 30	Tu/Th	11-11:45am
8689	Extended Camp	M-F	7:30-8:30am & 4:30-5:30pm
8692	*Jul 5-8 (4 days)	Tu-F	8:30am-4:30pm
8709	Swim Lessons - Jul 5 & 7	Tu/Th	11-11:45am
8685	Extended Camp	Tu-F	7:30-8:30am & 4:30-5:30pm
8698	Jul 11, 13, 15	M/W/F	8:30am-4:30pm
8699	Jul 11-15	M-F	8:30am-4:30pm
8710	Swim Lessons - Jul 12 & 14	Tu/Th	11-11:45am
8686	Extended Camp	M-F	7:30-8:30am & 4:30-5:30pm
8700	Jul 18, 20, 22	M/W/F	8:30am-4:30pm
8701	Jul 18-22	M-F	8:30am-4:30pm
8711	Swim Lessons - Jul 19 & 21	Tu/Th	11-11:45am
8687	Extended Camp	M-F	7:30-8:30am & 4:30-5:30pm
8702	Jul 25, 27, 29	M/W/F	8:30am-4:30pm
8703	Jul 25-29	M-F	8:30am-4:30pm
8712	Swim Lesson - Jul 26 & 28	Tu/Th	11-11:45am
8688	Extended Camp	M-F	7:30-8:30am & 4:30-5:30pm
8704	Aug 1, 3, 5	M/W/F	8:30am-4:30pm
8705	Aug 1-5	M-F	8:30am-4:30pm
8713	Swim Lessons - Aug 2 & 4	Tu/Th	11-11:45am
8690	Extended Camp	M-F	7:30-8:30am & 4:30-5:30pm
8693	Aug 8, 10, 12	M/W/F	8:30am-4:30pm
8706	Aug 8-12	M-F	8:30am-4:30pm
8714	Swim Lessons - Aug 9 & 11	Tu/Th	11-11:45am
8691	Extended Camp	M-F	7:30-8:30am & 4:30-5:30pm

# Summer Camps

## COYOTES

**Grades:** Entering 4th grade to entering 8th grade in Fall 2016 (8 years by Sep 1, 2015)

**Age:** 8¾ - 13¾ yrs

**Hours:** 8:30am-4:30pm  
Extended camp: 7:30-8:30am and 4:30-5:30pm

**Days:** M-F (one week camp)\*

**Fees:** **Resident**  
\$150-\$195 per week

**Non-Resident**  
\$160-\$205 per week  
*No camp Jul 4.*

Extended camp flat fee: M-F: \$25  
Extended camp is \$20 for week of Jul 5 - Jul 8

**Location:** CVP, Lower Soccer Field

**ACTIVITIES:** Campers will experience outdoor play; board and card games, creating friendship bracelets, ball games, ice breakers, low and high intensity group games, team-building activities, arts and crafts, swimming, diving, food crafts, scavenger hunts, dramatic play, karaoke, Wii games, and "minute-to-win-it" contests. Campers travel to Laguna Main Beach on Tuesdays and an amusement park on Thursdays.



## COYOTES EXCURSIONS

### EXCURSION: KNOTT'S BERRY FARM

8671	Jun 20-24	M-F	8:30am-4:30pm
8886	Extended Camp	M-F	7:30-8:30am & 4:30-5:30pm

### EXCURSION: DISNEYLAND

8670	Jun 27-Jul 1	M-F	8:30am-4:30pm
8678	Extended Camp	M-F	7:30-8:30am & 4:30-5:30pm

### EXCURSION: OC ROPES COURSE CHALLENGE

8674	Jul 5-8 (4 days)	Tu-F	8:30am-4:30pm
8677	Extended Camp	Tu-F	7:30-8:30am & 4:30-5:30pm

### EXCURSION: CA ADVENTURE

8668	Jul 11-15	M-F	8:30am-4:30pm
8679	Extended Camp	M-F	7:30-8:30am & 4:30-5:30pm

### EXCURSION: OC FAIR

8673	Jul 18-22	M-F	8:30am-4:30pm
8680	Extended Camp	M-F	7:30-8:30am & 4:30-5:30pm

### EXCURSION: BOOMERS, IRVINE

8669	Jul 25-29	M-F	8:30am-4:30pm
8681	Extended Camp	M-F	7:30-8:30am & 4:30-5:30pm

### EXCURSION: KNOTT'S SOAK CITY

8672	Aug 1-5	M-F	8:30am-4:30pm
8682	Extended Camp	M-F	7:30-8:30am & 4:30-5:30pm

### EXCURSION: UNIVERSAL STUDIOS

8675	Aug 8-12	M-F	8:30am-4:30pm
8683	Extended Camp	M-F	7:30-8:30am & 4:30-5:30pm

## COYOTES EXCURSIONS

Date	Excursion	Resident Fee	Non-Resident Fee
Jun 20-24	Knott's Berry Farm	\$180	\$190
Jun 27-Jul 1	Disneyland	\$195	\$205
Jul 5-8 (4 days)	OC Ropes Course Challenge	\$150	\$160
Jul 11-15	CA Adventure	\$195	\$205
Jul 18-22	OC Fair	\$180	\$190
Jul 25-29	Boomers, Irvine	\$180	\$190
Aug 1-5	Knott's Soak City	\$180	\$190
Aug 8-12	Universal Studios	\$195	\$205

## Adventure Camps

### Fort and Team Building

Each day new forts will be made out of different wacky materials: from card castles to bamboo huts. Teams will work together to overcome obstacles and challenges because it's impossible to do alone. Teams will also compete for best fort, team work, sportsmanship, and enjoy a massive water fort fight. Please bring a snack, water and sunscreen (outdoor camp).

**Instructor:** Edutainment Arts Staff

**Location:** CVP, Canopy area near softball field

8832	6-12 yrs	Jun 27-Jul 1	M-F	9am-12pm	\$135
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### Hunger Games **NEW!**

Come enjoy the Hunger Games, but without the violence. Send your tributes to compete and see who will survive as the victor of daily competitions. As they go through training week, campers will learn survival skills, archery, shelter making, and team work. Join in the fun of the annual Hunger Games. Please bring your sun screen, a snack, and water for a summer you will always remember.

**Instructor:** Edutainment Arts Staff

**Location:** CVP, Canopy area near softball field

8833	8-13yrs	Jul 5-8	Tu-F	9am-12pm	\$110
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### California Summer **NEW!**

Pure summer fun! Enjoy California summer like it was meant to be by playing fun games, like soccer, dodge ball, and tug of war, singing songs, building crafts, performing skits, remember (outdoor camp).

**Instructor:** Edutainment Arts Staff

**Location:** CVP, Canopy area near softball field

8834	6-12 yrs	Jul 18-22	M-F	9am-12pm	\$135
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### Extreme Team Challenge **NEW!**

For those who like to play and compete. Teams and individuals compete in fort building, survival challenges, treasure hunts, and classic games from shows like Minute to Win it, Survivor, and Amazing Race. Work together to overcome obstacles and challenges impossible to do alone. Teams will compete for team work, sportsmanship, and enjoy a massive water fight. Please bring a snack, water and sunscreen (outdoor camp).

**Instructor:** Edutainment Arts Staff

**Location:** CVP, Canopy area near softball field

8835	6-12 yrs	Jul 25-29	M-F	9am-12pm	\$135
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## The Imagination Machine: Summer Writing Workshop **NEW!**

Students will learn basic improv and acting skills, the art of story-telling and most importantly, the way to construct a story with a complete and well-rounded plot. They will create their own stories throughout the week and then see them performed by professional actors in *The Writing Show* at the end of the 4\* or 5 day session. Friday performance show time is at 11:30am. Family and friends are also invited to attend the performance.

**Instructor:** The Imagination Machine Staff

**Location:** CVP, Amphitheater

8805	6-12yrs	Jun 13-16	M-Th	9am-12:30pm	\$132*
8806	6-12yrs	Jun 27-Jul 1	M-F	9am-12:30pm	\$165
8808	6-12yrs	Jul 18-22	M-F	9am-12:30pm	\$165

## Art

### Summer of Art Camp

This ART Camp is filled with creative and fun projects. Explore a variety of media such as acrylics on canvas, watercolors, pastels, clay sculpture and more! We will enjoy Summer time thru art as we draw and paint landscapes, still-life, animals and other themes. Clay projects will be glazed and fired. All art supplies and aprons will be provided.

**Instructor:** Lucia Henry / **Location:** CVP, Patio Room

8795	6-12 yrs	Aug 15-19	M-F	9:30-11:30am	\$95*
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\*\$20 (cash) fee due to instructor at first class for kiln firing & glazing.

## Acting

### Summer Acting for Kids **NEW!**

Explore the world of live theatre and develop acting skills you can show off in school or community theatre. Engage in fun, creative games and exercises, participate in improvisational activities, and explore play texts to see how characters are created. The course will culminate in a shared class presentation. (6 weeks)

**Instructor:** Laguna Niguel Community Theatre

**Location:** Mission Lutheran Church, Mission Hall

8868	8-12 yrs.	Jun 17-Aug 5*	F	10-11am	\$100
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\*No class on Jul 15, 22.

## Cooking

### Culinary Kids Cooking Camp

From the oven to your tummy, chefs will be inspired to cook, create and experiment in the kitchen. Come mix, mash, and mingle with us and make lots of zesty new friends in the process. All weeks will be different so come to one or come to all. Have questions about the class? Contact Culinary Kids directly at (949) 292-4720 or [www.culinarykids.biz](http://www.culinarykids.biz).

**Instructor:** Culinary Kids Staff / **Location:** SCC

8845	5-12yrs	Jul 18-22	M-F	1-4pm	\$175*
8846	5-12yrs	Jul 25-29	M-F	1-4pm	\$175*
8846	5-12yrs	Jul 25-29	M-F	1-4pm	\$175*
8848	5-12yrs	Aug 8-12	M-F	1-4pm	\$175*

\*\$45 material fee is payable to the instructor on the first day.

## Technology

### Minecraft University: Robotics

Minecraft AND robotics? Yes, we've done it! Our two favorite things combined in one awesome course that tests patience, logic, and focus. Students play Minecraft on our custom robotics Olympics-style map to explore programming and robotics through fun games and challenges. Programming within Minecraft allows kids to explore problem solving and logic in a stimulating environment where they see the results of their programs instantly through their Minecraft robot. Students will learn programming concepts that can be applied to other higher-level languages like C# or Java.

**Instructor:** BrainStorm STEM Education Staff

**Location:** CVP, View Room

8797	7-13 yrs	Jun 14-Jul 12	Tu	6-7pm	\$85*
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\*\$15 material fee is due to instructor on first day of class.

### 3D Game Design

Discover a new dimension in game design! We've made this course beginner-friendly, so it's easy for them to make their own 3D worlds, program them, and turn them into a 3D game they can really play! Our 3D Game Design course allows students to build amazing games using a simple and intuitive interface that allows students to create and code quickly and easily. From first person games to role playing games and even side scrolling games, the possibilities are endless!

**Instructor:** BrainStorm STEM Education Staff

**Location:** CVP, View Room

8796	9-14 yrs	Jun 14-Jul 12	Tu	7:15-8:15pm	\$85*
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\*\$15 material fee is due to instructor on first day of class.

## Marksmanship

### Introduction to Shooting Sports: Youth Marksmanship Training

Learn to safely handle and shoot a bolt action single shot 22LR rifle. Participants complete the NRA First Shots Rifle Curriculum and then compete against themselves in the Winchester Qualification Program. A rocker and patch is awarded for each level advancement. Participation certificate, advancement patches and rockers, firearms, ammunition, handouts and safety information is included.

**Instructor:** On Target NRA Certified Staff

**Location:** On Target Indoor Range

8839	11-17 yrs	Jun 20-23	M-Th	8:20-10:30am	\$115
8840	11-17 yrs	Jun 27-30	M-Th	8:20-10:30am	\$115
8841	11-17 yrs	Jul 11-14	M-Th	8:20-10:30am	\$115
8842	11-17 yrs	Jul 18-21	M-Th	8:20-10:30am	\$115
8843	11-17 yrs	Jul 25-28	M-Th	8:20-10:30am	\$115
8844	11-17 yrs	Aug 1-4	M-Th	8:20-10:30am	\$115

## Music

### Beginning Guitar Lessons

This class is designed to build a strong foundation for people with no experience playing the guitar. Students will learn several chords, strum styles and several classic songs. Students must bring their own guitar to class. Class is repeatable. (5 weeks)

**Instructor:** Ron Gorman

**Location:** CVP, Patio Room

8794	10+ yrs	Jun 21-Jul 19	Tu	6-7pm	\$95
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## Sport Camps/Classes

### Summer Drop-In Sports FUN!

Bring your friends and have a blast this summer at Chapparosa Park's Summer Sports Fun! Board games and various sports equipment is available for checkout, and each day recreation leaders organize a fun sports activity/game. Organized play may include Mini-Basketball, Frisbee Football, Court Hockey, Dodge Ball, Capture the Flag and much more. Parents **MUST** register drop-in participants with recreation staff.

**This program is not organized daycare, children are free to come and go from the site.**

**Register:** On site for Drop-In Program with Recreation Staff

**Instructor:** Recreation Staff

**Location:** Chapparosa Park Upper (Basketball Courts)

6-11yrs	Jun 20-Aug 12*	M-Th	11am-4pm	FREE
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\*No camp Jul 4.

### Beginner Lacrosse Camp **NEW!** for Boys and Girls

A fun class for players who are new to the sport, or less experienced. The focus of this course is to have fun in a non-competitive atmosphere. Players will work on the basic fundamentals of the game of lacrosse. There will be an emphasis on basic skills: learning to pass, catch, scoop and shoot through small group instruction with various drills and game situations. This course is designed to provide the skills necessary to learn the game of Lacrosse. Sticks are provided (rental fee), just bring running shoes and water and a snack. We are following US Lacrosse for Age Appropriate Skill Development.



**Instructor:** OC Wave Lacrosse Staff

**Location:** Laguna Niguel Skate & Soccer Park

8878	6-11yrs	Jun 13-17	M-F	8:30-12:30pm	\$150*
8879	6-11yrs	July 18-22	M-F	8:30-12:30pm	\$150*

\*\$25 lacrosse stick rental fee due to instructor at the first class. Rental fee can be applied to purchase rental stick.

**FOR SWIM CLASSES & LESSONS – SEE PAGES 16-22**

## Sport Camps/Classes *continued*

### Camp of Fun

Come play all your favorite games such as freeze tag, dodge ball, kick ball, capture the flag, and many more. Camp of Fun is designed to keep kids active and have fun in a safe and fun environment where they will make great memories with friends and coaches. All participants will receive a camp t-shirt.

**Instructor:** TriFyft Sports / **Location:** CP, Ball Field #2 (Outfield)

8810	5-9 yrs	Jun 20-24	M-F	9am-12pm	\$135
8811	5-9 yrs	Aug 1-5	M-F	9am-12pm	\$135

### Multi-Sport Camp

Kids will receive hands-on training for t-ball, basketball and soccer from knowledgeable, experienced and FUN staff. Camps are a great introduction to sports. All participants will receive camp a t-shirt.

**Instructor:** TriFyft Sports

**Location:** CP, Basketball Ct. #3 & Adjacent Turf Area

8820	2-3 yrs **	Jun 25-Aug 6*	Sa	10-10:30am	\$79
8819	3-4 yrs	Jun 25-Aug 6*	Sa	9-9:45am	\$79
8818	4-6 yrs	Jun 25-Aug 6*	Sa	10:30-11:15am	\$79

\*No class Jul 2.

\*\*Parent participation required.

### Mini-Hawk Sports Camp

This multi-sport program was developed to give children a positive first step into athletics. Baseball, basketball and soccer are taught in a safe, structured environment filled with encouragement and fun. Through games and activities, campers explore balance, hand/eye coordination, and skill development at their own pace. All participants receive a t-shirt, ball and a merit award.

**Instructor:** Skyhawks

**Location:** CP, Ball Field #3 & Basketball Ct. #3

8803	4-7 yrs	Jul 25-29	M-F	9am-12pm	\$165
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### Basketball Camp

This fun, skill-intensive program is designed for the beginning to intermediate player. Using our progressional curriculum, staff focus on the whole player, teaching respect, teamwork and responsibility. An active week of passing, shooting, dribbling, and rebounding makes this one of our most popular programs. All participants receive a t-shirt, basketball, and player evaluation.

**Instructor:** Skyhawks / **Location:** MH, Basketball Courts

8801	6-12 yrs	Jun 27-Jul 1	M-F	9am-12pm	\$165
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### Tiny Fyft Stars & Little Fyft Stars Basketball

Through fun and safe games, athletes will learn new techniques and tactics, while also learning the benefits of sportsmanship, discipline, and teamwork. Every athlete will receive a camp t-shirt.

**Instructor:** TriFyft Sports / **Location:** MH, Basketball Cts.

8821	3-4 yrs	Aug 8-12	M-F	12:15-1pm	\$70
8812	4-7 yrs	Aug 8-12	M-F	9am-12pm	\$135



### Tiny Fyft Stars & Little Fyft Stars Tee-Ball

Introduction of game basics in a fun and safe environment. Tee-ball curriculum is designed for kids to have fun while fine tuning their motor skills and socialization skills. Every athlete will receive a camp t-shirt.

**Instructor:** TriFyft Sports / **Location:** CP, Ball Field #3

8826	2-3 yrs*	Jul 14-Aug 18	Th	2:30-3pm	\$79
8809	3-5 yrs	Jul 14-Aug 18	Th	3-3:45pm	\$79
8817	3-4 yrs	Jul 25-29	M-F	12:15-1pm	\$70
8816	4-7 yrs	Jul 25-29	M-F	9am-12pm	\$135

\*Parent participation required.

### Baseball Camp

Skyhawks baseball staff teaches the fundamentals of fielding, catching, throwing, hitting and base running, all in a fun, positive environment. Specifically designed for beginning and intermediate players, this program teaches athletes new baseball skills along with vital life lessons such as respect, teamwork, and responsibility. All participants receive a t-shirt and a player evaluation.

**Instructor:** Skyhawks

**Location:** CP, Ball Field #4

8800	6-12 yrs	Jul 25-29	M-F	9am-12pm	\$165
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### Flag Football Camp

Flag Football is the perfect introduction to "America's Game." Campers learn skills on both sides of the football including the core components of passing, catching, and defense – all presented in a fun and positive environment. The week ends with the Skyhawks Super Bowl, giving participants a chance to showcase their skills on the gridiron! All participants receive a t-shirt, football, and player evaluation.

**Instructor:** Skyhawks

**Location:** CP, Soccer Field

8802	6-12 yrs	Jul 5-8*	Tu-F	9am-12pm	\$135
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\*No class Jul 4.

### Little Stars Flag Football

Through fun and safe games, athletes will learn new techniques and tactics, while also learning the benefits of sportsmanship, discipline, and teamwork. Every athlete will receive camp t-shirt.

**Instructor:** TriFyft Sports

**Location:** CP, Ball Field #2 (Outfield)

8814	4-7 yrs	Aug 15-19	M-F	9am-12pm	\$135
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## Sport Camps/Classes *continued*

### Tiny Fytt Stars & Little Fytt Stars Soccer Camp

Designed for kids to have fun while learning skills in a safe environment. Every athlete will receive a camp t-shirt.



**Instructor:** TriFytt Sports

**Location:** CP, Ball Field #2 (Outfield)

8824	3-4 yrs	Jul 18-22	M-F	12:15-1pm	\$70
8813	4-7 yrs	Jul 18-22	M-F	9am-12pm	\$135

### Golf Lessons Junior Performance Program

Learn the mechanics of the golf swing, pitching, chipping, putting, rules & etiquette. Level 1 is designed for junior golfers who have not had any previous golf experience. Level 2 is designed for the junior golfer that has been exposed to the game of golf and has received some type of instruction. Student/instructor ratio 6:1. (8 weeks)



**Instructor:** PGA Teaching Professionals

**Location:** ATG

8798	1	7-17 yrs	Aug 6-Oct 1*	Sa	12-1pm	\$280
8799	2	7-17 yrs	Aug 6-Oct 1*	Sa	1-2pm	\$280

\*No class Sep 3.

### Ice Skating Lessons

Beginner skaters will learn the fundamentals of skating; gliding, stopping, turning...and a fun trick or two! Please dress warm and arrive 15 minutes early. Skates may be rented but are not included. Class meets once a week for 30 minutes and includes free practice after the class from 12:30-3pm (4 weeks).



**Instructor:** Ice Palace Staff

**Location:** IP

8521	4-5 yrs	Jul 9-30	Sa	11:45am-12:15pm	\$75
8522	6-8 yrs	Jul 9-30	Sa	11:45am-12:15pm	\$75
8523	9-15 yrs	Jul 9-30	Sa	11:45am-12:15pm	\$75

### Taekwondo Lessons

Taekwondo is a fun and safe way for the whole family to get in better shape, increase flexibility and learn the valuable art of self-defense. The instructor, Ken DuBose is a 7th Degree Black Belt with over 30 years of teaching experience. Uniform is free with enrollment.

**REGISTER: Call 395-2050**

**Instructor:** Ken DuBose

**Location:** SCC

7+ yrs	Ongoing	M & Th	6-8pm	\$80/month*
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\*Each additional immediate family member receives a 50% discount.

### Regular Class Schedule will Return in September!

All regularly scheduled children's classes and new courses will return in September. Look for more details in the Fall Recreation Brochure, mailed to homes in early August.

- **OC Dance Productions**
- **Paint, Paste and Pour**
- **My First Classroom**
- **Music to Grow On**
- **TriFytt Sports (summer camps offered)**
- **Tunes and Tales**

**Turn to pages 9 & 10 for information on our summer camps and sign up today!**



## Laguna Niguel Sports Corner

The following non-profit youth sports organizations are members of the City of Laguna Niguel's Sports Advisory Committee. These organizations are recognized by the City as the designated lead service providers for the various types of sports leagues they conduct and the age groups they serve.

### SOCCER

<b>AYSO Soccer (Region 41)</b>	<b>Laguna Niguel Youth Soccer Association (LNYS)</b>
<ul style="list-style-type: none"> <li>Boys &amp; Girls Ages 4-18 yrs.</li> <li>Recreational, EXTRA, Pacific Soccer Club and VIP Play Levels</li> <li>Fall Season: mid-August - November</li> <li>Registration Information: <a href="http://www.ayso41.org">www.ayso41.org</a></li> </ul>	<ul style="list-style-type: none"> <li>Boys &amp; Girls Ages 4-18 yrs.</li> <li>Recreational, Signature, Competitive, and Special Needs Play Levels</li> <li>Summer Soccer Camps Available</li> <li>Fall Season: mid-August - November</li> <li>Registration Information: <a href="http://www.lnysa.org">www.lnysa.org</a></li> </ul>

### BASEBALL

<b>Laguna Niguel Little League (LNLL) <i>Serving Residents South of Crown Valley Pkwy.</i></b>	<b>Rancho Niguel Little League (RNLL) <i>Serving Residents North of Crown Valley Pkwy.</i></b>
<ul style="list-style-type: none"> <li>Boys &amp; Girls Ages 5-14 yrs.</li> <li>Fall Season: September - November</li> <li>Registration Information: <a href="http://www.lnll.org">www.lnll.org</a></li> </ul>	<ul style="list-style-type: none"> <li>Boys &amp; Girls Ages 5-14 yrs.</li> <li>Fall Season: September - November</li> <li>Registration Information: <a href="http://www.rnllbaseball.org">www.rnllbaseball.org</a></li> </ul>

### SOFTBALL

<b>Laguna Niguel Girls Softball (LNGS)</b>
<ul style="list-style-type: none"> <li>Girls Ages 5-14 yrs.</li> <li>Fall Season: September - November</li> <li>Registration Information: <a href="http://www.lngs.org">www.lngs.org</a></li> <li>Champs Division for girls with disabilities</li> </ul>

### BASKETBALL

<b>Niguel-Aliso NJB or Capo-Dana NJB</b>
<ul style="list-style-type: none"> <li>Boys &amp; Girls: 3rd - 8th Grade</li> <li>Season: November-March</li> <li>All-Net Opportunities Year Round</li> <li>Registration Information: <a href="http://www.CapoDanaNJB.com">www.CapoDanaNJB.com</a> <b>or</b> <a href="http://niguelalisonjb.d4sportsclub.com">niguelalisonjb.d4sportsclub.com</a></li> </ul>

### VOLLEYBALL

<b>US Youth Volleyball League (USYVL)</b>	
<ul style="list-style-type: none"> <li>Boys &amp; Girls Ages 7-15 yrs.</li> <li>Fall Season: September - November</li> </ul>	<ul style="list-style-type: none"> <li>Register On-Line @ <a href="http://www.usyvl.org">www.usyvl.org</a> or call: 1-888-988-7985</li> </ul>



# Swimming Pool Information

## PUBLIC USE SCHEDULE

### Session I: Jun 13 - Aug 16

	Monday - Thursday	Friday	Saturday & Sunday
Adult Lap Swim & Spa (Ages 14+)	6-8am 12-1pm 7-9pm	8am-12pm 12-1pm 6-8pm	9am-12pm
Swim Lessons	8-11:45am		8-8:40am
Recreation Swim (All ages) <i>Some lap lanes available</i>	1-4pm	1-4pm	12-5pm
FIT Pool (Jun 13-Sep 5)	1-4pm	1-4pm	1-5pm
Diving Boards	1-4pm	1-4pm	12-5pm
Team Aquatics	4-7pm	4-6pm	

### Session II: Aug 17 - Sep 5

	Monday - Thursday	Friday	Saturday & Sunday
Adult Lap Swim & Spa (Ages 14+)	6-8am 12-1pm 7-9pm	12-1pm 6-8pm	9am-12pm
Recreation Swim (All ages) <i>*Some lap lanes available</i>	9am-12pm** 1-4pm*	9am-12pm** 1-4pm*	12-5pm
FIT Pool (Jun 13-Sep 5)	1-4pm	1-4pm	1-5pm
Diving Boards	1-4pm	1-4pm	12-5pm
Team Aquatics	4-7pm	4-6pm	

\*\* Diving boards closed to the public.

### FIT Pool Family Use Schedule

June 13-Labor Day  
M-F, 1-4pm • Sa/Su, 1-5pm

Family time will be open for children, 6 and under, who are within arm's reach of a supervising adult. Coast Guard approved PFD's only.



## Pool Fees

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

## Youth Summer Pool Pass Special

Age	Date	Cost	
		Residents	Non-Residents
2-13 yrs.	Memorial Day-Labor Day	\$50	\$70

## Modified/Holiday Pool Hours

Jun 4-11 (Sa-Sa)	Pool Maintenance	Closed
June 17-19 (F-Su)	Diving Meet	Closed
June 22 (W)	Swim Meet 4-8pm	Closed at 4pm
Jun 24 (F)	Concert	Closed at 6pm
<b>Jul 4 (M)</b>	<b>FREE Lap Swim FREE Rec. Swim</b>	<b>9am-12pm 12-5pm</b>
Jul 7 (Th)	Swim Meet 4-8pm	Closed at 4pm
Jul 15 (F)	Concert Night	Closed at 6pm
Jul 19 (Tu)	Swim Meet 4-8pm	Closed at 4pm
Jul 29 (F)	Concert Night	Closed at 6pm
Aug 3 (W)	Swim Meet 4-8pm	Closed at 4pm
Aug 12 (F)	Concert Night	Closed at 6pm
Aug 26 (F)	Concert Night	Closed at 6pm
<b>Sep 5 (M)</b>	<b>Labor Day - Lap Swim Labor Day - Rec. Swim</b>	<b>9am-12pm 12-5pm</b>

# CVP Swim Lessons Registration Dates & Times

## Registration Information

Register for all 4 sessions at one time ONLINE!!!

### Online Registration for City Swim Lessons:

Go to "cityoflagunaniguel.org"

Click on "Online Registration" and register.

### Online Registration

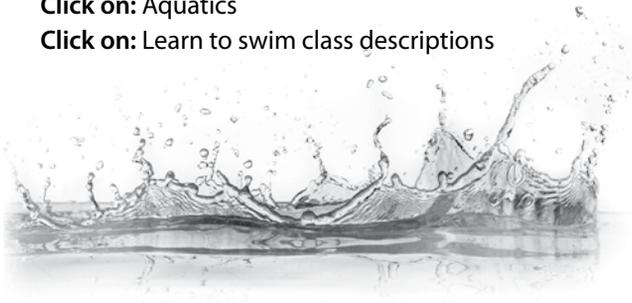
Sessions 1 thru 4      May 25 (noon)

### Walk-in Registration

Sessions 1 thru 4      May 31 (9am)

### General/Registration Information:

- To determine which class to enroll your child in, refer to Skill Level Descriptions – see page 17 for details.
- Classes meet on Mondays / Wednesdays OR Tuesdays / Thursdays.
- For detailed information on CVP swim registration:**  
**Go to:** cityoflagunaniguel.org  
**Roll on:** Departments  
**Roll on:** Parks & Recreation  
**Click on:** Aquatics  
**Click on:** Learn to swim class descriptions



## CVP SWIM LESSON DATES

Session	Class Meeting Dates
1	<b>June 13-June 23</b> M & W ..... Jun 13, 15, 20, 22 Tu & Th ..... Jun 14, 16, 21, 23
2	<b>June 27-July 7</b> *M & W ..... Jun 27, 29, Jul 6 Tu & Th ..... Jun 28, 30, Jul 5, 7
3	<b>July 11-21</b> M & W ..... Jul 11, 13, 18, 20 Tu & Th ..... Jul 12, 14, 19, 21
4	<b>July 25-Aug 4</b> M & W ..... Jul 25, 27, Aug 1, 3 Tu & Th ..... Jul 26, 28, Aug 2, 4

*\*M/W Prorated: Only 3 class meetings due to July 4th.*

### Swim Lesson Cancellation Policy:

- All withdrawal requests must be made at least 5 days before the first day of class/session and are subject to a \$5 processing fee.
- Withdrawal requests received less than 5 days prior will be processed for 50% of the class fees.
- Illness:** A doctor's note is required. Attended classes will be prorated.
- Severe weather:** In the event the City of Laguna Niguel has to close the pool for the safety of the patrons, the City will only give a credit for the class which was canceled.

## CVP LESSON MEETING TIMES

Class Descriptions (See page 18)	Monday & Wednesday (4 classes per 2-wk session)	Tuesday & Thursday (4 classes per 2-wk session)	Levels Taught	Instructor Student Ratio	Cost Laguna Niguel Resident	Cost Non-Resident
<b>Private</b> 3 yrs - adult 25 min. per lesson	8-8:25am 8:30-8:55am	8-8:25am 8:30-8:55am	All	1:1	\$75	\$90
<b>Group</b> 4-16 yrs 45 min. per lesson	9-9:45am 10-10:45am	9-9:45am 10-10:45am	1 & 2 3-5 6 1-4	1:6 1:8 1:10	\$65	\$80
<b>Pre-School</b> 3-5 yrs 30 min. per lesson (In FIT Pool)	9-9:30am 9:45-10:15am 10:30-11am	9-9:30am 9:45-10:15am 10:30-11am		1:4 1:4 1:4	\$65 \$65	\$80 \$80

# CVP Swim Lesson Descriptions

## Descriptions

<b>Pre-School</b>	<b>Ages 3-5 yrs</b> Introductory swim program for pre-school children.
<b>Level 1 Sea Lions</b>	<b>Ages 4-16 yrs</b> Supported floating and kicking Alternating arm action Water safety rules For non-swimmers
<b>Level 2 Starfish</b>	<b>Ages 5-16 yrs</b> Floating and kicking without support Rhythmic breathing Combined stroke on front and back Simple water safety skills
<b>Level 3 Sea Horse</b>	<b>Ages 5-16 yrs</b> Must perform Starfish skills to qualify for this class Learn survival float Self-rescue skills Diving from side of pool introduction
<b>Level 4 Squids</b>	<b>Ages 6-16 yrs</b> Must perform Sea Horse skills to qualify for this class. Introduction to sidestroke, breaststroke and turns Personal safety skills Learns butterfly
<b>Level 5 Dolphins</b>	<b>Ages 7-16 yrs</b> Must have accomplished all of Squids skills Learns front and back flip turns Refines all strokes previously learned Introduced to spring board diving and safety skills
<b>Level 6 Marlins</b>	<b>Ages 7-16 yrs</b> <b>Will spend the session working on one of the following areas:</b> Must perform skills at Dolphins proficiently to qualify Personal water safety Fitness swimmer



## WEB ACCESS TO SWIM LESSONS

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

**For more detailed information on CVP swim lessons:**

- Go to: [cityoflagunaniguel.org](http://cityoflagunaniguel.org)
- Scroll down and click on: the aquatics icon
- Click on: Aquatics Classes – Brochure



### Check Out Our **NEW** Classes!

- The Imagination Machine: Summer Writing Workshop – pg. 11
- Edutainment Adventure Camps: Hunger Games, California Summer and Extreme Team Challenge – pg. 11
- Summer Acting for Kids – pg. 11
- Beginner Lacrosse Camp for Boys and Girls – pg.12
- Adult Acting – pg. 26

**“A true champion knows how to overcome doubts and manage those doubts and turn them into motivation.”**

– Misty Hyman

# Fitness

## 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.

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

**Instructor:** Diane Raibon, Certified Pilates & Poolates® Instructor

**Location:** CVP, Fit Pool

8827	18+ yrs	Jun 15-Jul 6*	M/W	12-1pm	\$125
8828	18+ yrs	Jul 11-27	M/W	12-1pm	\$125
8829	18+ yrs	Aug 1-17	M/W	12-1pm	\$125
8830	18+ yrs	Aug 22-Sep 12	M/W	12-1pm	\$125

\*Pool closed Jun 4-11. No class Jul 4.

## 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 for 8 classes/month or \$20 drop in
	M	6:30-7:30pm	

\*Pool closed Jun 4-11. No class Jul 4.

## 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. Improve 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 388-0612 (no text messages, please)**

**Instructor:** Resa Hempfling

**Location:** CVP, Fit Pool

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

\*Pool closed Jun 4-11. No class Jul 4.

**REGISTER EARLY!**

HELP US AVOID CANCELLING CLASSES DUE TO LOW ENROLLMENT.

## Power Water Workout

### A Sally Stanton Fitness Program

Our most consistent & long standing H<sub>2</sub>O class will have you dancing, jumping 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 info 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

May 2-Jun 15*	M/W/F	9:15-10:15am	\$10 per class/drop in
Jun 20-Aug 12**	M/W/F	8-9am	\$60 for 9 classes (per month)
Aug 15-Ongoing**	M/W/F	9:15-10:15am	\$70 unlimited (per month)

\*Pool closed Jun 4-11. No class Jul 4.

## ISR® – OC Water Babies

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

**REGISTER:** Call Annette (949) 813-6363

**Instructor:** Conrad Rodriguez

**Email:** [c.rodriguez@infantswim.com](mailto:c.rodriguez@infantswim.com)

**Location:** CVP, Fit Pool

Jun 1-Oct 1*	M-F	4-6:15pm	\$130/wk (5 private lessons)
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\*Pool closed Jun 4-11. No class Jul 4.

## 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.

**Instructor:** Aquatics staff

**Location:** CVP, Pool (5 weeks)

5041.102	18+ yrs	Jul 9-Aug 6	Sa	7-9am	\$65
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## FIT Pool Family Use Schedule

June 13-Labor Day

M-F, 1-4pm • Sa/Su, 1-5pm

Family time will be open for children, 6 and under, who are within arm's reach of a supervising adult. Coast Guard approved PFD's only.



# 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 all ages and abilities.

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 who 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:

- M-Su 9:30-11:45am (Jun 1-26)\*
- M-F 1:45-4pm - (Jun 1-26)\*
- F-Su 9:30-11:45am (Jun 24-Aug 12)\*
- M-Su 9:30-11:45am (Aug 12-Sep 1)
- M-F 1:45-4pm (Aug 12-Sep 1)

### 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.

\*Pool closed Jun 4-11. No class Jul 4.



# SPRAYGROUND

## SUMMER SCHEDULE

**May 28-June 12**

Every day, 10am-4pm

**June 13 – Sep 7**

Every day, 10am-5pm

*Sprayground may be closed at any time due to inclement weather, or other events. Check the City website: [cityoflagunaniguel.org](http://cityoflagunaniguel.org) for latest updates.*



## 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 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-Th	4-7pm
		F	4-6pm

\*Pool closed Jun 4-11. No class Jul 4.

## 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.

## Dolphin Aquatics Summer League Fun and Fitness

All swimmers must be able to swim across 1/2 of the pool length (12.5 yds.) on their belly.

- You will learn all four competitive swim strokes.
- You will be taught Dives/Racing; Starts/Finishes.
- You will receive improved skills/techniques to make you a better swimmer.
- Professionally coached by DA's own USA Swimming Certified coaches.
- Each 4 week session will include dual swim meets either against another local swim club or intra-squad meets.
- DA swim cap.

Director: Rod Snyder

REGISTER: [daswim.org](http://daswim.org). (Click on "Summer League Program")

Location: CVP, Pool

### Session 1

4-7 yrs	Jun 13-Jul 7	M-Th	6-6:30pm	\$175*
8-10 yrs	Jun 13-Jul 7	M-Th	6-6:45pm	\$175*
11-16 yrs	Jun 13-Jul 7	M-Th	6-7pm	\$175*

### Session 2

4-7 yrs	Jul 11-Aug 4	M-Th	6-6:30pm	\$175*
8-10 yrs	Jul 11-Aug 4	M-Th	6-6:45pm	\$175*
11-16 yrs	Jul 11-Aug 4	M-Th	6-7pm	\$175*

\*\$325 for two sessions (\$25 savings). Must sign up and pay in one payment.

## 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	2:30-8pm	\$140** per mo.
			Novice		\$100** per mo.

\*\*Additional annual fee for joining AAU and USA 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.



**REGISTER: Call 455-7859 (see registration form on right side)** →

**Website: crownvalleydivers.com**

**Instructor: Curt Wilson**

**Location: CVP, Pool**

Beg.	5-15 yrs	Tu/Th	9-10am 10-11am 11am-12pm 3:30-4:30pm 5:15-6:15pm 6:45-7:45pm	\$70/4 Lessons (2 wks)
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\*Pool closed Jun 4-11. No class Jul 4.

### 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
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2014 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? \_\_\_\_\_

*Classes are offered in nine lesson blocks. Please circle the date, day and time you want and mail the registration form to the address below.*

**All summer lesson divers qualify to be in our (optional) summer lesson dive meet/team. Tryouts are held August 26.**

#### Dates:

<b>Session 1:</b> May 2-13	<b>Session 6:</b> Jul 11-27
<b>Session 2:</b> May 16-27	<b>Session 7:</b> Jul 25-Aug 5
<b>Session 3:</b> May 31-Jun 3*	<b>Session 8:</b> Aug 8-19
<b>Session 4:</b> Jun 13-24**	<b>Session 9:</b> Aug 22-Sep 2
<b>Session 5:</b> Jun 27-Jul 8***	

\*Classes are, Tues., Wed., Thurs., Fri., for Session 3

\*\*NO Class June 17 – Session 4

\*\*\*NO Class July 4 – Session 5

#### Days/Times:

**Mornings:** Tu / Th – (Morning classes begin after June 13)  
9-10am / 10-11am / 11am-12pm

**Evenings:** Tu / Th  
3:30-4:30pm / 5:15-6:15pm / 6:45- 7:45pm

**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.



## Laguna Niguel Skatepark

27745 Alicia Parkway  
 Laguna Niguel, CA 92677  
 (949) 916-7755  
 (949) 916-7766

### Hours of Operation:

School days: 12-9:30pm  
 Weekends, holidays and school vacations:  
 9am-9:30pm

**Residents:** \$40 annual pass  
**Non-Residents:** \$80 annual pass  
**One time visitor pass:** \$10

The Skatepark is supervised by Parks and Recreation Department staff. Passes are required for all individuals using the park. Liability waivers signed by the parent or guardian is required. Proof of residency will be required by showing drivers license or California I.D. Park users 18 years old and over are also required to sign a waiver on their own behalf. Skatepark identification cards will be issued once the waivers are signed. These I.D. cards serve as your permit to enter the park. Helmets, **plastic capped** elbow and kneepads are required at all times while in the park.



## BMX Sessions

Laguna Niguel Skatepark welcomes BMX and Dirt Jump/Park specific bikes to the skate park. We have 3 weekly "BMX sessions" where the park is exclusive to BMX and dirt jump/park specific bikes. Skateboarding, and inline skating is not permitted during these sessions. All riders must have a liability waiver signed by a parent/guardian prior to entering the park and must wear elbow pads, kneepads, and a helmet. Contact the park at (949) 916-7755 or visit [cityoflagunaniguel.org](http://cityoflagunaniguel.org) for a list of rules and regulations pertaining to the use of BMX bikes at the facility.

### Bike Session Hours:

Tuesday: 7-9:30pm | Friday: 12-4:30pm | Sunday: 4:30-9:30pm



## Birthday Parties at the Skatepark

Celebrate your next birthday party with us!

The complete party package includes:

- Up to 10 daily skate passes. (Additional guests @\$15 each, max. 20)
- 3 Hour exclusive rental of upstairs viewing area
- Chairs and tables (which are covered with a disposable tablecloth)
- 2 Pizzas, chilled lemonade, and a skateboard themed birthday cake
- Plates, utensils, and cups
- A ½ hour lesson to help bring inexperienced kids up to speed
- A goodie bag for each of your guests
- Free pad rentals for the duration of your party

Fee: \$250 – Up to 10 skaters

A \$100 deposit will be applied to total cost of party, due at time of reservation. All parties must be booked at least 2 weeks in advance. Cancellations require 2 full business days notice. Cancellation without 2 full business days notice will result in loss of deposit.

To reserve your party, please email the skatepark coordinator, Brett Woodhull, at [bwoodhull@cityoflagunaniguel.org](mailto:bwoodhull@cityoflagunaniguel.org) or contact the Skatepark at (949) 916-7755.

## Preschool Introduction to Skateboarding

Are you looking to get your preschooler into skateboarding? We've got you covered. This class is designed to introduce your preschooler to skateboarding and the skate park. Skaters will be taught about their skateboard and how to adjust the trucks and wheels, introduced to the different areas of the skate park, and participate in beginner skills to get them comfortable on their board. Students will also learn about general skate park safety and etiquette during their ½ hour lesson. Call 916-7766 to set up your skate lesson.

**Instructor:** Skatepark Staff / **Location:** LNSP

**Cost:** \$15 L.N. resident, \$20 non-resident

5 yrs. Tu/W/Th 3-7pm (1/2 hr. sessions)

## Skateboard Group Lessons

**Beginning Class:** Students will go over the fundamentals of skateboarding, safety and skatepark etiquette. This class is designed for the beginner and will teach them balance, coordination and other skateboarding basics.

**Advanced Class:** Designed for skateboarders who are comfortable with rolling around the skatepark, rolling in and dropping in. This class will cover more advanced skateboarding such as ollies, grinds and other tricks and will still focus on safety and skatepark etiquette.

**Instructor:** Skatepark Staff

**Location:** LNSP

**Cost:** \$120 L.N. resident, \$130 non-resident

8777	Beg. 6+ yrs	Jun 4-25	Sa	9-10am
8778	Beg. 6+ yrs	Jul 9-30	Sa	9-10am
8779	Beg. 6+ yrs	Aug 6-27	Sa	9-10am
8780	Adv. 6+ yrs	Jun 4-25	Sa	10:30-11:30am
8781	Adv. 6+ yrs	Jul 9-30	Sa	10:30-11:30am
8782	Adv. 6+ yrs	Aug 6-27	Sa	10:30-11:30am

## Skatepark *continued*

### Private & Semi-Private Skateboard Lessons

These lessons are great for the beginner or the more advanced skater looking for some pointers. Take a private lesson or save money and sign up with a friend and take advantage of our semi-private lesson rates. The waiver must be filled out and signed and helmet, elbow and kneepads must be worn. Lessons are available Tuesday, Wednesday and Thursday between 3-7pm. Call 916-7766 to set up your skate lesson.

#### Private One Hour Lessons:

Laguna Niguel Residents: \$30/hr. / Non-Residents: \$40/hr.

#### Semi-Private One Hour Lessons (per person):

Laguna Niguel Residents: \$25/hr. / Non-Residents: \$30/hr.

### Summer Skate Camp

Grouped by skill level, skaters will learn proper techniques, improve skills, learn etiquette and have tons of fun! Skate camp is also a great place to develop life skills such as goal setting, teamwork, perseverance, problem solving and communication. All skaters must wear a helmet, elbow/knee pads at all times. **All participants must have a waiver signed by their parent or guardian on file at the park.**

Instructor: Skatepark Staff

Location: LNSP

8786	8-13 yrs	Jun 20-24	M-F	9am-12pm	\$150
8787	8-13 yrs	Jun 27-Jul 1	M-F	9am-12pm	\$150
8788	8-13 yrs	Jul 11-15	M-F	9am-12pm	\$150
8789	8-13 yrs	Jul 18-22	M-F	9am-12pm	\$150

### Go Skateboarding Day

The day will be full of fun for all ages, including raffles, giveaways, demos and more! Free food and drinks will be provided.

Location: LNSP

Jun 21	Tu	4-7pm	Free*
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\*\$10 day fee required for non-members. All skaters must have a waiver filled out or on file at the Skatepark. Helmet, elbow and kneepads are required.

### Late Night Skate Nights

Everyone's bummed when 9:30pm hits and the Park shuts down for the night, so we figured why not keep it open late for a few summer nights? Come to the Skatepark and get your shred on until midnight. We're throwing down a BBQ, some free gear and keeping the lights on late. Everyone with a membership or day pass is welcome. **Participants must fill out a liability waiver and medical release.**

Instructor: Skatepark Staff

Location: LNSP

Jun 11*	Sa	9:30pm-12am
Jul 30*	Sa	9:30pm-12am

\*Day pass or membership required.

**“I consider skateboarding an art form, a lifestyle, and a sport.”**

- Tony Hawk



## Teen Programs

### "RULE THE POOL" FRIDAYS

Enjoy a night of water volleyball, inter-tube races, diving board contests and music provided by a DJ. (Sorry, adults not invited!) Participants may not leave until 10pm, unless released to a parent. Snacks are sold for a \$1 each. Admission sales end at 8:30pm.

**Instructor:** Recreation & Lifeguard Staff

**Location:** Crown Valley Park, Pool

9-13 yrs	Jul 22, Aug 5, 19 & Sep 2	F	8-10pm	\$5 at pool
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### Super Sitters

Learn how to prevent accidents, what to do in case of an emergency, child development, do's and don'ts, age-appropriate games, job hunting and finances. Don't just be a babysitter – be a super sitter! **Bring paper / pencil and please ask an adult to attend the last 15 minutes of class.**

**Instructor:** Charlene Jordan

**Location:** CVP, View Room

8804	11+ yrs	Aug 5	F	6-9pm	\$38*
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\*\$5 (cash) material fee is due to instructor at class. Please bring correct change.

### CPR, First Aid, AED Instruction **NEW!**

The purpose of the American Red Cross First Aid/CPR/ AED program is to help participants recognize and respond appropriately to cardiac, breathing and first aid emergencies. The courses in this program teach skills that participants need to know to give immediate care to a suddenly injured or ill person until more advanced medical personnel arrive and take over. This program will include a 2 year certification from the American Red Cross.

**Instructor:** Premier Aquatic Staff

**Location:** CVP, View Room

8880	11+ yrs	Jun 25	Sa	8am-12:30pm	\$75*
8881	11+ yrs	Jul 2	Sa	8am-12:30pm	\$75*
8882	11+ yrs	Jul 9	Sa	8am-12:30pm	\$75*

\*\$10 (cash) material fee is due to instructor at class.

Please bring correct change.

### MUSIC & ARTS FESTIVAL

**Organized by the Laguna Niguel Youth Committee**

Middle and High School bands will "Showcase their talents" by performing in 30-minute sets. Bands will have 15 minutes to breakdown and to set up. A total of four bands will perform. The Habit truck will feature burgers, fries and drinks!!

**Location:** CVP, Amphitheater

May 27	F	6-10pm	Free
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## TEEN ACTING

Middle school and high school students will explore live theatre and develop their skills in acting. They will learn improvisational techniques, build characters using play texts and develop strategies for auditioning for theatre at the high school and college level. (6 weeks)

**Instructor:** Laguna Niguel Community Theatre

**Location:** Mission Lutheran Church, Mission Hall

8867	12-17 yrs.	Jun 17-Aug 5*	F	1-3pm	\$175
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\*No class Jul 15, 22.

**Get Active in Your Community!**  
Parks and Recreation Volunteer Opportunities  
Attention Volun-Teens!\*

**Squirrels program now accepting applications!**

- Mandatory Training: Wed., June 15th, 10am-12pm
- Age Requirements: 13-17 yrs.
- Volunteer Hours: 8am-12:30pm or 12:30-4:45pm\*

\*Requires daily swimming with campers.

**Note:** Parks and Recreation does not accept court ordered volunteers.

Pick up volunteer applications at the Parks and Recreation office at Crown Valley Park or online at [cityoflagunaniguel.org](http://cityoflagunaniguel.org)

### FREE Summer Events & Activities:

- Fourth of July Celebrations – pg. 3
- Summer Concert Series –pg. 4
- Snakes, Everything You Wanted to Know – pg. 5
- National Night Out –pg. 5
- Shakespeare by the Sea Presents...Othello – pg. 5
- 22nd Annual Dawg Walk and Pet Faire – pg. 6
- Go Skateboarding Day –pg. 24
- Music & Arts Festival – pg. 25



**TEEN WEBSITE**  
**LNTEENS.ORG**

FOLLOW US  
@ LNTEENS ON:



**Art**

**Oil Painting – Still Life Setup, Composition and Painting**

Learn the art of setting up and composing the subjects for still life painting. Learn how to arrange the light direction, catch the atmosphere and express the combined harmony of the subjects in the painting. Students will receive a mandatory supply list at the time of registration. (6 weeks)

**Instructor:** Ebrahim Amin  
**Location:** SCC

8869	18+ yrs	May 6-Jun 10	F	1-4pm	\$136
8870	18+ yrs	Jul 8-Aug 12	F	1-4pm	\$136

**Dog Services**

**Dog Obedience**

Establish better manners and correct behavior problems like chewing, digging, jumping, etc. For all breeds over 5 months (4 months for larger dogs). Introduces proper heel, automatic sit, sit-stay, down-stay, stand for inspection, come with finish, as well as hand signals, long-distance work, and boundary training. Trophies/certificates awarded at graduation. First meeting held WITHOUT DOGS. Bring a lawn chair/shot records. (7 weeks)

**Instructor:** Wendy Brookhyser, Hacienda Hills Dog Obedience Club  
**Location:** CVP (1st meeting by Flagpole)

8837	18+ yrs	Jun 21- Aug 2	Tu	6:30-7:30pm	\$94*
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\*\$10 materials fee due to instructor at first class. (Includes training manual.)

**Intermediate Dog Obedience**

Continue your canine's education! Five weeks of intensive practice and drill on all your novice obedience exercises! For anyone who has completed a basic obedience course and wants to continue polishing their dog's skills. **Bring your dog to first meeting with leash, training collar, and 30" long line.** (5 weeks)

**Instructor:** Hacienda Hills Dog Obedience Club  
**Location:** MVHS – upper parking lot

8838	18+ yrs	Jun 27-Aug 1	M	8-9pm	\$82*
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\*\$5 materials fee due to instructor at first class.

**Dog Manners "Crash Course"**

Accomplish your training goals and get behavior problems under control in just 4 weeks! Exercises will include: sit and down on command, stay in sit or down position with distractions, come when called and controlled walking on a leash. **For dogs ages four months or older.** Vaccinations must be current. DOGS ATTEND ALL MEETINGS. Pre-registration required. (4 weeks)

**Instructor:** Wendy Brookhyser, Hacienda Hills Dog Obedience Club  
**Location:** HHP

8836	18+ yrs	Jul 16-Aug 6	Sa	10-11:15am	\$82*
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\*\$5 insurance fee due to instructor at first class.

**Acting**

**Adult Acting**

Whether you want to prepare to start an acting career, audition for community theatre or improve public speaking skills, we can help you achieve your goal. Learn techniques of improvisation, character building and preparation for auditioning. This class is geared toward all levels of experience whether you are a first-timer wondering if acting is for you or a veteran thespian looking to hone your craft. (8 weeks)

**Instructor:** Laguna Niguel Community Theatre, Jeremy Golden  
**Location:** CVP, View Room

8866	18+	Jun 18-Aug 6	Sa	9-10:30am	\$160
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**THE WIZARD OF OZ**

Laguna Niguel Community Theatre presents a live musical production of *The Wizard of Oz*. This timeless tale based on Frank L. Baum's books and the classic film follows Dorothy Gale and her magical trip Over the Rainbow where she encounters the Scarecrow, Tinman, and Cowardly Lion and faces off with the Wicked Witch of the West. Come see it live on stage!

**July 28 & 29 at 7pm, July 30 at 2pm.  
August 5 & 6 at 7pm, and August 8 at 2pm.**

Performances at Sea Country Senior and Community Center. Tickets are \$20 for general admission and \$17 for students and seniors. Tickets available at [LagunaNiguelTheatre.org](http://LagunaNiguelTheatre.org).

**Register Early!**

Help us avoid cancelling classes due to low enrollment. There are 4 easy ways to register for a class: **1** Online **2** In Office **3** Fax in **4** Mail in.

See pg. 36 for more information.

## Fitness/Well Being

### Yoga

With practice, improve strength, flexibility, balance, focus and peace of mind. Four different levels of classes, each 4 sessions for the season. Pre-registration by May 21 - \$112\*\*, \$130 thereafter. Take TWO sessions (i.e. Saturdays and Tuesdays) \$162 for 18 classes by May 21.

**REGISTER: Call (949) 633-3654/yogaknights.com**

**Instructor: Angie Knight**

**Location: SCC**

Gentle Yoga	18+yrs	Jun 20-Aug 22*	M	10-11:30am	\$112**
Yoga Basics	18+yrs	Jun 21-Aug 16	Tu	6:30-8pm	\$112**
Yoga Level 1&2	18+yrs	Jun 23-Aug 18	Th	6-7:30pm	\$112**
Yoga Moderate	18+yrs	Jun 18-Aug 20*	Sa	10-11:30am	\$112**

\*No class Jul 2, 4.

### Live Gong Meditation

The gong is an ancient instrument and thought to have been used for healing and transformation. This class brings about a state of relaxation that releases tension and brings a higher consciousness and awareness. The listener only has to let go and let the sound of the gong do the work as it bathes the body mind and soul. Bring a yoga mat, blanket and pillow to class.

**Instructor: Cher Mang**

**Location: SCC**

8849	18+yrs	Jun 6-27	M	6:30-8:00pm	\$60
8850	18+yrs	Aug 1-22	M	6:30-8:00pm	\$60

Drop in: \$17

### CPR, First Aid, AED Instruction **NEW!**

The purpose of the American Red Cross First Aid/CPR/ AED program is to help participants recognize and respond appropriately to cardiac, breathing and first aid emergencies. The courses in this program teach skills that participants need to know to give immediate care to a suddenly injured or ill person until more advanced medical personnel arrive and take over. This program will include a 2 year certification from the American Red Cross.

**Instructor: Premier Aquatic Services**

**Location: CVP, View Room**

8880	11+ yrs	Jun 25	Sa	8am-12:30pm	\$75*
8881	11+ yrs	Jul 2	Sa	8am-12:30pm	\$75*
8882	11+ yrs	Jul 9	Sa	8am-12:30pm	\$75*

## Dance/Music

### Ballet for Adults

Come join a fun, easy, beautiful and non-intimidating Ballet class! Learn the art of ballet and discover your femininity with this strong internal workout. Improves flexibility, strength, balance, posture, and elongates muscles. Come comfortable with ballet slippers. Taught by a professional N.Y. dancer. No previous experience required. (10 weeks)

**Instructor: Roxanne Bell / Location: RDS**

8790	18+ yrs	Jun 6-Aug 15*	M	10:30-11:30am	\$110
8791	18+ yrs	Jun 8-Aug 10	W	10:30-11:30am	\$110

\*No class Jul 4.

### Ballet Barre for Adults

Want a ballet dancer's body without actually dancing? This Barre class will lead you through ballet stretches on a mat along with core/Pilates exercises that will improve balance and increase flexibility. This class gives the student long lean and strong muscles like a ballerina. Taught by a professional N.Y. dancer. Come comfortable and bring a mat. Strong internal workout! (10 weeks)

**Instructor: Roxanne Bell / Location: RDS**

8792	18+ yrs	Jun 6-Aug 15*	M	11:35am-12:35pm	\$110
8793	18+ yrs	Jun 8-Aug 10	W	11:35am-12:35pm	\$110

\*No class Jul 4.

### Beginning Guitar Lessons

This class is designed to build a strong foundation for people with no experience playing the guitar. Students will learn several chords, strum styles and several current and classic songs. Students must bring their own guitar to class. Class is repeatable. (5 weeks)

**Instructor: Ron Gorman / Location: CVP, Patio Room**

8794	10+ yrs	Jun 21-Jul 19	Tu	6-7pm	\$95
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### Beginning Ukulele

Ukulele is making a big comeback. Come join our beginning ukulele class and learn how to amuse yourself and amaze your friends. You will learn basic strums, chords, and a bit of music theory to guide you along. (8 weeks)

**REGISTER: Call instructor at 364-1643 or email: rossini05@hotmail.com**

**Instructor: Ross Costa / Location: SCC**

18+ yrs	Jun 1-Jul 20	W	1-2pm	\$80*
18+ yrs	Jun 2-Jul 21	Th	7-8pm	\$80*

\*\$10 (cash) material fee is payable to instructor at class.

## STAY CONNECTED:



**Facebook**

City of Laguna Niguel



**Twitter**

@ City of Laguna Niguel



**On the Web**

CityOfLagunaNiguel.org



**Email Alerts**

CityofLagunaNiguel.org/  
NotifyMe



**Mobile App**

## Excursions

For information about excursions, call **Sea Country Center at 425-5151**.



### “Now That’s Magic” – Lunch included at the Huntington Beach Hotel

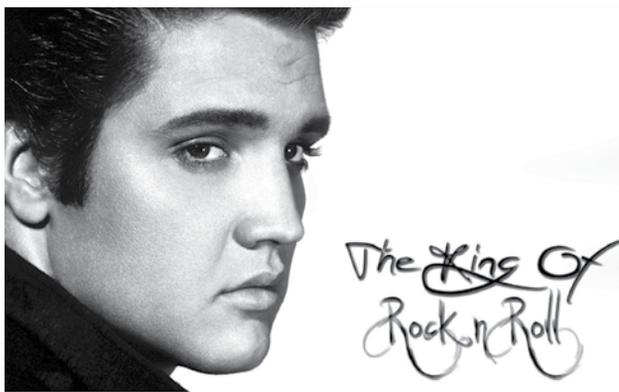
**DEADLINE TO REGISTER: JUNE 30**

Come experience a spectacular show at the Huntington Beach Library Theater featuring magicians who work at the world-famous Hollywood Magic Castle, in Las Vegas and around the world. “Now That’s Magic” is an acclaimed Illusions, Magic and Comedy Variety Show, that has been established as one of the best cabaret shows running in Orange County. We will enjoy a delicious buffet lunch at the Huntington Beach Hotel before the show.

**Register: In office, mail, fax or online**

**Location: Ziggurat Federal Building, Parking Lot**

8851	Jul 27	W	10am-4:30pm	\$78
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### “3 KINGS...The Elvis Experience”

**DEADLINE TO REGISTER: JULY 20**

Join us for a Tribute to 3 Decades of Legendary Rock & Roll Music History. Relive the Music...the Memories...and the Man through performances by 3 of the greatest Elvis tribute artists at the Huntington Beach Library Theater. This is a special matinee performance in honor of the King’s death 39 years ago on this day. Lunch will be on your own at Kathy Mays Lake View Café located 10 minutes from the theater.

**Register: In office, mail, fax or online**

**Location: Ziggurat Federal Building, Parking Lot**

8852	Aug 16	Tu	10am-4:30pm	\$59
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## Trip Procedures & Rules

*Please read before signing up.*

1. **No refunds / credit** will be given unless the trip is cancelled by the City. Trip refunds will be issued only to the individual(s) listed on the sign-up sheet. Online service fees will not be refunded by the City.
2. If a trip participant wishes to cancel, the procedures are as follows:
  - a. Notify the Center of your intent to cancel.
  - b. Make arrangements for someone to take your place or call the Center to see if a waiting list is available.
  - c. If replacement is made by the participant, notify the Center of your replacement’s name and phone number immediately.
3. All trip participants must be self-sufficient and capable of walking and climbing stairs without assistance of others. If unable to do so, a wheelchair and/or trip attendant will be required and prior arrangements need to be confirmed. Please notify staff at the time of registration if wheelchair arrangements are required.
4. Trip participants are encouraged to notify a family member/friend of his/her trip destination and come prepared with emergency and medical information on the day of the trip.
5. The completion of a liability release form is required prior to each trip.
6. All minors must be accompanied by an adult. For more information, call 425-5151.
7. Due to liability concerns, all participants are required to depart and return on the excursion bus.
8. All trips depart from the Ziggurat Federal Building parking lot in Laguna Niguel.

## San Diego by Train/Seaport Village/ Guided Bus Tour

**DEADLINE TO REGISTER: JULY 28**

All aboard the Amtrak for a two-hour rail adventure down to San Diego. We'll have time to enjoy lunch on our own at either one of the full service restaurants or grab a lite bite at one of the many smaller concessions and do a little shopping at Seaport Village. We will then be joined on our bus by a local tour guide who will take us around town and introduce us to many of the highlights that San Diego has to offer before we head back up the Pacific Coast to home.

**Register: In office, mail, fax or online**

**Location: Ziggurat Federal Building, Parking Lot**

8853	Sep 16	F	7:30am-6:30pm	\$99
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### Sea Country Senior & Community Center

24602 Aliso Creek Road  
425-5151

**Senior Center Hours:** M-F, 9am-4pm

**Community Center Hours:** Open for classes/room rentals as scheduled. Call for information.

### Sea Country Fitness Center for Adults 50+

The fitness center has 15 pieces of equipment including cardio, strength and flexibility.

#### Hours of Operation

Monday – Friday, 9am-4pm

#### Annual Fitness Center Fee

##### Residents:

\$25 for Group Equipment Orientation  
\$45 for an Individual Equipment Orientation

##### Non-Residents:

\$40 for Group Equipment Orientation  
\$60 for an Individual Equipment Orientation

The Fitness Center is located within the Sea Country Senior and Community Center. A registration packet that includes a registration form, liability waiver, a medical release form, to be signed by your doctor, is required at the time of registration. Proof of residency is required by showing a utility bill. Fitness Center membership cards will be issued once all required forms are submitted and an equipment orientation has been completed.



## LUAU CELEBRATION

Escape to the tropical islands as we transform the Sea Country Grand Ballroom into paradise. Delight in a catered lunch while you enjoy live luau dancers! You will also be able to capture all fun in our photo booth. Get your tickets at Sea Country's front desk and pull out your favorite Hawaiian shirt!

**Location:** SCC

8854	Jul 28	Th	12-1:30pm	\$12
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## Timeless Melodies

Take a trip down memory lane and learn about famous stars from yesteryear. Find out more about their lives and learn interesting facts and insights. The Timeless Melodies presentations include music, short videos, and historical pictures from the past. Light refreshments served at the end of the presentation.

**Register:** In office

**Information:** 425-5151

**Location:** SCC

#### BOB HOPE

8855	Jun 10	F	1:30-3pm	\$5
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#### AMERICAN EXPERIENCE

8856	Jul 8	F	1:30-3pm	\$5
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#### SWING

8857	Aug 19	F	1:30-3pm	\$5
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## Bunco Blast Parties

Join us for the fun game of Bunco! Bunco is an easy to learn dice game. Refreshments will be served. Winners will win prizes.

**REGISTER:** In office or call 425-5151

**Location:** SCC



Jun 17	F	1:30-3pm	Free
Jul 15	F	1:30-3pm	Free
Aug 12	F	1:30-3pm	Free

SEA COUNTRY CENTER: 425-5151

ONLINE REGISTRATION: [cityoflagunaniguel.org/registration](http://cityoflagunaniguel.org/registration) | REGISTRATION FORM: Inside Back Cover

## Computer Classes

### Computer Classes at Sea Country

REGISTER/INFORMATION: Call 425-5151

Instructor: Lavinia Istrate

Location: SCC

#### COMPUTER ESSENTIALS

Learn the basics in order to operate your computer, including Windows 7, or Vista; learn to use their most used features, learn to place personal pictures on your computer desktop, learn to use folders to organize your documents and pictures, use CDs and Flash drives, and more.

8724	May 31-Jul 5	Tu	10am-12pm	\$36
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#### INTERNET & EMAIL ESSENTIALS

Learn how to surf the web conveniently and efficiently with the most popular browsers, learn to create and use your own email address, to sign in and out of your email, create, manage and use your contacts list. Learn to send, receive and manage your emails, and more. (6 weeks)

8726	Jun 2-Jul 7	Th	10am-12pm	\$36
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#### INTERNET & EMAIL II

Learn how to organize and manage favorite websites, how to remove cookies, history entries and other tracking information, how to set a personalized homepage, how to email pictures, documents and other miscellaneous files, and how to send emails to several people at once the right way.

(Prerequisite: Internet & Email Essentials)

8728	May 31-Jul 5	Tu	1-3pm	\$36
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#### DIGITAL CAMERA, CD'S & CELLPHONE PHOTOS

Learn how to download photos from your digital camera, a CD or smart-phone to your computer, store and organize them in your computer, enhance the photos rotate the ones that need it and be able to change the brightness and contrast and start using them in your projects. (6 weeks)

(Prerequisite: Flash drive 4Gb, or 8Gb, digital camera or cell phone connection wires)

8730	Jun 1-Jul 6	W	1-3pm	\$36
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#### HANDS-ON PROJECTS FOR THE HOME

Enhance your computer knowledge, review, reinforce and improve your computer skills acquired in prior class using a variety of home related projects, made simple and fun. Bring: Flash drive 4GB, or 8Gb. (6 weeks)

8732	Jun 1-Jul 6	W	10am-12pm	\$36
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#### COMPU-CLUB

Enjoy the amazing capabilities of your computer! You will learn to listen and/or buy music online and how people shop online from eBay, Amazon, Craigslist or any department store. Learn to read eBooks, watch TV, movies and much more. Flash drive 4Gb or 8Gb. (6 weeks)

8734	Jun 2-Jul 1	Th	1-3pm	\$36
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## Enrichment

### Journaling

This on-going interactive workshop uses writing prompts, discussion and proven techniques to help you nurture your inner creativity. Journaling helps you make decisions, set priorities, solve problems, heal, overcome difficulties, become a more dynamic thinker and is the basis for memoir and fiction writing. (8 weeks)

Instructor: MaryAnn Easley

Location: SCC

8871	May 5-Jun 2	Th	9:30-11:30am	\$45
8872	Jul 7-Aug 25	Th	9:30-11:30am	\$69

### Writers Circle Critique Workshop

Writers with a work-in-progress are welcome to join this supportive, interactive workshop to share the creative journey, discuss the writing process, and find constructive and honest critique. Fiction, Non-fiction, Memoir, Poetry, and Screenplays. (8 weeks)

Instructor: MaryAnn Easley

Location: SCC

8873	May 5-Jun 2	Th	1-3pm	\$39
8874	Jul 7-Aug 25	Th	1-3pm	\$49

### Memoir Writing

Your memoir is an important legacy, but writing your memoir is a creative journey that takes courage and support. In this workshop, you'll discover the world of memoir through example and discussion. You'll begin to unravel your personal truths and learn how to use fiction writing techniques and scene elements through writing prompts and collaborative activities so that the end result will be something of value. (8 weeks)

Instructor: MaryAnn Easley

Location: SCC

8875	May 3-May 31	Tu	9:30-11:30am	\$45
8876	Jul 7-Aug 23	Tu	9:30-11:30am	\$69

## Free Lecture Series

### Macular Degeneration

Age-related Macular Degeneration is the leading cause of vision loss and blindness among Americans age 65 and older. Come and learn about the different types, stages, causes and what you can do if you're diagnosed. Ophthalmologist Charles Eifrig, MD, will discuss cutting edge treatments available today.

July 13	W	1-2:30pm	Free
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### Healthy Brain!

Warning Signs of Dementia or Normal Aging? Learn the resources to optimize your brain health and respond to issues of memory loss. Vice President of Outreach and Advocacy of the Orange County Alzheimer's Association Patty Mouton will be here presenting.

July 20	W	1-2:30pm	Free
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## Fitness/Well Being

### Line Dancing

Line Dancing is a fun and easy way to get moving. Come learn this popular dance and get in shape at the same time! This class is appropriate for beginners and no partner is needed! Classes are taught indoors. (6 weeks)

**Instructor:** Tricia Bowman / **Location:** SCC

8877	Jul 8-Aug 12	F	9:15-10am	\$36
				\$7 Drop-in

### Yoga

With practice, improve strength, flexibility, balance, focus and peace of mind. Four different levels of classes, each 4 sessions for the season. Pre-registration by May 21 - \$112\*\*, \$130 thereafter. Take TWO sessions (i.e. Saturdays and Tuesdays) \$162 for 18 classes by May 21.

**REGISTER: Call (949) 633-3654 / yogaknights.com  
yogaknights711@aol.com**

**Instructor:** Angie Knight / **Location:** SCC

Gentle Yoga	18+yrs	Jun 20-Aug 22*	M	10-11:30am	\$112**
Yoga Basics	18+yrs	Jun 21-Aug 16	Tu	6:30-8pm	\$112**
Yoga Level 1&2	18+yrs	Jun 23-Aug 18	Th	6-7:30pm	\$112**
Yoga Moderate	18+yrs	Jun 18-Aug 20*	Sa	10-11:30am	\$112**

\*No class Jul 2, 4.

### The MELT Method/Soft Roller Class

Do you have achy neck/shoulders, low back/hip pain, stiffness and difficulty sleeping brought on by active living or just aging? This hands-off bodywork class will rehydrate your fascia and create pain-free living, at any age. Come discover how you can learn to reduce wear and tear in your body using a soft roller. Bring water, towel and yoga mat. Notice: exercises are done on the floor; only some can be adapted to a seated position.

**Instructor:** Niki Parker / **Location:** SCC

8858	Jun 6-27	M	1-2pm	\$36
8859	Jul 11-25	M	1-2pm	\$27
8860	Aug 1-29	M	1-2pm	\$45
				Drop-in: \$12

### MELT Hands and Feet -Try it!

The MELT Method is a science based self-treatment program incorporating simple self-care techniques you can use every day to make your body feel better, function more efficiently and relieve aches and pains brought on by aging and active living. This class will focus on your hands and feet and shoulder tension. All work done while sitting. You can ease the aches and pains of arthritis, low back pain, carpal tunnel, plantar fasciitis and neuropathy by treating the inflammation with simple self-care techniques using soft balls. Bring water.

**Instructor:** Niki Parker / **Location:** SCC

8861	Jun 6-27	M	2-3pm	\$20
8862	Jul 11-25	M	2-3pm	\$15
8863	Aug 1-29	M	2-3pm	\$25
				Drop-in: \$10

### ZUMBA Gold

ZUMBA Gold is a fusion of high energy and motivational Latin and International music/dance themes creating a dynamic, exciting, effective fitness system! Based on the principle that a workout should be "FUN AND EASY". Zumba Fitness is great for the body and mind. Perfect for any fitness level! (10 weeks)

**Instructor:** Anette Monroe

**Location:** SCC

8864	May 23-Aug 29*	M	9:15-10am	\$91
8865	May 25-Aug 31	W	9:15-10am	\$105
				Drop-in: \$10

\*No class May 30, Jul 4.

### Arthritis Exercise

A gentle exercise class offered for people with arthritis. Exercises can be performed standing or sitting. Classes are taught by an Arthritis Foundation Certified Instructor. Drop-ins welcome. (8 classes)

**Instructor:** Cristina Stiefel

**Location:** SCC

8883	May 31-Jun 16*	Tu/Th	11:30am-12:30pm	\$10
8884	Jul 12-26	Tu/Th	11:30am-12:30pm	\$10
8885	Aug 2-25	Tu/Th	11:30am-12:30pm	\$16
				Drop-in: \$3

\*No class Jun 2.

### Geri-Fit® Workout with Weights For Older Adults

Improve your strength, stamina, balance, and arthritic conditions in this 45-minute evidence-based strength training exercise class for older adults. No aerobics or floor work. Most of the exercises are done seated in chairs. Bring a set of 2 or 3 pound dumbbells (each), a stretch band, and water. Suitable for all senior ages and fitness levels.

**Register: Call GeriFit 1-888-437-4348**

**Instructor:** Geri-Fit Staff

**Location:** SCC

Jul 11-Aug 3	M/W	1:45-2:30pm	\$48
Aug 10-Sep 7	M/W	1:45-2:30pm	\$48



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.

# Services

## Lunch at Sea Country Center

Hot or cold lunches are available Mon., Wed., and Fri. at 11:45am. A suggested donation of \$4.50 is requested for seniors age 60+. Reservations are encouraged, but not required. For more information call our on-site nutrition coordinator at 362-2807. (All meals are provided by Age Well Senior Services.)

## Meals on Wheels

For those who qualify, home delivered meals are available through Age Well Senior Services. Monday-Friday, volunteers deliver meals to those who are unable to come to the center. For more information call 362-2807.

## HICAP

A HICAP (Health Insurance Counseling Advocacy Program) counselor is here on the first Monday of the month from 1-3pm. The counselor will help you answer your questions and understand your insurance better and can facilitate the handling of billing issues. Please call 425-5151 to schedule an appointment.

## Benefits Enrollment Program

New assistance geared towards helping low-income seniors and people with disabilities find and apply for benefit programs through OC Council on Aging. Program includes: Medicare Part D Extra Help, Medicare Savings Programs, CalFresh/Food Stamps, Medi-Cal with Medicare, Supplemental Security Income, and Utilities Assistance Program. Counselor available on Mondays and/or Wednesdays 9am-12pm. Appointment required, call 425-5151.

## Nursing Services

Come visit our public health nurse, Sandy Asche. She is here on the 2nd Thursday of each month from 9am-12pm. Your free health assessment may include: health and nutritional assessment and counseling, individualized health care plan, and health screening. The following health screening can be provided: pulse, blood pressure, hearing, vision, hemocult, hemoglobin, blood sugar, weight and height, and skin. Please call 425-5151 to schedule an appointment.

## GAMES

### Bingo – Sr. Club

Wed, 12:30-3pm  
Must arrive by 12:20pm  
(Doors close at 12:20pm)  
Doors open at 11:30am  
Call the Sr. Club for pricing: 362-2937

### Bridge – ACBL Duplicate

Th, 12-4pm ..... \$7/day  
Call Mary at 275-5602 or email at mscott40@cox.net

### Bridge (Party) – Sr. Club

Wed, Fri (1st, 2nd, 4th)  
12:30-3:30pm ..... Free  
Call Marina Lopez 240-7631

### Mah Jongg

Mon, 12:30-3:30pm ..... Free  
Tu, 12:30-3:30pm ..... Free

### Backgammon

Mon, 9am-12pm ..... Free  
Fri, 9-11:30am ..... Free

### Pinochle

Wed, 1-3pm ..... Free

### Table Tennis

Tu, 9am-12pm ..... Free  
Wed, 9am-12pm ..... Free  
Fri, 9am-3pm ..... Free

### Scrabble – Sr. Club

Th, 1-3pm ..... Free



**EMERITUS INSTITUTE**  
*First. For Lifelong Learning*

## Saddleback College Emeritus Classes

Founded in 1976, the Saddleback College Emeritus Institute was established to create lifelong learning opportunities, primarily for the older adult. A dynamic array of high-quality, academic classes are available in over 30 disciplines taught by expert instructors. Classes are offered at a variety of locations throughout the community on a non-credit, tuition-free basis. As the burgeoning generation of baby boomers becomes active senior adults, we continue to offer academically-rigorous, socially-engaging, mentally-stimulating, and physically-strengthening courses throughout South Orange County. The Emeritus Institute is one of the fastest growing programs at Mission Viejo's Saddleback College, and we look forward to new students joining the lifelong learning movement with us!

*For more information on this exciting program visit us at:*

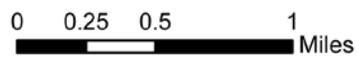
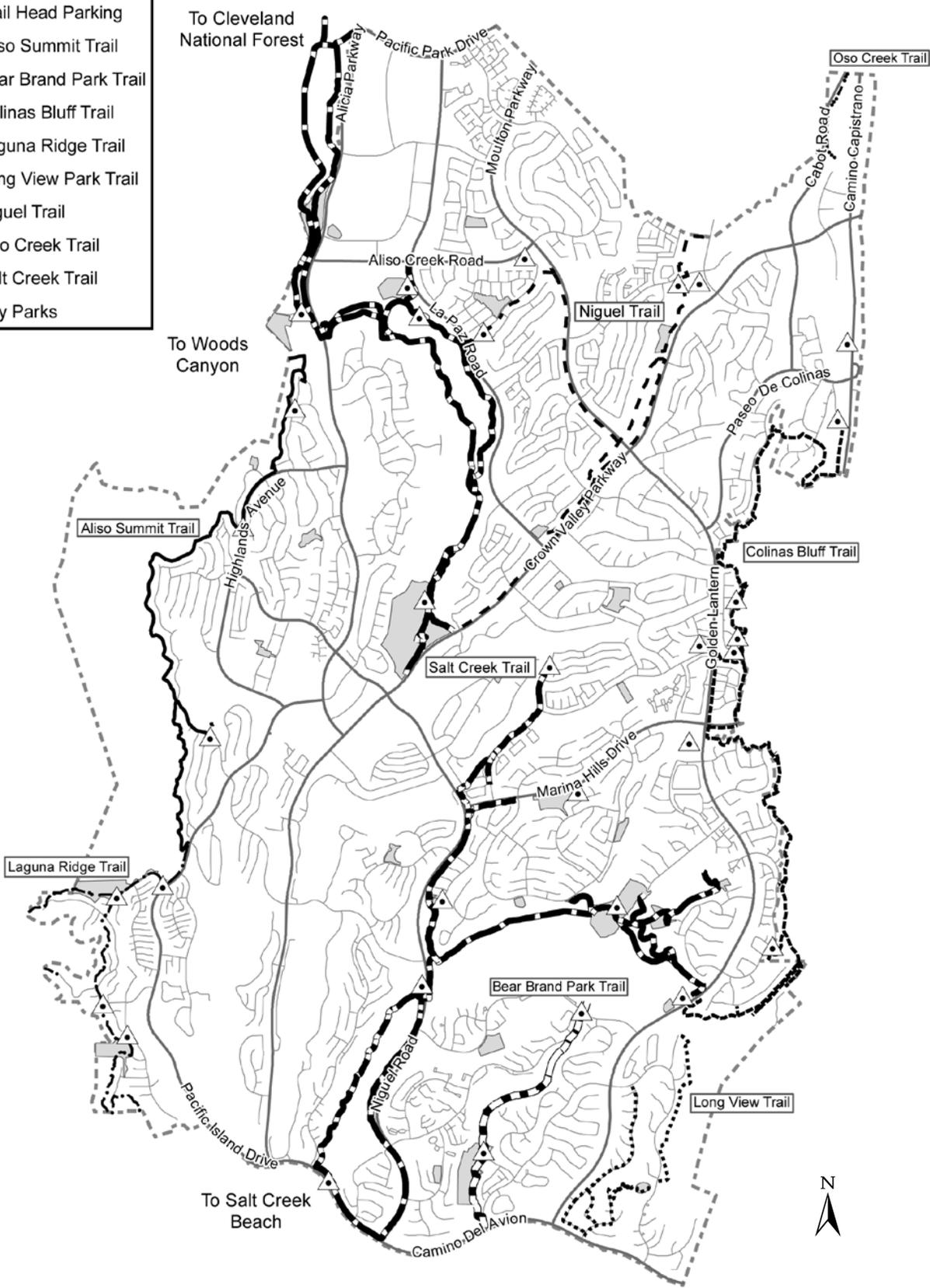
*[www.saddleback.edu/emmeritus](http://www.saddleback.edu/emmeritus) or call the Emeritus Institute at (949) 582-4835. Saddleback College Emeritus Institute; First. For Lifelong Learning.*

## Fall Schedule:

<b>Exercise to Music</b>	<b>Stocks &amp; Bonds</b>
Tu/Th	Mon, 1-2:50pm
9:15-10:05am	<b>Bird Life</b>
<b>Film as Literature</b>	Mon
Mon	9:15am-12:05pm
1-3:50pm	<b>Pilates</b>
<b>Art History</b>	Wed
Tu, 1-2:50pm	9:30-11:20am

**Legend**

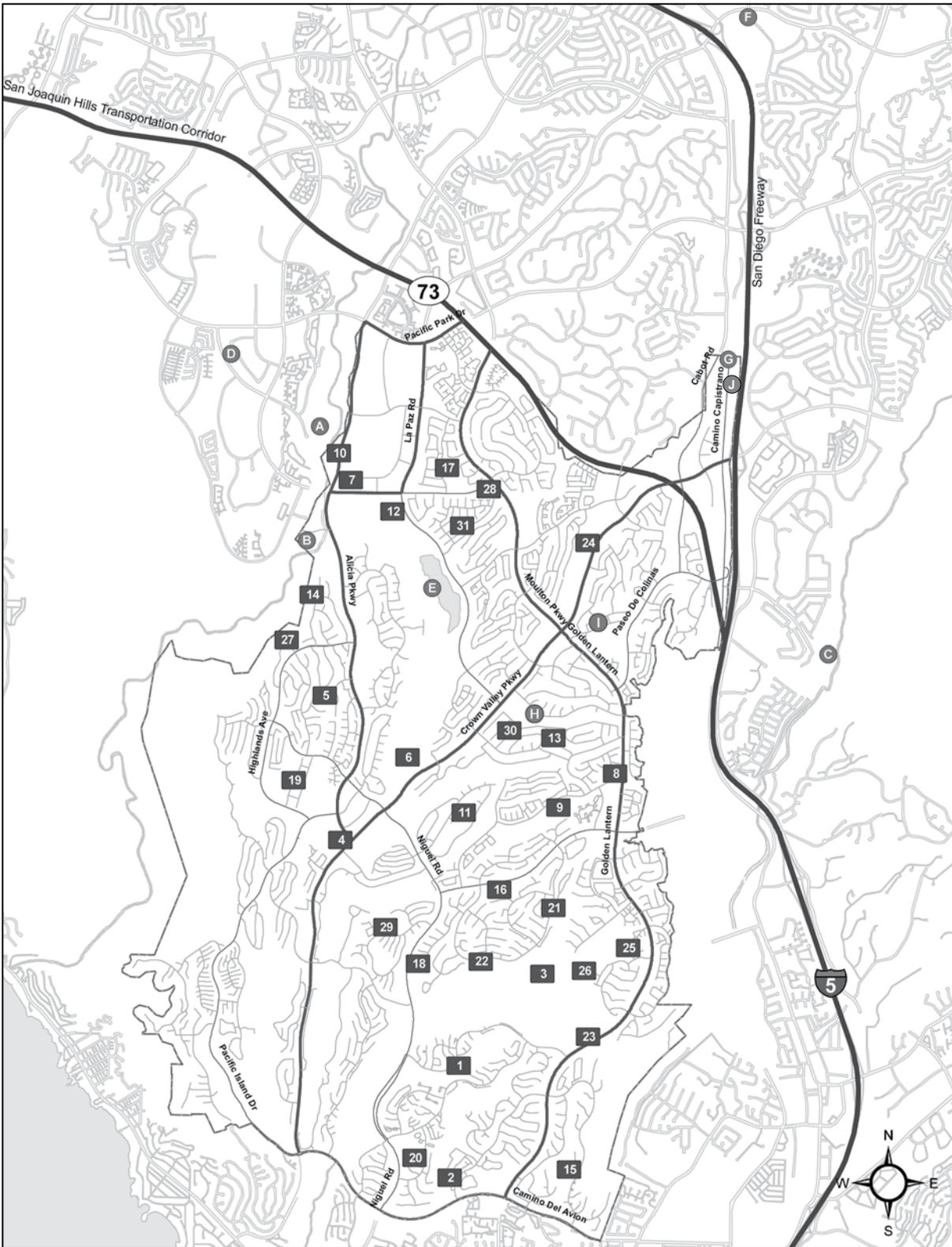
-  Trail Head Parking
-  Aliso Summit Trail
-  Bear Brand Park Trail
-  Colinas Bluff Trail
-  Laguna Ridge Trail
-  Long View Park Trail
-  Niguel Trail
-  Oso Creek Trail
-  Salt Creek Trail
-  City Parks



**City of Laguna Niguel Riding/Hiking Trails**

# RECREATION & PARK FACILITIES

#	Code	City Facilities	Baseball	Basketball	Soccer	Softball	Volleyball	Pickleball	BBQ	Bike Trail	Picnic Tables	Play-ground	Rest-rooms	Room Rentals
1	BHP	Beacon Hill Park 24472 Beacon Hill Way			turf area						2	1		
2	BBP	Bear Brand Park 32385 Bear Brand Park Rd.	2 lighted		1 lighted				5		7	1	X	
3	CP	Chapparosa Park 25191 Chapparosa Park Rd.	2 lighted	3 full	1 lighted	2 Jr./Sr. Adult lighted	2 sand		4	1 DG & asphalt	4	1	X	
4	CH	City Hall 30111 Crown Valley Pkwy.											X	Community Rm. (non-profits/govt. agencies only)
5	CCP	Clipper Cove Park 29325 Clipper Way									Shelter 3	2		
6	CVP	Crown Valley Park Pool/Sprayground 29751 Crown Valley Pkwy.			2 (1 lighted)	1 lighted			7	1	30 2 group	1 and Splash Pad	X	Multi-purpose rooms, pool/spa
7	EL	El Lazo Basketball Courts 23804 El Lazo		4 lighted									Port	
8	HHP	Hidden Hills Park 27802 Springwood		1/2 court	turf area				2		Shelter 6	1		
9	JP	Juaneno Park 25078 Hidden Hills Rd.	3 turf back		1								X	
10	LNSP	LN Skate & Soccer Park 27745 Alicia Pkwy.		1 full, 1 half lighted	1 lighted								X	Skatepark offers birthday party packages
11	LHP	La Hermosa Park 24462 La Hermosa Ave.									1	1		
12	LPSP	La Paz Sports Park 28051 La Paz	2 lighted		1 lighted								X	
13	LPP	La Plata Park 25006 La Plata Dr.			turf area						1	1		
14	LSP	Lilly Shapell Park 28737 Draker Bay									1			
15	LP	Long View Park Old Ranch Road												
16	MHP	Marina Hills Park 24802 Marina Hills Dr.	1	1 full 1 half	2						2	1	X	
17	NHP	Niguel Heights Park 27804 Niguel Heights Blvd.									3	2		
18	NRP	Niguel Road Park 30983 Killini								1				
19	NWP	Niguel Woods Park 29883 White Otter Ln.			turf area							1		
20	OBP	Ocean Breeze Park 32311 Charles Rd.		1 full							Shelter 4	2		
21	PV	Parc Vista 30618 Parc Vista Rd.									1	1		
22	PVV	Parc Vista View 31114 Parc Vista Rd.												
23	PP	Pooch Park 31575 Golden Lantern									Shelter 4		X	
24	RNP	Rancho Niguel Park 28333 Crown Valley Pkwy.	1 lighted		1 lighted	1 turf & back-stop				1 DG	Shelter	1	X	
25	RV	Redondo View Node 25575 Redondo									2			
26	RVN	Reef View Node 25326 1/2 Reef										1		
27	RVP	Ridge View Park 29061 Ridgeview			turf area						3			
28	SCC	Sea Country Center 24602 Aliso Creek Rd.											X	Ballrooms, courtyard, mtg.
29	SP	Seminole Park 30802 Seminole Pl.			turf area		1					1		
30	VPP	Vista Plaza Park 29541 Vista Plaza												
31	YP	Yosemite Park 24481 Yosemite Rd.			turf area		1					1		
#	Code	Other Facilities												
A	ANHS	Aliso Niguel High School 28000 Wolverine Way, AV												
B	AWC	Aliso Woods Canyon 28373 Alicia Parkway, LN												
C	ATG	Arroyo Trabuco Golf Course 26772 Avery Pkwy., MV												
D	IP	Ice Palace 9 Journey, AV												
E	LNRP	Laguna Niguel Regional Park 28241 La Paz Rd.						4 lighted						
F	MVHS	Mission Viejo High School 25025 Chrisanta Dr., MV												
G	OT	On Target 27692 Camino Capistrano												
H	CVES	Crown Valley Elementary 29292 Crown Valley Pkwy.												
I	NHMS	Niguel Hills Middle School 29070 Paseo De La Escuela												
J	RDS	Roxanne's Dance Studio 27324 Camino Capistrano #207												
K	MLC	Mission Lutheran Church 24360 Yosemite Road												



### Reserve a City Facility

The City of Laguna Niguel's facilities may be ideal for your next reception, meeting, sports event or special event. Specific rental information may be obtained at [cityoflagunaniguel.org](http://cityoflagunaniguel.org) under departments/Parks & Recreation/Facility Rentals and Sports Fields & Facilities. You may also pick up information from LN Parks & Rec., Sea Country Center and the Skatepark or call the facility direct at:

- City Hall, Community Room (non-profit/govt. agencies only) – 362-4300**
- Crown Valley Park, Sports Fields or Pool – 425-5100**
- Sea Country Senior & Community Center – 425-5151**
- Skatepark – 916-7755**



**City of Laguna Niguel**  
**Parks and Recreation Department**  
**Activity Registration Information**  
**REGISTER TODAY!**

**Contact Information:**  
 Crown Valley Park  
 29751 Crown Valley Parkway  
 Laguna Niguel, CA 92677  
 (949) 425-5100  
[registration@cityoflagunaniguel.org](mailto:registration@cityoflagunaniguel.org)

**4 EASY WAYS...**

ONLINE	IN OFFICE	FAX IN	MAIL IN
<p>Register online at:  <b><a href="http://cityoflagunaniguel.apm.activecommunities.com">cityoflagunaniguel.apm.activecommunities.com</a></b></p> <p>Receive instant confirmation when you register online!</p> <p>New users need to set up an account.</p> <p><i>NOTE: A non-refundable convenience fee will apply. See scale below.</i></p>	<p>Walk into the Parks and Recreation office at Crown Valley Park and register during business hours:</p> <p><b>M-Th . . . . . 7:30am-5:30pm</b>  <b>F . . . . . 8am-6pm</b>  <b>Sat/Sun. . . . . Closed</b></p> <p><i>NOTE: Office closed May 30, Jul 4, Sep 5</i></p> <p><b>Questions? Call 425-5100</b></p>	<p><b>FAX # (949) 249-1115</b></p> <p>Please include your credit card information and signature on registration form.</p>	<p>Mail your completed registration form to:</p> <p><b>Parks &amp; Recreation Dept.</b>  <b>29751 Crown Valley Pkwy.</b>  <b>Laguna Niguel, CA 92677</b></p> <p><i>Make sure to include your credit card information or a check, made payable to the City of Laguna Niguel.</i></p>

**IMPORTANT INFORMATION**

- Use registration form on next page for activities with an activity # only! One form per person required.
- All fees must be paid in full at time of registration.
- You will receive an email confirmation of enrollment for faxed, mailed or online registrations. Walk in registrations will receive a printed confirmation.
- Class fees will NOT be pro-rated unless a doctor's note is received. Doctor's note must be received before the last day of class.
- Register early. Enrollment in classes is limited. If minimum enrollment is not met, activities are subject to cancellation.
- Laguna Niguel residents may have a priority registration date for City activities. After that date, the activity will be open to non-residents as well as residents.
- Refund policies are specific to the location where the activity is held. Please read all refund policies before signing up for an activity.
- Java Script 1.5 or 1.6 is required for online registration. If your computer does not have Java script or if you are unable to update an older version, you may be unable to register online.
- You may also register for classes/excursions at Sea Country Center and register for skateboard lessons at the Skatepark.
- Online convenience fee scale: (Up to \$149) 6.5% of registration fee + \$.50, with minimum \$2; (\$150-\$500) 3.5% of registration fee + \$5; (Over \$500) 2.5% of registration fee + \$10.

**REFUND POLICIES**

- A refund will be given if the City cancels a City sponsored activity. Online convenience fees will not be refunded.
- A full refund (minus online convenience fees) will be given for cancellation of any activity with a doctor's medical excuse prior to the commencement of activity. If a participant cancels due to illness during a session, the class fee will be pro-rated, but the note must be received before the last day of class.
- No refunds will be issued for no-shows, special events or excursions.
- Activities with an activity # are only transferable to another activity with an activity # and are based on availability.
- If patron cancels five (5) or more business days prior to the activity, patron will receive a refund, minus a \$10 transaction fee.
- A cancellation made four (4) or less business days prior to the activity will result in the forfeiture of the entire class fee.
- No fee for transfers into another activity with an activity number.
- No fee for a non-refundable credit on your ActiveNet account.



**City of Laguna Niguel**  
**Parks and Recreation Department**  
**REGISTRATION FORM**  
**ONE FORM PER PERSON REQUIRED**

**Contact Information:**  
 Crown Valley Park  
 29751 Crown Valley Parkway  
 Laguna Niguel, CA 92677  
 (949) 425-5100  
[registration@cityoflagunaniguel.org](mailto:registration@cityoflagunaniguel.org)

PARTICIPANT'S NAME: \_\_\_\_\_ SEX \_\_\_\_ D.O.B \_\_\_\_/\_\_\_\_/\_\_\_\_ GRADE \_\_\_\_\_

PARENT/GUARDIAN NAME (if participant is a minor): \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ ZIP \_\_\_\_\_

HOME PHONE ( \_\_\_\_ ) \_\_\_\_ - \_\_\_\_ WORK PHONE ( \_\_\_\_ ) \_\_\_\_ - \_\_\_\_ CELL PHONE ( \_\_\_\_ ) \_\_\_\_ - \_\_\_\_

EMAIL ADDRESS \_\_\_\_\_ @ \_\_\_\_\_

EMERGENCY CONTACT (other than parent) \_\_\_\_\_ PHONE ( \_\_\_\_ ) \_\_\_\_ - \_\_\_\_

MEDICAL INFORMATION \_\_\_\_\_

*If you need special assistance, please contact the Parks and Recreation Department at least one week prior to the start of activity.*

ACTIVITY #	NAME OF ACTIVITY	DAY/TIME	CHECK #	FEE

I voluntarily agree to have myself or my child participate and I realize that every precaution is taken to eliminate any injury or hazards to myself or my child, and that a competent supervisor is present; however, in the event of any injury to myself or my child, I hereby waive, release and hold harmless from any liability for damages or claims for damages for personal injury, including accidental death, as well as from claims for personal property damage which may arise in connection with the program, against the City of Laguna Niguel and all it's officers, agents and employees.

I give consent to any X-Ray examination, anesthetic, medical or surgical diagnosis tendered under the general or special supervisor of any member of the medical staff and emergency room staff licensed under the Medicine Practice Act or a dentist licensed under the Dental Practice Act or the staff of any acute General hospital holding a license to operate from the California Department of Public Health. It is understood that this authorization is given in advance of diagnosis, treatments, or hospital care being required but is given to provide the aforementioned medical/dental personnel authority to render care as they deem advisable. It is understood that efforts shall be made to contact the undersigned prior to rendering treatment, but that treatment will not be withheld if the undersigned cannot be reached.

I permit the use of activity/event photography and/or video of my child or myself for LN Parks & Recreation media promotion.

I HAVE READ AND UNDERSTAND THIS RELEASE FROM LIABILITY AND THE CANCELLATION/REFUND POLICY.

\_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

(Signature) Parent or Guardian must sign for those under 18 years of age

**PAYMENT INFORMATION:**



NAME ON CARD \_\_\_\_\_

CREDIT CARD NUMBER \_\_\_\_\_ EXP DATE \_\_\_\_/\_\_\_\_/\_\_\_\_

3-DIGIT CVC CODE \_\_\_\_\_





**CITY OF LAGUNA NIGUEL**  
 30111 Crown Valley Parkway  
 Laguna Niguel, CA 92677

POSTAL CUSTOMER  
 LOCAL

PRESORTED  
 STANDARD  
 US POSTAGE  
**PAID**  
 SANTA ANA, CA  
 PERMIT NO. 1127

EDDM

## CITY MEETINGS & EVENTS

JUNE 2016						
SUN	MON	TUES	WED	THUR	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

JULY 2016						
SUN	MON	TUES	WED	THUR	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

AUGUST 2016						
SUN	MON	TUES	WED	THUR	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

- CITY COMMISSION MEETINGS
- SPECIAL EVENTS
- CITY OFFICES CLOSED

Calendar subject to change. Visit  
[CityofLagunaNiguel.org/Recreation](http://CityofLagunaNiguel.org/Recreation)

# CROWN VALLEY PARK IMPROVEMENTS

## BEGINNING SUMMER 2016



For more information about the project, please contact the  
 Public Works Department at (949) 362-4337.

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

Email class suggestions/proposals to [parks@cityoflagunaniguel.org](mailto:parks@cityoflagunaniguel.org) or call the Parks and Recreation Department at 425-5100.

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