

POOL INFORMATION

Swimming Pool Information

Hotline: (949) 362-4351 x2

Parks and Recreation Office: (949) 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 RENTAL25¢
POOL HOTLINE	(949) 362-4351 ext. 2

SPRING POOL SCHEDULE: March 1 - June 18

	Monday - Thursday	Friday	Saturday & Sunday
Adult Lap Swim & Spa (Ages 14+)	6-8am 12-1pm 6-8pm	12-1pm 6-8pm	9am-12pm
Recreation Swim (All ages)	9am-12pm* 1-4pm	9am-12* 1-4pm	12-4pm
Diving Boards	1-4pm	1-4pm	12-4pm
Team Aquatics	4-6pm	4-6pm	

*Diving boards closed.

Notify Me



Sign up for notifications to review updates of modified Pool hours at CityofLagunaNiguel.org/NotifyMe

- 1 Type your email address in the box and select sign in
- 2 For text messages enter your phone number and select save
- 3 To subscribe find Calendar and Aquatics then click on Email or Phone Icon next to Aquatics
- 4 After you select Aquatics, a confirmation email will be sent

LIFEGUARD TRAINING

Red Cross Lifeguard Training

This training course includes certification in CPR for lifeguard, first aide, lifeguard training & Automatic External Defibrillator (AED). Books will be provided for use during class.

- Must be 15 years old by the last day of class
- Swim 300 yards continuously. (using front crawl and breaststroke)
- Tread water for 2 minutes without using your hands
- Retrieve a 10 lb. brick from 7 feet of water and swim 20 yards
- 100% attendance is required for selected session - no exception

Failure to meet or achieve any of the above pre-requisites on the first day of class will disqualify participant from the class & forfeit registration fee.

Instructor: Aquatics Staff

Location: CVP, Pool

5100.401	1	May 4 May 5, 6	F Sa & Su	5-10pm 8am-6pm	\$160
5100.402	2	May 11 May 12, 13	F Sa & Su	5-10pm 8am-6pm	\$160

Junior Guard Preparation

If this is the summer you are planning on trying out for a junior guard program, this is the class for you. This 16-session program will prepare the candidate for junior guard tryouts by including stroke instruction and intensive endurance training. Taught by qualified swim coaches and Jr. Guard instructors. Click on "Seasonal Program" tab at the top of the main page of our website daswim.org.

Director: Rod Snyder

REGISTER: daswim.org

Location: Crown Valley Park, Pool Facility: Main Pool – Shallow end

Session 1	M-Th	TBD	6-6:45pm	8-14 yrs	\$70
Session 2	M-Th	TBD	6-6:45pm	8-14 yrs	\$70
Session 3	M-Th	TBD	6-6:45pm	8-14 yrs	\$70
Session 4	M-Th	TBD	6-6:45pm	8-14 yrs	\$70

Modified/Holiday Pool Hours

Mar 11	Senior Games	Closed	9am-12pm
		Open	1-4pm
Apr 1	Easter		Closed
Apr 27-29	Diving Meet		Closed
May 28	Memorial Day	Adult Lap	9am-12pm
		Rec Swim	12-4pm
Jun 1-3	Diving Meet		Closed
Jun 9-16	Maintenance		Closed



FITNESS

MARCH MADNESS'S 30-Mile Swim Challenge

It's March Madness Time! Swim or water walk 30 miles in March. Place your name on the tracking chart, log in your yardage every day you swim, then add up your laps at the end of the month. All participants will receive a feeling of self-satisfaction for the distance they swam! Swimmers achieve the 30-mile goal will also receive bragging rights!

Location: CVP, Pool

1 Length = 25 yds 2 Lengths = 50 yds.
3 Lengths = 75 yds 4 Lengths = 100 yds.
1,760 yds = 1 Mile 52,800 yds = 30 miles

Mar 1-31 18+ yrs During public use hours

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 or for a free trial, email Diane at dianerai@cox.net. . (6 classes)

Instructor: Diane Raibon, Certified Pilates & Poolates Instructor

Location: CVP, Fit Pool

9788	M/W	Mar 12-28	12-1pm	18+ yrs	\$125
9789	M/W	Apr 2-18	12-1pm	18+ yrs	\$125
9790	M/W	Apr 23-May 9	12-1pm	18+ yrs	\$125
9791	M/W	May 14-Jun 4	12-1pm	18+ yrs	\$125

*No class May 28, Jun 9-15.

AquaToneOC®

Weight Control Therapy Exercise

A revolutionary program designed for non-exercisers and those wishing to lose weight and tone the body safely. Facilitates weight management through gentle, non-impact movements to bring about strength and 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

Instructor: Resa Hempfling

Location: CVP, Fit Pool

Ongoing*	Tu, Th, F M	12-1pm 6:30-7:30pm	\$128 for 8 classes per month or \$20 drop-in		
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*No class May 28, Jun 9-15.

Pain Management Aqua Exercise

Pain management medically-based Aqua Therapy Exercise by Certified Instructor is designed for individuals of all ages seeking pain relief from back / joint issues, age or occupation related stiffness, and surgery/injury recovery. Improve flexibility, balance, energy, strength, mental clarity and have FUN! Ability to swim not required. Pool temp 85-88 degrees.

REGISTER: Email: aquatoneoc@gmail.com

Instructor: Resa Hempfling

Location: CVP, Fit Pool

Ongoing*	Tu/Sa M/W	12-1pm 6:30-7:30pm	\$128 for 8 classes per month or \$20 drop-in		
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*No class May 28, Jun 9-16.

Power Water Workout Year Round!

A Sally Stanton Fitness Program

Our most consistent and long-standing H2O class will have you dancing, jumping and sculpting your muscles to great music. Learn how to work out properly with RoseAnn, a very experienced instructor. She will show you how to get the most out of your workout! Come on down and try a class and see for yourself! Beginners and non-swimmers welcome. This class is done entirely in the shallow end of the pool. Visit waterwarmups.com for info about equipment available to borrow/purchase. What you need depends on your fitness level so please wait to find out where you are fitness wise before you buy any equipment.

REGISTER: Call (949) 859-0118, rlartist@cox.net, sallystanton@gmail.com

Instructor: RoseAnn Linsley

Location: CVP, Pool

Ongoing*	M/W/F	9:15-10:15am	\$10 per class/drop in \$70 for 9 classes (Monthly- \$80 unlimited payable 1st of month)		
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*No class Feb 28-Mar 5, Apr 27, May 28, Jun 11-15.



LNRec Media Promotion

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



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 • Developmental Swim Team • Adults 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 information:

STEP 1: Log on to 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

M-F 1:45-6pm (Through April 29)

M-F 1:45-4pm (Apr 30-Jun 8)*

*No class Apr 16, 27-29, May 28, Jun 9-16.

COST:

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

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

Half-Hour Private: \$45 per class discounts to \$40 per class.

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

Half-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.

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 or call instructor.

REGISTER: Call Annette (949) 813-6363

Instructor: Conrad Rodriguez

Email: c.rodriguez@infantswim.com

Location: CVP, Fit Pool

M-F Apr 30-Ongoing 4-6:15pm \$135/wk (5 private lessons)



SPRAYGROUND

SPRING BREAK SCHEDULE:

April 2-8, 10am-4pm

SPRING SCHEDULE:

Reopens Memorial Day Weekend: 10am-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

Cost: Varies depending on group assignment (see Workout Grouping Chart below)

Location: CVP, Pool

Ongoing*	M-F	4-6pm	5-18 yrs
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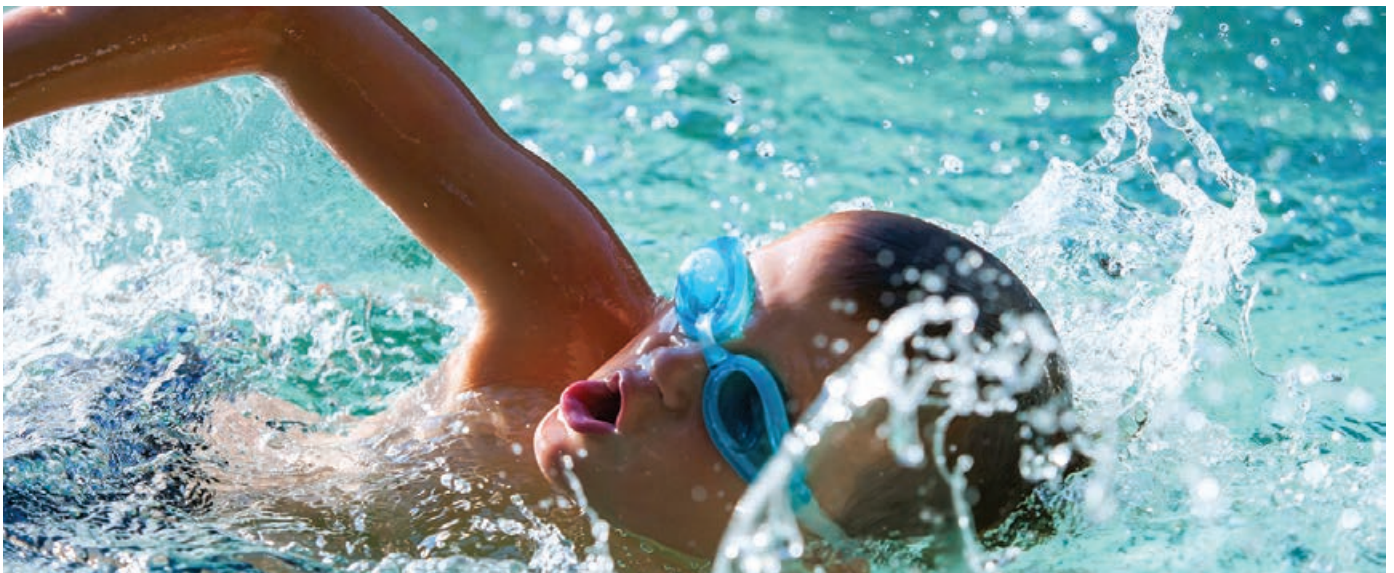
*No class May 28, Jun 9-16.

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 13 + years	Senior 13 + years
Eligibility	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
Practice Times	4-4:30pm 6-6:30pm	4:30-5:15pm 5:15-6pm 6-6:45pm	4-5pm	5-6pm	4-6pm	5-6:30pm	4-6pm
Fee Per Swimmer*	\$80/mo	\$85/mo	\$100/mo	\$100/mo	\$120/mo	\$120/mo	\$145/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 for details.



DIVING

Diving Lessons

The Crown Valley Diving program, for ages 5-15 years, offers beginning lessons. Beginning divers will gain confidence and self-esteem while receiving instruction on conditioning, flexibility, body control, forward and backward approaches, water entries and basic dives. Divers who want to become members of the Crown Valley Diving Team will work on the necessary dives required for competition. Instructors are U.S. Safety certified. Mail in registration form on this page.

REGISTER: Call (949) 455-7859 (See registration form on right side.) →

Website: crownvalleydivers.com

Instructor: Curt Wilson

Location: CVP, Pool

Ongoing*	Tu/Th	5-6pm or 6-7pm	5-15 yrs	\$70/4 Lessons** (2 wks)
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*No class May 28, Jun 9-16.

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

Crown Valley Diving Team

Team tryouts for the Crown Valley Novice Diving Team or the U.S. Junior Olympic Diving Team are by appointment only. Novice team practices are twice a week. Junior Olympic team workouts are two, three or four times per week. Team fees vary depending on the number of workouts per week.

REGISTER: Call (949) 455-7859

Website: CrownValleyDivers.com

Instructor: Curt Wilson

Location: CVP, Pool

Ongoing*	M-F	Must Qualify	2:30-7pm	5-18 yrs	\$140** per mo.
				Novice	\$100** per mo.

*No class May 28, Jun 9-16.

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

Trampoline Classes

Beginning instruction for safe and enjoyable use of trampoline. A complete full body exercise to promote coordination and body awareness. Taught by the Crown Valley Diving coaching staff. All instructors are safety certified. (one-hour lesson once a week)

REGISTER: (949) 455-7859

Website: CrownValleyDivers.com

Instructor: Curt Wilson

Location: CVP, Pool Area

Beg.	M-F	Call for times	5-18 yrs	\$15/month
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*No class May 28, Jun 9-16.

AAU NATIONAL CHAMPIONS!

SPRINGBOARD DIVING REGISTRATION FORM

The Crown Valley Diving program, for ages 5-15 years, offers beginning lessons. Beginning divers will gain confidence and self-esteem while receiving instruction on conditioning, flexibility, body control, forward and backward approaches, water entries and basic dives. Divers who want to become members of the Crown Valley Diving Team will work on the necessary dives required for competition. Instructors are U.S. Safety certified.

Student's Name _____

Age _____

Address _____

Phone Number _____

Parent's Name _____

Email address _____

Previous diving experience _____ How long? _____

Include a list of dives you can do _____

Any gymnastics experience? _____ How long? _____

Classes are offered in four lesson blocks for 2 weeks. Please circle the days and times you want and mail the registration form to the address below.

Evenings: Tu / Th 5-6pm or 6-7pm

Mail registration to: Curt Wilson, 30262 Crown Valley Parkway #151, Laguna Niguel, CA 92677

Include a \$70 check payable to **CROWN VALLEY DIVERS**. If classes are full, your check will be returned. Registration is on a "first received" basis. A \$20 U.S. diving registration fee for insurance is due at the first class meeting.

