

POOL INFORMATION

Swimming Pool Information

Hotline: (949) 362-4351 x2

Main Pool Line: (949) 425-5114

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 RENTAL25c
POOL HOTLINE	(949) 362-4351 ext. 2

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 8 (F)	Concert	Closed at 6pm
Jun 9-16	Maintenance	Closed
Jun 20 (W)	Swim Meet	4-7pm
Jun 22 (F)	Concert	Closed at 6pm
Jun 28 (Th)	Swim Meet	4-7pm
Jul 4 (W)	FREE Lap Swim FREE Rec. Swim	9am-12pm 12-5pm
Jul 13(F)	Concert Night	Closed at 6pm
Jul 18 (W)	Swim Meet	4-7pm
Jul 27 (F)	Concert Night	Closed at 6pm
Aug 1 (W)	Swim Meet	4-7pm
Aug 10 (F)	Concert Night	Closed at 6pm
Sep 3 (M)	Labor Day-Lap Swim Labor Day-Rec. Swim	9am-12pm 12-5pm

PUBLIC USE SCHEDULE

Session I: June 18 - August 12

	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		
Recreation Swim (All ages) <i>Some lap lanes available</i>	1-4pm	1-4pm	12-5pm
Fit Pool	Closed	Closed	1-5pm
Diving Boards	1-4pm	1-4pm	12-5pm
Team Aquatics	4-7pm	4-6pm	

Session II: August 12 - September 3*

	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	1-4pm	1-4pm	1-5pm
Diving Boards	1-4pm	1-4pm	12-5pm
Team Aquatics	4-7pm	4-6pm	

* Schedule subject to change due to construction. Sign up for notifications of pool hour closures and updates at CityofLagunaNiguel.org/NotifyMe under Calendar - Aquatics.

** Diving boards closed to the public

Summer Safety Tips

Summer is a great time for families to enjoy different indoor and outdoor activities. Take a few minutes to be safe and healthy and follow these tips.

- Teach kids how to swim. Always designate a water watcher. Formal swimming lessons can protect young children from drowning. Register for a class today!
- Learn cardiopulmonary resuscitation (CPR). Your CPR skills could save someone's life. Turn to page 16 and sign up for a class!
- Use U.S. Coast Guard-approved life jackets on the water.
- Put on sunscreen and a wide-brimmed hat to protect your skin from the sun.
- Drink plenty of water even if you don't feel thirsty.
- Put on insect repellent.
- Wash your hands often.



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 23 (noon)

Walk-in Registration

Sessions 1 thru 4 May 29 (9am)

General/Registration Information:

- To determine which class to enroll your child in, refer to Skill Level Descriptions - see page xx for details.
- Classes meet on Monday / Wednesday OR Tuesday / Thursday.
- 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

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.
- No make-up lessons.

CVP SWIM LESSON DATES

Session	Class Meeting Dates
1	June 18-28 M & W Jun 18, 20, 25, 27 Tu & Th Jun 19, 21, 26, 28
2	July 2-12 *M & W Jul 2, 9, 11 Tu & Th Jul 3, 5, 10, 12
3	July 16-26 M & W Jul 16, 18, 23, 25 Tu & Th Jul 17, 19, 24, 26
4	July 30-Aug 9 M & W Jul 30, Aug 1, 6, 8 Tu & Th Jul 31, Aug 2, 7, 9

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

CVP LESSON MEETING TIMES

Class Descriptions (See page 22)	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
Private 3 yrs - adult 25 min. per lesson	8-8:25am 8:30-8:55am 11-11:25am 11:30-11:55am	8-8:25am 8:30-8:55am 11-11:25am 11:30-11:55am	All	1:1	\$75	\$90
Group 4 yrs - 16yrs 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
Afternoon Privates	*2:30-2:55pm *3-3:25pm *3:30-3:55pm	*2:30-2:55pm *3-3:25pm *3:30-3:55pm				

SWIM LESSONS SAVE LIVES

**Classes will be held in FIT Pool.*



CVP SWIM LESSON DESCRIPTIONS

Privates	Ages 3 & up Crown Valley Private lessons are sold in packages of four 25-minute lessons for \$75.00 for residents and \$90.00 for non-residents. The four lessons occur on either M&W or Tu&Th during the two week swim session time frame. There will be no make-up lessons available. Private lessons (Ratio 1:1) 1 instructor to 1 student.
Group Lessons Level 1 Sea Lions	Ages 4-16 yrs Supported floating and kicking Alternating arm action Water safety rules For non-swimmers
Level 2 Starfish	Ages 5-16 yrs Floating and kicking without support Rhythmic breathing Combined stroke on front and back Simple water safety skills
Level 3 Sea Horse	Ages 5-16 yrs Must perform Star Fish skills to qualify for this class Learn survival float Self-rescue skills Diving from side of pool introduction
Level 4 Squids	Ages 6-16 yrs Must perform Sea Horse skills to qualify for this class. Introduction to sidestroke, breaststroke and turns Personal safety skills Learns butterfly
Level 5 Dolphins	Ages 7-16 yrs 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.
Level 6 Marlins	Ages 7-16 yrs (Will spend the session working on one of the following areas) Must perform skills at Dolphins proficiently to qualify Personal water safety Fitness swimmer

Fit Pool Family Use Schedule

Weekends:

June 18 - Labor Day
Sa/Su, 1-5pm

Weekdays:

Aug 13 - Sep 2
M-F, 1-4pm

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.



WEB ACCESS TO SWIM LESSONS

For more detailed information on CVP swim lessons:

- Go To: CityofLagunaNiguel.org
- Scroll down & click on the Aquatics Icon
- Click on: Aquatics Classes - Brochure

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

Instructor: Diane Raibon, Certified Pilates & Poolates Instructor

Location: CVP, Fit Pool

9791	M/W	May 14-Jun 4*	12-1pm	18+ yrs	\$125
10014	M/W	Jun 6-Jul 2*	12-1pm	18+ yrs	\$125
10015	M/W	Jul 9-25	12-1pm	18+ yrs	\$125
10016	M/W	Jul 30-Aug 15**	12-1pm	18+ yrs	\$125

*No class May 28, Jun 9-15, Jul 4, Sep 3.

**Schedule subject to change due to construction. Sign up for notifications of pool hour closures and updates at CityofLagunaNiguel.org/NotifyMe under Calendar - Aquatics.

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	12-1pm	\$128 for 8 classes per month or \$20 drop-in
	M	6:30-7:30pm	

*No class May 28, Jun 9-15, Jul 4.

**Schedule subject to change due to construction. Sign up for notifications of pool hour closures and updates at CityofLagunaNiguel.org/NotifyMe under Calendar - Aquatics.



FITNESS CONTINUED

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

*No class May 28, Jun 9-16, Jul 4.

**Schedule subject to change due to construction. Sign up for notifications of pool hour closures and updates at CityofLagunaNiguel.org/NotifyMe under Calendar - Aquatics.

Power Water Workout 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

M/W	May 1-Jun 15, Aug 13-31**	9:15-10:15am
M/W	Jun 18-Aug 10**	8-9am

\$10 per class/drop in
 \$70 for 9 classes within month (May 1-31) or
 \$80 unlimited classes (both payable 1st of month)

*No class Jun 11-15, 29, Jul 4, 16-20.

**Schedule subject to change due to construction. Sign up for notifications of pool hour closures and updates at CityofLagunaNiguel.org/NotifyMe under Calendar - Aquatics.

Summer Swim ZEN

Adults Only

When: Jun 20, 28, Jul 18 & Aug 1

Time: 7-9pm

Cost: Adults 18+: \$4
 Seniors 50+: \$3

The lights will be turned down; soothing music will be turned on in the evening to set a calming scene during adult lap swim. Come and cool off and relax at the pool at the end of a hot summer day.

SWIM LESSONS

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	May 1-Ongoing**	4-6:15pm	\$135/wk (5 private lessons)
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*No class May 28, Jun 9-16, Jul 4.

**Schedule subject to change due to construction. Sign up for notifications of pool hour closures and updates at CityofLagunaNiguel.org/NotifyMe under Calendar - Aquatics.



LNRec Media Promotion

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.



WITHIN ARMS REACH

IS WATER SAFE



SWIM LESSONS CONTINUED

WILD CHILD WATER PLAY - Try Us You'll Like Us!

Learn to Swim Program

Managing Director: Dawn Urbanek
(949) 429-0702

info@wildchildwaterplay.com

Location: CVP, Fit Pool

1st Class
is Free

Swimming Lessons for all ages and abilities.

Infant/Toddler • Private Lessons • Developmental 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 competitive 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, once your funds are approved, credits will be deposited into your account).

STEP 5: Login and book your preferred time slot and favorite instructor. Cancel and reschedule classes at your convenience. Classes must be scheduled a minimum of three hours in advance, and be canceled 24 hours in advance to schedule a make-up. The more credits you buy, the less expensive the class.

CLASS TIMES:

F-Su 9:30-11:45am (Jun 22-Aug 5*)

M-Su 9:30-11:45am (Aug 6-Sep 5**)

* No class June 9-16, Jul 4.

** Schedule subject to change due to construction. Sign up for notifications of pool hour closures and updates at CityofLagunaNiguel.org/NotifyMe under Calendar - Aquatics.

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.



SPRAYGROUND

SUMMER SCHEDULE

May 28 - June 17

Every day, 10am-4pm

June 18 - September 3*

Every day, 10am-5pm

Sprayground may be closed at any time due to inclement weather or other events. Check the city website CityofLagunaNiguel.org for latest updates.

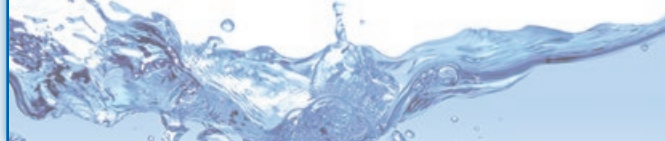
*Parking will be limited and hours are subject to change beginning August 13, 2018 through spring 2020 due to CVP construction. Sign up for notifications at CityofLagunaNiguel.org/NotifyMe under Calendar - Aquatics.

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



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.

REGISTER: daswim.org

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

Director: Rod Snyder

Location: CVP, Pool

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

Dolphin Aquatics Summer League Fun and Fitness

All swimmers must be able to swim across ½ length of the pool (12.5 yds.) on their belly and on their back.

- 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.

REGISTER: daswim.org. (Click on "Summer League Program")

Director: Rod Snyder

Location: CVP, Pool

Session 1

M-Th	Jun 11-Jul 6*	6-6:30pm	5-8 yrs	\$TBD**
M-Th	Jun 11-Jul 6*	6-7pm	9-12 yrs	\$TBD**
M-Th	Jun 11-Jul 6*	6-7pm	13-14 yrs	\$TBD**

*No class Jul 4.

Session 2

M-Th	Jul 9-Aug 2	6-6:30pm	5-8 yrs	\$TBD**
M-Th	Jul 9-Aug 2	6-7pm	9-12 yrs	\$TBD**
M-Th	Jul 9-Aug 2	6-7pm	13-14 yrs	\$TBD**

**Session fees will include swim meet fees for dual or intra-squad swim meets, and summer registration. Any swimmer joining the swim team after Summer League will need to register for the team on the website and pay team registration and SCS registration fees. Registration will be available on May 2.



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

Beg.	5-15 yrs	See reg. form	Tu/Th	9-10am	\$70/4 Lessons (2 wks)
				10-11am	
				11am-12pm	
				3-4pm	
				5-6pm	
				6-7pm	

No class May 28, Jun 9-16, Jul 4.

**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	2:30-8pm	5-18 yrs.	\$140** per mo.
				Novice	\$100** per mo.

*No class May 28, Jun 9-16, Jul 4.

**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

Beg.	M-F	Call for times*	5-18 yrs	\$15/month
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*No class May 28, Jun 9-16, Jul 4.



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 17.

Dates:

Session 1: May 1-11

Session 6: July 9-20

Session 2: May 14-25

Session 7: July 23-August 3

Session 3: May 28-Jun 8

Session 8: August 6-17*

Session 4: June 11-22

Session 9: August 20-31*

Session 5: June 25-July 6**

**Schedule subject to change due to construction. Sign up for notifications of pool hour closures and updates at CityofLagunaNiguel.org/NotifyMe under Calendar - Aquatics.*

***No class July 4 – Session 5.*

Days/Times:

Mornings: Tu / Th – (Morning classes begin after June 18)

9-10am 10-11am 11am-12pm

Evenings: Tu / Th

3-4pm 5-6pm 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.

