Pool Schedule/Information

SPRING POOL SCHEDULE
Mar 1 – May 31, 2013

Pool Schedule

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

**Pool closed for maintenance*
*** Diving boards closed*

Swimming Pool Information

Hotline: 362-4351 x2
Parks and Recreation Office: 425-5100

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

Modified/Holiday Pool Hours

Mar 15-17	Diving Meet		Closed
Mar 31	Easter		Closed
May 27	Memorial Day	Adult Lap	9am-12pm
		Rec. Swim	12-4pm

Lifeguard Training / Prep / WSI

Red Cross Lifeguard Training

This training course includes certification in CPR for lifeguard, first aide, lifeguard training & Automatic External Defibulator (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.

REGISTER: In office, mail in, fax in or online

Instructor: Aquatics Staff
Location: Crown Valley Park, Pool

5100.401	1	Apr 26 Apr 27 & 28	F Sa & Su	5-10pm 8am-6pm	$160
5100.402	2	May 3 May 4 & 5	F Sa & Su	5-10pm 8am-6pm	$160
5100.403	3	May 17 May 18 & 19	F Sa & Su	5-10pm 8am-6pm	$160
5100.404	4	Jun 3-7	M-F	6-10pm	$160

Red Cross Water Safety Instructor

This course will teach you to become a Red Cross trained swim instructor. The participant will be trained in all 6 levels of the Learn-To-Swim program, Community Water Safety programs and Water Safety Aide program. Books will be provided for use during class.

- **Must be 16 years old by the last day of class.**
- **Proficiently demonstrate – Treading water, survival floating.**
- **Front crawl, breaststroke, backstroke, butterfly, sidestroke & elementary backstroke.**
- **100% attendances is required for entire session – no exceptions.**

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

REGISTER: In office, mail in, fax or online
Instructor: Aquatics Staff
Location: Crown Valley Park, Pool

5120.402	May 13-17	M-F	5-10pm	$165*

Adult 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 and posture, sharpen coordination and balance, and relax body and soul. Pool temp: 85-88 degrees.

Scan for more information

For Information: poolates.com.

Instructor: Diane Raibon, Certified Pilates & Poolates Inst.
Location: CVCP, FIT Pool

6361	18+ yrs	Mar 12-Apr 11	Tu/Th	6:30-7:30am	$150
6362	18+ yrs	Apr 16-May 16	Tu/Th	6:30-7:30am	$150
6363	18+ yrs	Mar 13-Apr 10	W	12-1pm	$75
6364	18+ yrs	Apr 17-May 15	W	12-1pm	$75
					Drop-in: $20

AquaToneOC® Bariatric Water Exercise Program

AquaToneOC® is a revolutionary Aqua Exercise Program specifically designed for non-exercisers, those wishing to lose 20 lbs. or more and for pre/post Bariatric Surgery patients. Facilitates weight management through a uniquely gentle, non-impact combination of movements to bring about strength & firming, loss of pounds & inches, overall fitness & pain relief, increased metabolism, improved cardiovascular health. Ability to swim not required. For privacy, no visitors allowed. Swimsuit cover-ups permitted. Pool temp: 85-88 degrees.

REGISTER: Email Resa: aquatoneoc@gmail.com or call 388-0612

Instructor: Resa Hempfling
Location: CVCP, FIT Pool

Ongoing*	T, Th, Su	12-1pm	$150 for 10 classes or $20 drop-in

**No class Mar 31*

Pain Management Aqua Exercise

Pain Management Therapeutic Aqua Exercise is designed for individuals of all ages seeking pain relief due to arthritis, age related stiffness, back & spine issues, surgery / injury recovery and life's general aches and pains. Improves strength, balance, flexibility, energy, mental clarity and have FUN! Ability to swim not required. Pool temp: 85-88 degrees.

REGISTER: Email: aquatoneoc@gmail.com or call Resa at 388-0612

Instructor: Resa Hempfling
Location: CVCP, FIT Pool

Ongoing*	M, F, Sa	12-1pm	$150 -10 classes or $20 drop-in

**No class May 27*

Masters Swim *new!*

No excuses – it's time to get into the pool and make a work out commitment! The Master Swim program is for adults 18+. Class meets 5 nights a week, it's time get back into the pool and challenge yourself to look and feel better. Taught by qualified swim coaches. For more information visit daswim.org.

REGISTER: daswim.org / email: rdsnyder4@cox.net

Director: Rod Snyder
Location: CVCP, Pool

18+	Ongoing*	M-F	6:30-8pm	$75/mo**

**No class Mar 15 & May 27*
***$55 annual membership and $50 one-time registration fee*

Aqua Zumba® *new!*

Known as the Zumba® "pool party," the Aqua Zumba program gives new meaning to the idea of a fun and invigorating workout. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging workout that's cardio-conditioning, body-toning, and most of all, exhilarating. Pool temperature: 85-88 degrees.

REGISTER: In office, mail in, fax or online
Website: ocfitnessburn.com

Scan for more information

Instructor: Nicole Mathews
Location: CVCP, FIT Pool

10 Pack

6370	18+ yrs	Mar 5-Apr 30	Tu & Th	6:30-7:30pm	$150
6371	18+ yrs	Apr 2-May 30	Tu/Th	6:30-7:30pm	$150
6372	18+ yrs	May 2-Jun 11	Tu/Th	6:30-7:30pm	$150

20 Pack

6373	18+ yrs	Mar 5-Jun 11	Tu/Th	6:30-7:30pm	$225
					Drop-in: $20

Power Water Workout
A Sally Stanton Fitness Program

Works your heart the entire hour while you dance, jump and sculpt all your muscles! Learn how to work out properly with RoseAnn, who has been teaching this class for almost 20 years! Beginners and non-swimmers welcome. Visit waterwarmups.com for info about equipment available to borrow/purchase. Do not run out & buy anything until you see what's right for you!

REGISTER: Call 859-0118 / rlartist@cox.net /sallystanton@gmail.com

Instructor: RoseAnn Linsley
Location: CVCP, Pool

Ongoing*	M/W/F	9:15-10:15am	$8 per class/drop-in $55 for 9 classes $65 unlimited (within one month)

**No class May 27*

Swim Lessons

Wild Child Water Play Learn To Swim Program

Managing Director: Dawn Urbanek
For information: wildchildwaterplay.com

Location: CVCP, FIT Pool

Scan for more information

Infant Water Play Class – Ages 6-23 mos.

Class is a "play-date" in the pool. With the help of a parent or trusted guardian, water play is a stimulating activity for infants & adults, which promotes gross motor development, teaches basic swimming skills and water safety. Class is divided into the following segments: 1. Songs & Games, 2. Swimming skills, 3. Free play.

Toddler Water Play Class

Ages 2-3 yrs (1:4 ratio)

Class is a "play group" for Parent and Toddler. The class is designed to help parents encourage water exploration under thei own locomotion, while making safety a priority. Class is divided into the following segments: 1. Songs & Games, 2. Swimming skills, 3. Free play.

Advanced Toddler Water Play Class

Ages 3 & 4 yrs (1:4 ratio)

This class is the step between the Infant/Toddler "Water Play" and, private swim lessons. A parent or guardian must be in the pool at all times with thee child. Participants must be comfortable putting their head and face in the water, can "Swim" using "Big Arms", retrieve objects off the bottom of the pool, comfortable floating on front and back (unsupported). Students will be introduced all four competitive swim strokes, side breathing, and build endurance by swimming greater distances. Your child must have permission a WCWP instructor to be enrolled in this class, and be at least 3 years old.

ISR® - OC Water Babies

Give your child the competence, confidence and skills of aquatic safety and survival from Infant Swimming Resource's (ISR), Self-Rescue™ program, the safest survival swimming lessons for children 6 months to 6 years of age. Each child is taught one on one. For more information go to ocwaterbabies.com. or call the instructor.

REGISTER: Call Annette (949) 813-6363

Instructor: Conrad Rodriguez
Email: c.rodriguez@infantswim.com
Location: CVCP, FIT Pool

Scan for more information

Apr 1-Oct 1*	M-F	4-6:15pm	$130/wk.

**No class May 27*

Private Lessons

Ages 3+ yrs (1:3 max. ratio)

Each lesson will help the child perfect all four competitive swim strokes, and build swimming strength and endurance. 15 minutes of your child's lesson is one-on-one. 30 minutes of lesson time is free play with the other students to encourage playing and learning from each other. We encourage "play group" enrollment, signing up with friends and family.

Developmental Swim Team

Ages 6+ yrs (1:6 max. ratio)

Our goal of this class is for the child who needs extra help in advancing into competitive swimming or become stronger for ocean sports. Students will work on all four competitive swim strokes, learn how to circle swim, be introduced to competitive turns, and build endurance.

WCWP Adult Lessons

Adult lessons are available by appointment. The Wild Child Staff are happy to develop a program especially for your needs. We specialize in working one-on-one with adults who are beginners or are afraid of the water. Classes meet in the FIT Pool.

Wild Child Water Play Dates & Times	Session 1 Mar 4-31	Session 2 Apr 1-28	Session 3 Apr 29-May 26
Mornings	M-F	M-Su	M-Su
	9:30-10:15 10:15-11:00 11:00-11:45	9:30-10:15 10:15-11:00 11:00-11:45	9:30-10:15 10:15-11:00 11:00-11:45
Afternoons	M-F	M-F	M-F
	1:45-2:30 2:30-3:15 3:15-4:00 4:00-4:45 4:45-5:30 5:30-6:00	1:45-2:30 2:30-3:15 3:15-4:00	1:45-2:30 2:30-3:15 3:15-4:00

Cost:

Infant/Toddler/Adv. Toddler	$16 per class*
Private Swim Lessons	$22 per class*
Developmental Swim Team	$22 per class*
Adult Lessons	$60 per hour**

**Discounts are available for multiple children and/or multiple days.*

***Discounts are only available for packages of 5 adult lessons.*

Registration Information:
Set your own schedule! Sign up for one, two or three days per week. If there is an open spot you may start anytime during the session and pro-rate the class fee. All classes are 45 minutes and take place in the FIT Pool, which is kept between 85-88 degrees year round.

Call Dawn at 429-0702 or email: info@wildchildwaterplay.com

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.

Scan for more information

REGISTER: daswim.org / email: rdsnyder4@cox.net

Cost: Varies depending on group assignment (See Workout Group Chart Below)

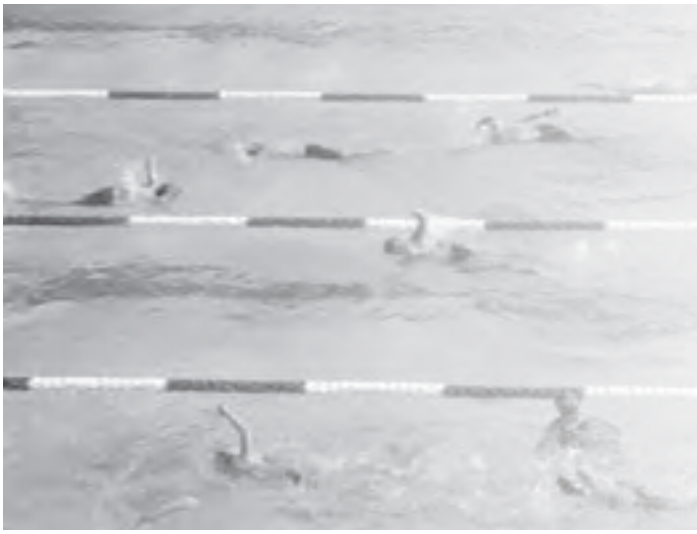
Director: Rod Snyder
Location: CVCP, Pool

5-18 yrs.	Ongoing*	M-F	4-6pm

1. **TRYOUTS – Monday 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 $55 is required + $50 one time registration fee or $75 per family.**

Dolphin Aquatics Swim Team Workout Groupings and Time/Rate Schedule

	Green 1 5-8 years	Green 2 7-14 years	Blue 7-10 years	Black 11-15 years	Pre-Senior 9-12 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
Practice Times	4-4:30pm	4:30-5:15pm 5:15-6pm	4-5pm	5-6pm	4-6pm	4-6pm
Fee Per Swimmer*	$65/mo	$70/mo	$75/mo	$75/mo	$95/mo	$105/mo



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. For more information visit daswim.org

REGISTER: daswim.org or email: rdsnyder4@cox.net

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

8-14 yrs	Apr 22-May 17	M-Th	6-6:45pm	$140
8-14 yrs	May 20-Jun 14*	M-Th	6-6:45pm	$140

**No class May 27*

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.

Scan for more information

REGISTER: Call 455-7859

Instructor: Curt Wilson
Location: CVCP, Pool

Diving Instruction

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 entities 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

Instructor: Curt Wilson
Location: CVCP, Pool

Beg.	5-15 yrs	Ongoing*	M/Tu/Th	$70/6 lessons (45 min. each)

**No class May 27*

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

Instructor: Curt Wilson
Location: CVCP, Pool Area

Beg.	5-18 yrs	M-F	Call for times*	$30/month

**No class May 27*

2012 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 six lesson blocks for 2 weeks. Please circle the days and time you want and mail the registration form to the address below.

DATES

Monday/Tuesday/Thursday	4:45-5:30pm
Monday/Tuesday/Thursday	7:15-8pm

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.