

Laguna Beach High School & Community Pool

625 Park Ave., LB • (949) 472-1450 • www.lagunacpool.com



The LBHS Community Pool is a 25-yard pool with showers and lockers available; it is accessible to the physically challenged. CA State Law requires patrons who use public pools to shower prior to entering. Children under the age of 3 years must wear rubber pants or pool diapers in the pool. Children, age 24 months or younger are admitted free. Note: Children under the age of 12 must be accompanied and supervised by an adult.

The pool may be subject to unscheduled closures due to water polo and swim competitions/events. Groups of 10 or more must make reservations at least 7 days in advance to guarantee space! Call (949) 376-9818 or 497-0716, ext. 6 for details.

Winter 2008 Lap & Rec Swim Pool Schedule - January 2 to March 31

Day	Morning Lap Swim	Rec Swim	Evening Lap Swim
Monday	7:00 a.m. to 1:45 p.m.	10:30 a.m. to 1:45 p.m.	6:30 p.m. to 8:00 p.m.
Tuesday	6:00 a.m. to 1:45 p.m.	10:30 a.m. to 1:45 p.m.	6:30 p.m. to 8:00 p.m.
Wednesday	7:00 a.m. to 1:45 p.m.	10:30 a.m. to 1:45 p.m.	6:30 p.m. to 8:00 p.m.
Thursday	6:00 a.m. to 1:45 p.m.	10:30 a.m. to 1:45 p.m.	6:30 p.m. to 8:00 p.m.
Friday	7:00 a.m. to 1:45 p.m.	10:30 a.m. to 1:45 p.m.	6:00 p.m. to 8:00 p.m.
Saturday	7:00 a.m. to 2:00 p.m.	10:30 a.m. to 3:00 p.m.	Holiday Rec Swim Feb. 18 to 22 Open 12-3:00 p.m.
Sunday	10:30 a.m. to 2:00 p.m.	10:30 a.m. to 3:00 p.m.	

Pool Closures - Fall 2007:

- December 24 & 31 - Closes for the day at 1:45 p.m.
- December 25 & January 1 - Closed all day.
- December 26, 27 & 28 - Closed 9 a.m. to 1:45 p.m.

Pool Closures - Winter 2008:

- January 2, 3 & 4 - Closed 9 a.m. to 1:45 p.m.
- February 18-22 - Closed 9 a.m. to 12:00 p.m.
- March 1, 8 & 22 - Closes for the day at 9:00 a.m.
- March 2 & 9 - closed all day

2008 Pool Passes

2008 Annual and incremental pool passes are available for purchase online, by mail or drop off! Pass holders will be required to present a photo ID upon arrival at the pool or a drop-in fee will be assessed. Passes are valid for lap and rec swim hours. Pool hours are subject to change. For current pool hours, holiday and/or closure dates, refer to the quarterly pool schedule, visit www.lagunacpool.com or call (949) 472-1450 or (949) 376-9818.

#17185	12-Month Pass (Jan. 2-Dec. 31)	\$ 150
#17186	9-Month Pass (April 1-Dec. 31)	\$ 125
#17187	7-Month Pass (June 1-Dec. 31)	\$ 110
#17188	4-Month Pass (Sept. 1-Dec. 31)	\$ 70
	Drop-in Fee	\$ 2
	Children under 24 months	Free

JUNIOR GUARD PREP

Prepare for the Junior Guard program with practice sessions twice a week. Swimmers, ages 7 & up, will perform the backstroke, breaststroke, freestyle and butterfly stroke that will enable them to develop endurance, strength and speed. The Junior Guard swim test can be administered on Thursdays to registered participants.

Coaches: Chad Beeler & staff - chadbeeler@sbcglobal.net

\$50 for 8 classes

#17190	Tues/Thurs	5:30-6:00 p.m.	CP
	Feb. 5 to Mar. 6, skips 2/19 & 2/21		
#17191	Tues/Thurs	5:30-6:00 p.m.	CP
	Mar. 11 to Apr. 3		

SWIM TEAM PREP

Youth, ages 5 & up, can prepare for the swim team and/or learn and practice various swim strokes including the freestyle, backstroke and breaststroke. Swimmers will develop confidence, build endurance and gain strength in a supportive, non-competitive environment. A swim test is not required. Please bring goggles and caps. **Coaches: Chad Beeler & staff**



\$50 for 8 classes

#17192	Mon/Wed	5:30-6:00 p.m.	CP
	Feb. 4 to Mar. 5, skips 2/18 & 2/20		
#17193	Mon/Wed	5:30-6:00 p.m.	CP
	Mar. 10 to Apr. 2		

LAGUNA BEACH SWIM TEAM

This year-around program is open to ages 6 to 18. Swimmers will have the opportunity to improve their skills and physical condition while performing starting dives, strokes and turns. Emphasis will be on correct technique and form in four competitive strokes: freestyle, backstroke, breaststroke and the butterfly. Dry-land preparation and relay swim are part of the workout. Students are encouraged (but not required) to attend four days per week. Goggles and caps are required. Team color: Maroon. Girls must wear a one-piece swimsuit. Swimming ability is mandatory. New members must pass a swim test consisting of the ability to swim 50 yards each of the backstroke, breaststroke, freestyle and 25 yards of the butterfly kick. **Coaches: Chad Beeler, Coach Bee & staff - chadbeeler@sbcglobal.net**



\$80 per month, additional family member - \$45 *\$60/\$35 for February session.

To redeem the additional family member discount, see page 40.

#17195	M/T/W/Th	5:30-6:30 p.m.	CP
	Jan. 7 to Jan. 31, skips 1/21		
#17196	M/T/W/Th	5:30-6:30 p.m.	CP
	Feb. 4 to Feb. 28, skips 2/18-2/21*		
#17197	M/T/W/Th	5:30-6:30 p.m.	CP
	Mar. 3 to Mar. 31		

POWER WATER WORKOUT

A SALLY STANTON TOTAL FITNESS PROGRAM!

The primary advantage of a water workout is that it provides 12 times more resistance than land exercise. Rhythmic warm up and dynamic stretch starts the workout and is followed by a 30-35 minute aerobic section that includes intervals and fat burning exercises specifically designed to contour the abs, upper body, hips, buttocks and thighs. Class ends with cool down stretching and relaxation exercises. **Instructor: Helen Conroy - email: sally@waterwarmups.com**



\$71 per month. Drop-in: \$8

(Option: \$56 for 8 interchangeable classes; valid 30 days - class #17203)

#17200	M/W/F	8:15-9:15 a.m.	CP
	Jan. 2 to Jan. 30, skips 1/21		
#17201	M/W/F	8:15-9:15 a.m.	CP
	Feb. 1 to Feb. 29, skips 2/18		
#17202	M/W/F	8:15-9:15 a.m.	CP
	Mar. 3 to Mar. 31		

Masters Swim Program



Get in shape! Improve your stroke, speed and endurance. Train for swimming competitions, triathlons, lifeguard try-outs, etc. **Coach: Chris Costley - email: ccostley@celtictechllc.com**

\$36 per month. Drop-in: \$5

#17204	M/T/W/Th	6:30-7:30 p.m.	CP
	Saturday	7:00-9:00 a.m.	CP
	Jan. 2 to Jan. 31, skips 1/21		
#17205	M/T/W/Th	6:30-7:30 p.m.	CP
	Saturday	7:00-9:00 a.m.	CP
	Feb. 2 to Feb. 28, skips 2/18		
#17206	M/T/W/Th	6:30-7:30 p.m.	CP
	Saturday	7:00-9:00 a.m.	CP
	Mar. 1 to Mar. 31		

OLG
OPERATION
LEAN GIRL

Kick Start Your Fitness

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call COACH BEE at :
949.636.1665





You'll Think the World of the 2008 Pageant!

All the World's a Stage Celebrating a 75 year love affair between artists and the performing arts in every culture, the Pageant of the Masters will venture behind the scenes as painters and sculptors share their fascination with the actors, dancers, musicians and movie stars whose lives and works have inspired countless artworks. Taking its cue from Shakespeare's play, *All the World's a Stage* promises another breathtaking summer of "living pictures" presented "As You Like It."



Performances nightly July 9-August 30, 2008. Special Gala Benefit Performance August 23.
Order Tickets at 800-487-3378 www.PageantTickets.com
 Tickets \$20 - \$100. Gala Benefit Tickets \$50 - \$350. Major credit cards accepted.

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 -Where Art Comes To Life™

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Ask about the Pageant's exclusive *Diamond Club*

Aquatics - Ocean Activities



SAILING LESSONS

At Aventura, the basic sailing course will teach you how to sail up to a 30-ft boat! Classroom lecture includes nautical terminology, the aerodynamics of sail, boating safety, rules of the road, radio procedures, anchoring and heavy weather survival. In addition, students exercise practical sailing skills in lab sessions aboard 28-ft to 30-ft boats, with emphasis on sailing maneuvers, docking procedures and "man-overboard" recovery techniques. Aventura offers its certified members the opportunity to rent sailboats from its fleet located in Dana Point Marina. For membership details, see Aventura's ad below; or sign up for the basic sailing course only - there's no obligation to join. This class cannot be audited.
Aventura Sailing Association, 24707 Dana Drive, Dana Point, 92629. (949) 493-9493; www.aventurasailing.com

\$189 for course only

#17218	Sat./Sun.	8:00 a.m.-3:00 p.m.	ASA
Jan. 5, 6, 12, 19 & 20			
#17219	Sat/Sun	8:00 a.m.-3:00 p.m.	ASA
Jan. 26, 27, Feb. 2, 9 & 10			
#17220	Sat/Sun	8:00 a.m.-3:00 p.m.	ASA
Feb. 24, Mar. 2, 8, 15 & 16			

LB AGE-GROUP WATER POLO TEAM

Players will achieve a better understanding of water polo as they practice and improve on the fundamental techniques of the game: ball handling, kicks, catching, passing, offensive and defensive positioning tactics and team concepts. Players must be able to swim proficiently in deep water. Scrimmages will be substituted for some practices; games played on Sundays. **Coach: Chad Beeler - lagunah2ocoach@earthlink.net; www.lagunabeachwaterpolo.com**

Co-ED - AGES 10 & UNDER

\$325 per player, sibling discount available, see below
Fee includes one tournament.

CO-ED - AGES 10 & UNDER

#17208 M/T/W/Th 6:00-7:30 p.m. CP
 Jan. 7 to April 3, skips 1/21 & 2/18-2/21

GIRLS - AGES 11 & UP

\$390 per player, sibling discount available, see below
Fee includes three tournaments.

GIRLS - AGES 12 & UNDER

#17209 M/T/W/Th 5:30-7:00 p.m. CP
 Jan. 7 to April 3, skips 1/21 & 2/18-2/21

GIRLS - AGES 14 & UNDER

#17210 M/T/W/Th 7:30-9:15 p.m. CP
 Jan. 7 to April 3, skips 1/21 & 2/18-2/21

BOYS - AGES 11 & UP

\$390 per player, sibling discount available, see below
Fee includes three tournaments.

BOYS - AGES 12 & UNDER

#17211 M/T/W/Th 5:30-7:00 p.m. CP
 Jan. 7 to April 3, skips 1/21 & 2/18-2/21

BOYS - AGES 14 & UNDER

#17212 M/T/W/Th 7:30-9:15 p.m. CP
 Jan. 7 to April 3, skips 1/21 & 2/18-2/21

SIBLING DISCOUNT - WATER POLO TEAM

Siblings are eligible to register at a discount when a family member enrolls in the winter Water Polo program. Described above; ability to swim proficiently in deep water required.

CO-ED - AGES 10 & UNDER - \$225 per sibling

#17213 M/T/W/Th 6:00-7:30 p.m. CP
 Jan. 7 to April 3, skips 1/21 & 2/18-2/21

GIRLS - AGES 12 & UNDER - \$290 per sibling

#17214 M/T/W/Th 5:30-7:00 p.m. CP
 Jan. 7 to April 3, skips 1/21 & 2/18-2/21

GIRLS - AGES 14 & UNDER - \$290 per sibling

#17215 M/T/W/Th 7:30-9:15 p.m. CP
 Jan. 7 to April 3, skips 1/21 & 2/18-2/21

BOYS - AGES 12 & UNDER - \$290 per sibling

#17216 M/T/W/Th 5:30-7:00 p.m. CP
 Jan. 7 to April 3, skips 1/21 & 2/18-2/21

BOYS - AGES 14 & UNDER - \$290 per sibling

#17217 M/T/W/Th 7:30-9:15 p.m. CP
 Jan. 7 to April 3, skips 1/21 & 2/18-2/21

Aventura Sailing Association

Located in beautiful Dana Point Harbor, Aventura is a Yacht Charter Membership Club and offers: Sailing



Instruction - Basic to Advanced; Skippered Charters; Racing; Group Sails; Singles Sailing; and Fleet Cruises. Plus, enjoy monthly BBQ parties in the Member's Lounge! There's no need to buy a yacht when you can rent one at Aventura Sailing Association. We teach you to sail, then you are the Captain. We have a large selection of 28-50 ft. yachts available in Dana Point Harbor. Rent a Catalina 30 ft. at the weekend day rate of \$170 per 23 hours. With this ad, receive the special rate for membership and instruction of \$350* (regularly \$475). Aventura's membership fees are \$55 per month.



For information and a tour of Aventura's facility and yachts, call 949-493-9493. or visit us at: www.aventurasailing.com