

Lane Availability (for Swimming & Exercise)

effective: October 1, 2017

LOWER POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30a-8:15a 5 LANES	5:30a-6:30a 2 LANES	5:30a-9:00a 5 LANES	5:30a-6:30a 2 LANES	5:30a-9:00a 5 LANES		
	6:30a-8:15a 5 LANES		6:30a-8:15a 5 LANES		7:00a-8:00a 5 LANES	7:00a-9:00a 5 LANES
8:15a-9:15a 0 LANES	8:15a-9:15a 0 LANES		8:15a-9:15a 0 LANES		8:00a-9:00a 0 LANES	
9:15a-10:00a 4 LANES	9:15a-10:00a 4 LANES	9:00a-10:00a 4 LANES	9:15a-10:00a 4 LANES	9:00a-10:00a 4 LANES	9:00a-12:00p 4 LANES	9:30a-10:30p 1 LANE
10:00a-11:15a 0 LANES	10:00a-3:30p 3 LANES	10:00a-11:15a 0 LANES	10:00a-1:00p 3 LANES	10:00a-11:15a 0 LANES		10:30a-12:00p 4 LANES
11:15a-1:00p 3 LANES		11:15a-1:00p 3 LANES		11:15a-1:00p 3 LANES	12:00p-5:00p 0 LANES	12:00p-4:00p 1 LANE
1:00p-2:00p 0 LANES		1:00p-2:00p 0 LANES	1:00p-3:30p 3 LANES	1:00p-2:00p 1 LANE		
2:00p-3:30p 3 LANES		2:00p-3:30p 3 LANES		2:00p-3:30p 3 LANES		
3:30p-7:30p 0 LANES	3:30p-7:30p 0 LANES	3:30p-7:30p 0 LANES	3:30p-7:30p 0 LANES	3:30p-7:30p 0 LANES	5:00p-7:00p 3 LANE	4:00p-7:00p 3 LANE
7:30p-9:30p 5 LANES	7:30p-9:30p 5 LANES	7:30p-9:30p 5 LANES	7:30p-9:30p 5 LANES	7:30p-9:30p 5 LANES	7:00p-7:30p 5 LANES	7:00p-7:30p 5 LANES

UPPER POOL* *ADULTS & SWIM PROGRAMS ONLY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30a-3:30p 5 LANES	5:30a-3:30p 5 LANES	5:30a-3:30p 5 LANES	5:30a-3:30p 5 LANES	5:30a-3:30p 5 LANES		
					7:00a-7:30p 5 LANES	7:00a-7:30p 5 LANES
3:30p-6:00p 4 LANES	3:30p-6:00p 4 LANES	3:30p-6:00p 4 LANES	3:30p-6:00p 4 LANES	3:30p-6:00p 4 LANES		
6:00p-6:30p 5 LANES	6:00p-9:30p 5 LANES	6:00p-6:30p 5 LANES	6:00p-9:30p 5 LANES	6:00p-9:30p 5 LANES		
6:30p-7:45p 1 LANE		6:30p-7:45p 1 LANE				
7:45p-9:30p 5 LANES		7:45p-9:30p 5 LANES				

LANE ETIQUETTE

- LANE SHARING:** Exercise/Run/Walk/Swim Always ask to share a lane. Sit down at edge of pool with legs in water/ ask swimmer in that lane if they mind sharing their lane. Do not just get into a swimmer's lane.
- SPLIT LANE:** 2 people: straight laps, one person on right, one on left side
- CIRCLE SWIM:** 3 or more people: in a counter-clockwise circular pattern.
- PASSING:** Move to the middle of the lane, pass on the swimmer's left side. This method can accommodate more than two people.

HOURS POOLS & SPAS	CLUB HOURS
Weekdays 5:30am-9:30pm	Weekdays 5:30am-10:00pm
Weekends 7:00am-7:30pm	Weekends 7:00am-8:00pm
Holidays 7:00am-5:30pm	Holidays 7:00am-6:00pm
DIVING WELL + BOARD	
CLOSED during classes	
DIVING BOARD CLOSED when Lifeguard off duty.	
LIFEGUARD HOURS & INFO	
M-F 3:15pm-5:00pm (Season ends October 29)	
S+S 12:00pm-4:00pm	
SWIMMERS UNDER 14 must be under parent supervision AT ALL TIMES in all pool & spa areas.	

Activity Schedule Lane Use

effective: October 1, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:30a -6:30a MUDSHARKS LP / 3 LANES		5:30a -6:30a MUDSHARKS LP / 3 LANES		8:00a -9:00a MUDSHARKS LP / 5 LANES	
8:15a-9:15a SWIMFIT <i>Susie P</i> LP / 5 LANES	8:15a-9:15a SWIMFIT <i>Susie P</i> LP / 5 LANES		8:15a-9:15a SWIMFIT <i>Susie P</i> LP / 5 LANES			
9:00a-10:00a AQUAFIT DEEP <i>Susan</i> DIVE WELL	9:00a-10:00a AQUAFIT DEEP <i>Melissa/Tori</i> DIVEWELL	9:00a-10:00a AQUAFIT DEEP <i>Phyllis</i> DIVE WELL	9:00a-10:00a AQUAFIT DEEP <i>Melissa</i> DIVE WELL	9:00a-10:00a AQUAFIT DEEP <i>Melissa/Susan</i> DIVE WELL	9:00a-10:00a AQUAFIT INFUSION LP / 2 LN + WELL <i>Phyllis</i>	9:30a-10:30a SPECIAL OLYMPICS LP / 4 LANES
10:00a-11:15a MUDSHARKS LP / 5 LANES		10:00a-11:15a MUDSHARKS LP / 5 LANES		10:00a-11:15a MUDSHARKS LP / 5 LANES	12:00p-4:00p REC SWIM LP / 4 LANES	12:00p-4:00p REC SWIM LP / 4 LANES
1:00p-2:00p AQUAFIT SHALLOW <i>Amy</i> LP / 4 LANES		1:00p-2:00p AQUAFIT SHALLOW <i>Amy</i> LP / 4 LANES	1:00p-2:00p SUNFLOWER AQUAFIT <i>Tori</i> LP / DIVE WELL	1:00p-2:00p AQUAFIT SHALLOW <i>Amy/Phyllis</i> LP / 4 LANES	<div style="border: 1px solid black; padding: 10px;"> <p style="text-align: center;">SWIM LESSONS</p> <p style="text-align: center;">Swim lessons will use ¼ lane at the below times and dates.</p> <p style="text-align: center;">SATURDAYS + SUNDAYS 10:00a-2:00p LOWER POOL</p> <p style="text-align: center;">MONDAYS THRU FRIDAYS 11:15a-1:00p LOWER POOL 2:00p-3:30p LOWER POOL 3:30P-6:00P UPPER POOL</p> </div>	
2:00p-3:30p REC SWIM LP / 2 LANES	2:00p-3:30p REC SWIM LP / 2 LANES	2:00p-3:30p REC SWIM LP / 2 LANES	2:00p-3:30p REC SWIM LP / 2 LANES	2:00p-3:30p REC SWIM LP / 2 LANES		
3:30p-6:00p REC SWIM LP / 1 LANE	3:30p-6:00p REC SWIM LP / 1 LANE	3:30p-6:00p REC SWIM LP / 1 LANE	3:30p-6:00p REC SWIM LP / 1 LANE	3:30p-6:00p REC SWIM LP / 1 LANE		
3:30p-6:00p TRITONS LP / 4 LANES	3:30p-6:00p TRITONS LP / 4 LANES	3:30p-6:00p TRITONS LP / 4 LANES	3:30p-6:00p TRITONS LP / 4 LANES	3:30p-6:00p TRITONS LP / 4 LANES		
6:00p-7:30p TRITONS LP / 5 LANES	6:00p-7:30p TRITONS LP / 5 LANES	6:00p-7:30p TRITONS LP / 5 LANES	6:00p-7:30p TRITONS LP / 5 LANES	6:00p-7:30p TRITONS LP / 5 LANES		
	6:00p-7:00p AQUAFIT DEEP <i>Win</i> / DIVE WELL		6:00p-7:00p AQUAFIT DEEP <i>Win</i> / DIVE WELL		5:00p-7:00p REC SWIM LP / 2 LANES	5:00p-7:00p REC SWIM LP / 2 LANES
6:30p-7:45p MUDSHARKS UP / 4 LANES		6:30p-7:45p MUDSHARKS UP / 4 LANES				

ACTIVITY DESCRIPTIONS

AQUAFIT: Moderate to intense workout w/cardio, core, endurance & strength. Modifications given. Flotation devices provided.

DEEP: Deep Water, intense level / SHALLOW: Shallow Water, set to music

AQUAFIT/INFUSION: Deep & Shallow: Moderate to intense workout w/cardio, core, endurance & strength. Modifications given. Flotation devices provided.

MUDSHARKS Master Swim Team (\$) : Sharpens skills & conditioning for competition, prepares you to do your best in meets, triathlons & open water races. Workouts usually 2000-3000 yards.

SPECIAL OLYMPICS: Swim Team practice.

SWIMFIT – A Fitness Class: Coached workouts for members who swim 20 laps or more freestyle. Focus on technique & fitness.

SWIM LESSONS: Parent/Tot through adults.

TRITONS USA SWIM TEAM (\$) : This is a fitness and competitive team for youth ages 5-18 who want to improve all around swimming ability, strength, technique, stamina, and safety.



ROLLING HILLS CLUB

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Novato, CA 94945

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www.rollinghillsclub.com

Lane Availability

(for Swimming & Exercise)

effective: October 1, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY