

# Lap Lane Availability

Aquatics Director: Winnifred Comfort

Updated: Monday, January 2, 2012

winnie@rollinghillsclub.com

## Lower Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-8:15am 5 lanes	5:30-6:45am 2 lanes	5:30-8:00am 5 lanes	5:30-6:45am 2 lanes	5:30-9:00am 5 lanes		
	6:45-8:15am 5 lanes		6:45-8:15am 5 lanes		7:00-8:00am 5 lanes	7:00-9:30am 5 lanes
8:15-9:00am 0 lanes	8:15-9:00am 0 lanes	8:00-10:00am 4 lanes	8:15-9:00am 0 lanes		8:00-9:00am 1 lane	
9:00-9:15am 2 lanes	9:00-9:15am 2 lanes		9:00-9:15am 2 lanes	9:00-10:00am 3 lanes	9:00-10:00am 2 lanes	9:30-10:30am 1 lane
9:15-10:00am 4 lanes	9:15am-3:30pm 4 lanes		9:15am-3:30pm 4 lanes			
10:00-11:15am 0 lanes		10:00-11:15am 0 lanes		10:00am-11:15am 0 lanes	10:00am-12:00pm 4 lanes	10:30am-12:00pm 4 lanes
11:15am-1:00pm 3 lanes		11:15-1:00pm 3 lanes		11:15am-1:00pm 3 lanes	12:00-5:00pm 3 lanes	12:00-5:00pm 3 lanes
1:00-2:00pm 1 lane		1:00-2:00pm 1 lane		1:00-2:00pm 2 lanes		
2:00-3:30pm 3 lanes		2:00-3:30pm 3 lanes		2:00-3:30pm 3 lanes		
3:30-6:30pm 0 lanes	3:30-6:30pm 0 lanes	3:30-6:30pm 0 lanes	3:30-6:30pm 0 lanes	3:30-6:30pm 0 lanes		
6:30-7:30pm 2 lanes	6:30-7:30pm 2 lanes	6:30-7:30pm 2 lanes	6:30-7:30pm 2 lanes	6:30-7:30pm 2 lanes		
7:30-9:30pm 5 lanes	7:30-9:30pm 5 lanes	7:30-9:30pm 5 lanes	7:30-9:30pm 5 lanes	7:30-9:30pm 5 lanes	5:00-7:30pm 5 lanes	5:00-7:30pm 5 lanes

## Upper Pool (Adults Only)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-9:00am 5 lanes	5:30-9:00am 5 lanes	5:30-9:00am 5 lanes	5:30-9:00am 5 lanes	5:30-9:00am 5 lanes	7:00am-7:30pm 5 lanes	7:00am-7:30pm 5 lanes
9:00am-2:00pm 4/5 lanes	9:00am-2:00pm 4/5 lanes	9:00am-2:00pm 4/5 lanes	9:00am-2:00pm 4/5 lanes	9:00am-2:00pm 4/5 lanes		
2:00-6:30pm 4 lanes	2:00-6:00pm 4 lanes	2:00-6:00pm 4 lanes	2:00-6:00pm 4 lanes	2:00-6:00pm 4 lanes		
6:30-7:45pm 2 lanes	6:00-9:30pm 5 lanes	6:30-7:30pm 2 lanes	6:00-9:30pm 5 lanes	6:00-9:30pm 5 lanes		
7:45-9:30pm 5 lanes		7:30-9:30pm 5 lanes				

### LAP LANE RULES

LANE SHARING: Always ask to share a lane.

SPLIT LANE: Swim/walk/run straight laps with one person on right side and one person on left side of lane.

CIRCLE SWIM: Swim/walk/run in a counter clockwise circular pattern. PASSING: To pass or over-take another swimmer, move to the middle of lane and pass on swimmer's left side. This method can accommodate more than two people.

**POOL RULES ARE POSTED AT POOLS**

### CLUB HOURS

Weekdays 5:30am-10:00pm

Weekends 7:00am-8:00pm

### POOL & SPA HOURS

Weekdays 5:30am-9:30pm

Weekends 7:00am-7:30pm

### LIFEGUARD HOURS

Only available for Kid's Camps until Spring



ROLLING HILLS CLUB

351 San Andreas Drive

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# Water Fitness Schedule

Aquatics Director: Winnifred Comfort

Updated: **Monday, January 2, 2012**

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15am <b>SwimFit</b> <i>Susie P</i> 9:00am <b>Deep Aqua Challenge</b> <i>Susan</i> 10:00am <b>MudSharks</b> 1:00pm <b>AquaFit</b> <i>Amy H</i> 6:30pm <b>MudSharks</b>	5:30am <b>MudSharks</b> 8:15am <b>SwimFit</b> <i>Susie P</i> 9:00am <b>Deep Aqua Challenge</b> <i>Melissa/Tori</i>  6:00pm <b>Deep Aqua Challenge</b> <i>Winnie</i>	9:00am <b>Deep Aqua Challenge</b> <i>Phyllis</i> 10:00am <b>MudSharks</b> 1:00pm <b>AquaFit</b> <i>Amy H</i> 6:30pm <b>MudSharks</b>	5:30am <b>MudSharks</b> 8:15am <b>SwimFit</b> <i>Susie P</i> 9:00am <b>Deep Aqua Challenge</b> <i>Melissa</i>  6:00pm <b>Deep Aqua Challenge</b> <i>Winnie</i>	9:00am <b>Aqua Fusion</b> <i>Susan/Tori/Melissa</i> 10:00am <b>MudSharks</b> 1:00pm <b>AquaFit</b> <i>Amy H/Phyllis</i>	8:00am <b>MudSharks</b> 9:00am <b>AquaFit</b> <i>Phyllis</i>	9:30am <b>Special Olympics Work Out</b>

## CLASS DESCRIPTIONS

### AQUAFIT

Moderate plus intensity, shallow water workout. Muscle and Cardio done to music.

### AQUA FUSION

Moderate plus intensity, total body workout, muscle, cardio and core Included

### DEEP AQUA CHALLENGE

Cardio and Core. ..intense workout in deep water. Flotation belts are provided.

### MUDSHARKS

Sharpens skills and conditioning for swimming in competition,prepares you to do your best in pool meets, Triathlons and open water races. Workouts are usually 2000-3000 yards.

### SWIM FIT

Working on all 4 strokes, 60-80 laps with beginner to intermediate + levels.

### SPECIAL OLYMPICS WORKOUT

We proudly support our dedicated Special Olympics Swimmers, who train fall through Spring with their volunteer coaches. Special Olympics provide year round sports training and competition opportunities for children and adults with developmental disabilities. It's so much more than a sports program, it's a training for life, empowering these individuals with self-confidence and self-esteem that carries over to their every day lives. What is amazing is that Special Olympics is FREE to over 13,000 athletes in Northern California.