

Lap Lane Availability (for Swimming & Exercise) effective: February 27~March 31, 2023

LOWER POOL							UPPER / LOWER POOL LENGTH =25 Yards / 71 lengths = 1 mile						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY							
5:00a-9:45a 5 LANES	5:00a-9:00a 5 LANES	5:00a-9:00a 5 LANES	5:00a-9:00a 5 LANES	5:00a-9:00a 5 LANES	7:00a-8:00a 5 LANES	7:00a-9:00a 5 LANES							
	9:00a-1:00p 4 LANES	9:00a-9:45a 4 LANES	9:00a-4:00p 4 LANES	9:00a-9:45a 4 LANES	8:00a-9:00a 0 LANES								
9:45a-11:00a 0 LANES		9:45a-11:00a 0 LANES		9:45a-11:00a 0 LANES	9:00a-10:30a 4 LANES	9:00a-10:30a 0 LANES							
11:00a-1:00p 4 LANES		11:00a-1:00p 4 LANES		11:00a-1:00p 4 LANES	10:30a-1:30p 3 LANES	10:30a-1:30p 3 LANES							
2:00p-4:00p 4 LANES	2:00p-4:00p 4 LANES	2:00p-4:00p 4 LANES	2:00p-4:00p 4 LANES	2:00p-4:00p 4 LANES	1:30p-6:30p 4 LANES	1:30p-6:30p 4 LANES							
4:00p-7:30p 0 LANES	4:00p-7:30p 0 LANES	4:00p-7:30p 0 LANES	4:00p-7:30p 0 LANES	4:00p-7:30p 0 LANES									
7:30p-8:30p 4 LANES	7:30p-8:30p 4 LANES	7:30p-8:30p 4 LANES	7:30p-8:30p 4 LANES	7:30p-8:30p 4 LANES									

UPPER POOL*							*ADULTS & SWIM PROGRAMS ONLY						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY							
5:00a-6:15p 5 Lanes	5:00a-8:15p 5 Lanes	5:00a-6:15p 5 Lanes	5:00a-8:15p 5 Lanes	5:00a-8:15p 5 Lanes	7:00a-6:45p 5 Lanes	7:00a-6:45p 5 Lanes							
6:15p-7:15p 0 Lanes		6:15p-7:15p 0 Lanes			<div style="border: 1px solid black; padding: 5px; text-align: center;"> When 5 lanes are available, 1 of the 5 lanes is a reservation lane. </div>								
7:15p-8:15p 5 Lanes		7:15p-8:15p 5 Lanes											

LANE ETIQUETTE

LANE SHARING: Exercise/Run/Walk/Swim Always ask to share a lane. Sit down at edge of pool to ask swimmer if they mind sharing their lane with you. Do not just jump into a swimmer's lane.

SPLIT LANE: 2 people: straight laps, one person on right, one on left side of lane.

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



ROLLING HILLS CLUB

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Activity Schedule Lane Use

February 27~March 31, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	9:00a-10:00a AQUAFIT DEEP DIVE WELL	9:00a-10:00a AQUAFIT DEEP DIVE WELL	9:00a-10:00a AQUAFIT DEEP DIVE WELL	9:00a-10:00a AQUAFIT DEEP DIVE WELL	8:00a-9:00a MUDSHARKS LP / 5 LANES	
9:45a-11:00a MUDSHARKS LP / 5 LANES		9:45a-11:00a MUDSHARKS LP / 5 LANES		9:45a-11:00a MUDSHARKS LP / 5 LANES	9:00a-10:00a AQUAFIT DEEP DIVE WELL	9:00a-10:30a SPECIAL OLYMPICS LP / 5 LANES
11:00a-1:00p REC SWIM LP / 1 LANE	11:00a-1:00p REC SWIM LP / 1 LANE	11:00a-1:00p REC SWIM LP / 1 LANE	11:00a-1:00p REC SWIM LP / 1 LANE	11:00a-1:00p REC SWIM LP / 1 LANE	12:00p-6:00p REC SWIM LP / 1 LANE	12:00p-6:00p REC SWIM LP / 1 LANE
1:00p-2:00p AQUAFIT SHALLOW LP / 5 LANES	1:00p-2:00p AQUAFIT SHALLOW LP / 5 LANES	1:00p-2:00p AQUAFIT SHALLOW LP / 5 LANES	1:00p-2:00p AQUAFIT DEEP LP / DIVE WELL	1:00p-2:00p AQUAFIT SHALLOW LP / 5 LANES		
2:00p-6:00p REC SWIM LP / 1 LANE	2:00p-6:00p REC SWIM LP / 1 LANE	2:00p-6:00p REC SWIM LP / 1 LANE	2:00p-6:00p REC SWIM LP / 1 LANE	2:00p-6:00p REC SWIM LP / 1 LANE	<div style="border: 1px solid black; padding: 5px;"> SWIM LESSONS LOWER POOL (1 LANE) Sat + Sun 10:30a-1:30p </div>	
4:00p-7:30p STINGRAYS LP / 4 LANES	4:00p-7:30p STINGRAYS LP / 4 LANES	4:00p-7:30p STINGRAYS LP / 4 LANES	4:00p-7:30p STINGRAYS LP / 4 LANES	4:00p-7:30p STINGRAYS LP / 4 LANES	<div style="border: 1px dashed black; padding: 5px;"> STINGRAYS SWIM TEAM ½ Dive Well M,W,F ~ 4:00-5:00pm </div>	
6:15p-7:15p MUDSHARKS UP / 5 LANES	6:30p-7:30p AQUAFIT YOGA LP / DIVE WELL	5:30p-6:30p AQUAFIT DEEP LP / DIVE WELL 6:15p-7:15p MUDSHARKS UP / 5 LANES				

ACTIVITY DESCRIPTIONS

AQUAFIT

Moderate to Intense workout w/cardio, core, endurance & strength. Modifications are given. Flotation devices provided.

- DEEP: Deep Water, Intense level.
- SHALLOW: Shallow Water, set to music.

MUDSHARKS Master Swim Team (\$)

Sharpens skills & conditioning for competition and prepares you to do your best in meets, triathlons & open water races. Workouts usually 2000-3000yds.

SWIM LESSONS (\$) Parent/Tot through Adults

STINGRAYS SWIM TEAM (\$)

A fitness and competitive swim team for youth ages 5-18 who want to improve all around swimming ability, strength, technique, stamina, and safety.

COLOR CODE

- BLUE = Lower Pool
- GREEN = Upper Pool
- ORANGE = Water Classes
- RED = Recreational Swim (REC SWIM)
- MAGENTA = Swim Teams (Stingrays + MudSharks)

CLUB HOURS

Weekdays 5:00am-9:00pm
Weekends 7:00am-8:00pm
Holidays Check Website

HOURS POOLS & SPAS

Weekdays 5:00am-8:30pm
Weekends 7:00am-7:30pm
DIVING WELL
CLOSED during classes

LIFEGUARD HOURS & INFO

NO LIFEGUARDS ON DUTY
REC SWIM
Mon – Fri: 11:00am-6:00pm when class is not in progress.
Sat + Sun: 12:00pm-6:00pm
SWIMMERS UNDER 14 must be under parent supervision AT ALL TIMES in all pool & spa areas.



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