

# Lap Lane Availability (for Swimming & Exercise) *effective: September 5-30, 2023*

<b>LOWER POOL</b>						
<i>UPPER / LOWER POOL LENGTH =25 Yards / 66 laps = 1 mile</i>						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00a-9:00a 5 LANES	5:00a-11:00a 5 LANES	5:00a-9:00a 5 LANES	5:00a-11:00a 5 LANES	5:00a-9:00a 5 LANES	7:00a-8:00a 5 LANES	7:00a-10:30a 5 LANES
9:00a-9:45a 4 LANES		9:00a-9:45a 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	
11:00a-1:00p 4 LANES	11:00a-1:00p 4 LANES	11:00a-1:00p 4 LANES	11:00a-4:00p 4 LANES	11:00a-1:00p 4 LANES	10:30a-1:30p 2 LANES	10:30a-1:30p 2 LANES
1:00p-2:00p 0 LANES	1:00p-2:00p 0 LANES	1:00p-2:00p 0 LANES		1:00p-2:00p 0 LANES	1:30p-6:30p 3 LANES	1:30p-6:30p 3 LANES
2:00p-5:00p 4 LANES	2:00p-5:00p 4 LANES	2:00p-5:00p 4 LANES	2:00p-5:00p 4 LANES	2:00p-8:30p 4 LANES		
5:00p-6:15p 0 LANES	5:00p-6:00p 0 LANES	5:00p-6:15p 0 LANES	5:00p-6:00p 0 LANES			
6:15p-8:30p 4 LANES	6:00p-8:30p 4 LANES	6:15p-8:30p 4 LANES	6:00p-8:30p 4 LANES			

<b>UPPER POOL*</b>						
<i>*ADULTS &amp; SWIM PROGRAMS ONLY</i>						
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: 10px; text-align: center;"> <p><b>When 5 lanes are available, 1 of the 5 lanes is a reservation lane.</b></p> </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

351 San Andreas Drive  
Novato, CA 94945  
415.897.2185  
www.rollinghillsclub.com

# Activity Schedule Lane Use

effective: September 5-30, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00a-10:00a AQUAFIT DEEP LP / DIVE WELL		9:00a-10:00a AQUAFIT DEEP LP / DIVE WELL		9:00a-10:00a AQUAFIT DEEP LP / 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 LP / DIVE WELL	
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 / 1-2 LANES	12:00p-6:00p REC SWIM LP / 1-2 LANES
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		
5:00p-6:15p SWIM CLINICS LP / 4 LANES	5:00p-6:00p SWIM CLINICS LP / 4 LANES	5:00p-6:15p SWIM CLINICS LP / 4 LANES	5:00p-6:00p SWIM CLINICS LP / 4 LANES		<b>SWIM LESSONS</b> <b>LOWER POOL ( 1 LANE )</b> Sat + Sun 10:30a-1:30p	
		6:00p-7:00p AQUAFIT DEEP LP / DIVE WELL	6:30p-7:30p AQUAFIT DEEP LP / DIVE WELL			
6:15p-7:15p MUDSHARKS UP / 5 LANES		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

### YOUTH SWIM CLINICS (\$)

Monthly clinics for ages 5-18. Build endurance and Improve technique. Swimmer MUST be able to Swim 25 yards unassisted.

### COLOR CODE

BLUE = Lower Pool

GREEN = Upper Pool

ORANGE = Water Classes

RED = Recreational Swim ( REC SWIM )

MAGENTA = Swim Teams ( Stingrays + MudSharks )

PURPLE = Swim Clinics

### 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

LIFEGUARDS ON DUTY

Mondays-Fridays: 4:00pm-6:00pm

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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