

Lower Pool Available Lap Lanes

Effective January 11, 2010

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|--|--|---|--|
| 5:30-8:15am 5 Lanes | 5:30-8:15am 5 Lanes | 5:30-8:00am 5 Lanes | 5:30-8:15am 5 Lanes | 5:30-8:00am 5 Lanes | | |
| 8:15-9:00am 3 Lanes PT/ SwimFit | 8:15-9:00am 3 Lanes PT/ SwimFit | 8:00-10:00am 4 Lanes Physical Therapy | 8:15-9:00am 3 Lanes PT/ SwimFit | 8:00-10:00am 4 Lanes Physical Therapy | 7:00-9:00am 5 Lanes | 7:00-9:00am 5 Lanes |
| 9:00-10:00am 4 Lanes Physical Therapy | 9:00-10:00am 3 Lanes Water Exercise | | 9:00-10:00am 3 Lanes Water Exercise | | 9:00-10:00am 1 Lane Water Exercise | 9:30-11:00am 1-2 Lanes Special Olympics |
| 10:00-11:15am 0 Lanes Mudsharks | 10:00am-3:30pm 3 Lanes Phys Therapy/Rec | 10:00-11:15am 0 Lanes Mudsharks | 10:00am-3:30pm 3 Lanes Phys Therapy/Rec | 10:00-11:15am 0 Lanes MudSharks | 10:00am-1:00pm 3 Lanes Rec Swim/Lesson | 11:00am-1:00pm 4 Lanes Rec Swim |
| 11:15am-1:00pm 3 Lanes PT/ Lessons/Rec | | 11:15am-1:00pm 3 Lanes PT/Lessons/Rec | | 11:15-1:00pm 3 Lanes PT/Lessons/Rec | | |
| 1:00-2:00pm 1 Lane Water Aerobics | | 1:00-2:00pm 1 Lane Water Aerobics | | 1:00-2:00pm 1 Lane Water Aerobics | 1:00-4:00pm 1 Lane Rec Swim | 1:00-4:00pm 1 Lane Rec Swim |
| 2:00-3:30pm 3 Lanes Phys Therapy/Rec | | 2:00-3:30pm 3 Lanes Phys Therapy/Rec | | 2:00-5:00pm 3 Lanes Phys Therapy/Rec | | |
| 3:30-6:00pm 0 Lanes Clinic/Rec | 3:30-5:15pm 0 Lanes Clinic/Rec | 3:30-6:00pm 0 Lanes Clinic/Rec | 3:30-5:15pm 0 Lanes Clinic/Rec | | | |
| 6:00-7:00pm 4 Lanes Rec | 5:15-6:00pm 3 Lanes Rec | 6:00-7:00pm 4 Lanes Rec | 5:15-6:00pm 3 Lanes Rec | 5:00-6:00pm 3 Lanes Rec | 4:00-7:50pm 3 Lanes Rec Swim | 4:00-7:50pm 3 Lanes Rec Swim |
| 7:00-8:15pm 0 Lanes Mudsharks | 6:00-7:00pm 4 Lanes Rec Swim | 7:00-8:15pm 0 Lanes Mudsharks | 6:00-7:00pm 4 Lanes Rec Swim | 6:00-9:50pm 5 Lanes | | |
| 8:15-9:50pm 5 Lanes | 7:00-9:50pm 5 Lanes | 8:15-9:50pm 5 Lanes | 7:00-9:50pm 5 Lanes | | | |



SCHEDULED ACTIVITIES IN LOWER POOL (except where noted)

- ⇒ Monday thru Friday pool closed at 9:50pm ~ Saturday & Sunday closed and covered 7:50pm
- ⇒ Swim Lessons Monday-Friday 10am-2pm, Saturday 10-12
- ⇒ Diving Well CLOSED M-Th 9-10 & T&Th 6-7pm
- ⇒ Rec Swim Wed. 3:15-5:30pm, S & S 1-4pm
- ⇒ MudSharks: M/W/F, 10-11:15am & Mon Wed, 7-8:15pm
- ⇒ Physical Therapy: M~F, 8-10am, 11:30am-12:30pm & 2-3pm LOWER & UPPER POOLS
- ⇒ Families with special needs youth may lap swim w/parental supervision in LOWER or UPPER POOL
- ⇒ Swim Clinic Mon & Wed 3:30-6pm, Tues & Thurs 3:30-5:15pm
- ⇒ SwimFit, M/T/Th 8:15-9am
- ⇒ US Masters Annual 1 Hour Swim, January 31st, 9-11am
- ⇒ Special Olympics Sundays 9:30-11am (begins 1/17)
- ⇒ Water Ex: M/W/F 1-2pm & T/Th/Sat 9-10am

Upper Pool Lap Lane Availability

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|--|---------------------------------|
| 5:30-8:00am 5 Lanes | 5:30-8:00am 5 Lanes | 5:30-8:00am 5 Lanes | 5:30-8:00am 5 Lanes | 5:30-8:00am 5 Lanes | 7:00am-10:00am 5 Lanes | 7:00am-7:50pm 5 Lanes |
| 8:00am-2:00pm 4/5 Lanes Phys Therapy | 8:00am-2:00pm 4/5 Lanes Phys Therapy | 8:00am-2:00pm 4/5 Lanes Phys Therapy | 8:00am-2:00pm 4/5 Lanes Phys Therapy | 8:00am-2:00pm 4/5 Lanes Phys Therapy | 10:00am-12:00pm 4 Lanes Lessons | |
| 2:00-6:00pm 4 Lanes PT/Lessons | 2:00-6:00pm 4 Lanes PT/Lessons | 2:00-6:00pm 4 Lanes PT/Lessons | 2:00-6:00pm 4 Lanes PT/Lessons | 2:00-6:00pm 4 Lanes PT/Lessons | 12:00-7:50pm 5 Lanes | |
| 6:00-9:50pm 5 Lanes | 6:00-9:50pm 5 Lanes | 6:00-9:50pm 5 Lanes | 6:00-9:50pm 5 Lanes | 6:00-9:50pm 5 Lanes | | |
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Recreational Swim LIFEGUARD HOURS

Effective January 11, 2010

Wednesday ONLY

3:15-5:30pm

Saturday & Sunday

1:00-4:00pm

MILK Day, January 18

1-4pm

REC. SWIM RULES

- ⇒ Family Spa - children under 14 years must be directly supervised by an adult.
- ⇒ Swimmers must be at least 14 years old to swim without a lifeguard on duty.
- ⇒ Whether a lifeguard is on duty or not, no one under 8 years of age may swim without direct adult supervision from the pool deck.
- ⇒ The "deep end" of the pool is the diving well. Individuals who cannot pass the "Lifeguard Test" are not allowed in the deep end, even if they use flotation devices or if they have adult supervision in the water. (This rule applies to adults as well).
- ⇒ The "Lifeguard Test" equals swimming one width of the diving well unassisted.

BEST TIMES TO USE LANES

- ⇒ M/W 5:30-10am, 11:30am-1pm, 6-7pm, 8:15-9:45pm
- ⇒ T/Th 5:30-8:15am, 10am-3pm, 7:15-9:45pm
- ⇒ Friday 5:30-9am, 11:30-1pm, 6-9:45pm
- ⇒ Saturday 7-9am, 10am-12pm, 4-7:45pm
- ⇒ Sunday 7-9:30am, 11am-12noon, 4-7:45pm

LANE SHARING / Always ask to share a lane.

- ⇒ **SPLIT LANE:** Swim/Walk/Run straight laps w/one person on the right side & one person on the left side of lane
- ⇒ **CIRCLE SWIM:** Swim/Walk/Run in a counter clockwise circular pattern. To pass or over-take another swimmer, move to the middle of lane & pass on swimmer's left side. This method can accommodate more than two people.



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POOL SCHEDULES

Effective January 11, 2010



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