

Lower Pool Available Lap Lanes

Effective November 14th

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 ⇒ Special Olympics Sundays 9-10:30am (9/13-11/22)
- ⇒ Rec Swim Wed. 3-5:30pm, S & S 1-4pm ⇒ Water Ex: M/W/F 1-2pm & T/Th/Sat 9-10am
- ⇒ 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

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		

Recreational Swim LIFEGUARD HOURS

Effective November 14th

Wednesday ONLY

3:00-5:30pm

Saturday & Sunday

1:00-4:00pm

Thanksgiving Day ~ NO GUARD

November 23, 24, 25 & 27

1:00-4:30pm

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 5:30-9:15am, 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 7-12pm, 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.



MERIDIAN
SPORTS CLUBS
Rolling Hills • Novato



MERIDIAN
SPORTS CLUBS
Rolling Hills • Novato

POOL SCHEDULES

Effective November 14th



Winnifred Comfort, Aquatic Director
winnie@rollinghillclub.com

351 San Andreas Drive
Novato, California 94945
415.897.2185

www.meridiansportsclubs.com