

Email Newsletter Sign-up

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See next page for Memorial Day Weekend Schedule and Special Dates

ROCKVILLE SWIM AND FITNESS CENTER

355 Martins Lane • Rockville, MD 20850 • <http://www.rockvillemd.gov/swimcenter> • (240) 314-8750

Pre-Season I Recreational / Lap Swim & Fitness Center Schedule (May 5 – May 26, 2023)

	Indoor Pools		Outdoor Pools		Fitness Room / Spa / Sauna / Lobby
	North Pool (6 lanes x 25 meters + ramp area)	South Pool (6 lanes x 25 yards)	Fitness Pool (8 lanes x 50 meters pool for LAP SWIM, with 1 lane for Recreation Swim). <u>No Diving Boards</u>	Recreation Pool (leisure pool with slide) <u>Opens 5/27</u>	
Monday	6:00 – 8:20 am 11:00 – 3:30 pm* 5:00 – 9:00 pm**	7:30 – 9:00 am 12:00 – 3:00 pm	6:00 am – 8:00 pm (Only 3 lanes available 3:45 – 6:00 pm)	CLOSED	6:00 am – 9:00 pm
Tuesday	6:00 – 8:20 am 11:00 – 4:30 pm 6:00 – 9:00 pm**	7:30 – 11:00 am 12:00 – 3:00 pm	6:00 am – 8:00 pm (Only 3 lanes available 3:45 – 6:00 pm)	CLOSED	6:00 am – 9:00 pm
Wednesday	6:00 – 8:20 am 11:00 – 3:30 pm* 5:00 – 9:00 pm**	7:30 – 9:00 am 12:00 – 3:00 pm	6:00 am – 8:00 pm (Only 3 lanes available 3:30 – 5:00 pm)	CLOSED	6:00 am – 9:00 pm
Thursday	6:00 – 8:20 am 11:00 – 4:30 pm 6:00 – 9:00 pm**	7:30 – 11:00 am 12:00 – 3:00 pm	6:00 am – 8:00 pm (Only 3 lanes available 3:30 – 5:45 pm)	CLOSED	6:00 am – 9:00 pm
Friday	6:00 – 8:20 am 11:00 – 3:30 pm 5:00 – 9:00 pm**	7:30 – 9:00 am 12:00 – 3:00 pm	6:00 am – 8:00 pm (Only 3 lanes available 3:30 – 5:15 pm)	CLOSED	6:00 am – 9:00 pm
Saturday	6:00 – 7:30 am 12:00 – 9:00 pm	10:30 – 4:00 pm (only 2 lanes available 10:30-12:00 pm)	9:00 am – 7:00 pm	CLOSED	6:00 am – 9:00 pm (Spa closes at 7pm on Sat)
Sunday	11:00 – 9:00 pm (only 3 lanes lap swim available 11am-12:45pm)	1:00-3:00 pm	9:00 am – 7:00 pm	CLOSED	9:00 am – 9:00 pm

North Pool Notes: With the exception of the early morning hours, the pool is set up with 4 lanes for lap swim and an open recreation area available.

*The ramp area is not available 2:00-3:00 pm Mon and Wed / ** The ramp area and first lane in North pool will remain closed until 5:15 pm (Mon, Wed and Fri) or 6:15 pm (Tues and Thurs) due to swim lessons.

Sign Up for Notifications
Receive updates on

- Schedule changes
- Weather alerts
- Upcoming classes and facility projects

Sign up at: www.rockvillemd.gov/swimcenteralerts

Rockville Swim and Fitness Center
355 Martins Lane • Rockville MD 20850
www.rockvillemd.gov/swimcenter 240-314-8750

Please see page 1 of the flyer for the normal operating hours

Special Dates and Hours for the Pre-Season I Schedule S

Sunday, May 21, 2023

Outdoor Fitness Pool will be set up for “short course” with limited (6) lanes available to the public.

Memorial Day Weekend Schedule (Sat. 5/27-Mon. 5/29)

	Indoor Pools		Outdoor Pools		Fitness Room / Spa / Sauna / Lobby
	North Pool	South Pool	Fitness Pool	Recreation Pool	
Saturday May 27	6:00am – 9:00pm	CLOSED	9:00am – 9:00pm 9am-12pm: LAP SWIM ONLY 12pm-9pm: 3 lanes lap swim + diving boards and rec. area	12:00pm – 8:00pm	6:00 am – 9:00 pm (Spa closes at 7pm on Sat)
Sunday May 28	9:00am – 9:00pm	CLOSED	9:00am – 9:00pm 9am-12pm: LAP SWIM ONLY 12pm-9pm: 3 lanes lap swim + diving boards and rec. area	12:00pm – 8:00pm	9:00am – 9:00pm
Monday May 29 *	11:00am – 9:00pm	CLOSED	12:00pm – 9:00pm 3 lanes lap swim + diving boards and rec. area	12:00pm – 8:00pm	11:00am – 9:00pm

***On Mon. 5/29 access to the parking lots will be restricted until 1pm due to the Memorial Day Parade.**

Schedule and Facility Notes

- Review <http://www.rockvillemd.gov/swimcenter> for a full listing of facility polices, updates to the hours of operations (i.e. special events) and additional details on memberships, program offerings, admission fees and [lap swim guidelines](#).
- Lap lanes are to be used for lap swimming or water walking only.
 - Lap Swimming is defined as: traversing the length of the pool using a coordinated stroke for a sustained period. Lap swimmers must be able to swim from one end of the pool to the other without stopping or assistance.
 - Water Walking is defined as: continuous motion of the legs/arms to “jog in place” over a sustained period of time for exercise purposes. When water walking shares a lane with lap swimming, water walkers should locate themselves at the ends of the lane.
- Lap lane allocations change throughout the day for certain pools (see schedule). Facility staff may begin to move lap lanes for upcoming activities within a ten (10) minute window of the published transition times.
- Check your residency status at www.rockvillemd.gov/gis. **Note: not all Rockville mailing addresses are in the corporate City limits.** To received resident rates for daily admission, a Recreation ID card must be presented. Cards are available at the front desk for \$2 with proof of City of Rockville Residency (photo ID with address, utility bill, lease, school records for youth)
- Customers may utilize a face covering if desired, when not in the water. Face coverings should be removed while swimming. A limited exception is granted for individuals wishing to wear a face covering in the pool, when conducting water walking with their face out of the water. The City will not be asking visitors to provide their vaccination status.
- Program offerings are also available. Visit <http://www.rockvillemd.gov/registration> to learn more.
- Do not come to the facility if you are sick or otherwise instructed to remain at home. Follow the [Centers for Disease Control Recommendations for Healthy Swimming \(https://www.cdc.gov/healthywater/swimming/index.html\)](https://www.cdc.gov/healthywater/swimming/index.html).
- Take steps to wash your hands often and shower before swimming.
- Children under nine (9) years of age must be supervised by an adult at all times.
- **Admission fees are required for all who enter the facility for recreation / lap swim. There will be no refunds for inclement weather. Additional fees apply for Fitness Room use and Program Registration.**

Daily Admission – Aquatics	General Admission (Non – City Residents)	City of Rockville Resident (with Recreation ID – available at RSFC front desk for \$2 with proof of Rockville Residency)
Adult (18-59)	\$8	\$7
Child (1-17)	\$7	\$6
Senior (60+)	\$6.45	\$5.60