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See next page for important information on Special Dates and Hours

ROCKVILLE SWIM AND FITNESS CENTER

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

Pre-Season II Recreational / Lap Swim & Fitness Center Schedule (May 30 – June 16, 2023)

	Indoor Pools		Outdoor Pools		Fitness Room / Spa / Sauna / Lobby
	North Pool (8 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). No Diving Boards M-F	Recreation Pool (leisure pool with slide) <u>Opens 7 days x week on Sat. 6/17</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)	6/2: CLOSED 6/9: 4:00 – 8:00 pm 6/16: 1:00 – 8:00 pm	6:00 am – 9:00 pm
Saturday	6:00 – 7:30 am 12:00 – 9:00 pm	10:30 – 12:00 pm (only 2 lanes available 10:30-12:00 pm)	12:00 pm – 9:00 pm 12pm-9pm: 3 lanes lap swim + diving boards and rec. area *see page 2*	12:00 pm – 8:00 pm	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 – 9:00 pm 9am-12pm: LAP SWIM ONLY 12pm-9pm: 3 lanes lap swim + diving boards and rec. area *see page 2*	12:00 pm – 8:00 pm	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.

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

See next page for important information on Special Dates and Hours

Special Dates and Hours for the Pre-Season II Schedule

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

Note: On Sat. June 10 and Sat. June 17 the Outdoor Fitness Pool will be opening at 12:00pm due to Swim Meets

Maryland State Long Course Championship Swim Meet (Fri. 6/2-Sun. 6/4)

Outdoor Fitness Pool will be **CLOSED** from Fri. June 2 beginning at 11am through Sun. June 4
Limited lap lane space will be available in the:

	Recreation Pool	South Pool	Fitness Pool
Friday 6/2	3:30 pm – 8:00 pm (2 lanes)	12:00 pm – 3:00 pm	6:00 am – 11:00 am
Saturday 6/3	9:00 am – 11:45 am (2 lanes)	12:00 pm – 6:00 pm (2 lanes)	CLOSED
Sunday 6/4	9:00 am – 11:45 am (2 lanes)	1:00 pm – 7:00 pm (2 lanes)	CLOSED

All other areas of the facility and programs are operating on a regular schedule.

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 receive 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.**

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Sign up at: www.rockvillemd.gov/swimcentralerts