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**ROCKVILLE SWIM AND FITNESS CENTER**

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

**Hours of Operation valid 10/19/20 through 10/30/20**

Facility open ONLY to Rockville Residents and Members for Lap Swim / Water Walking and Fitness Room and limited Family Recreation Swim (limited times ONLY, see schedule).

RESERVATIONS ARE REQUIRED, visit [www.rockvillemd.gov/rsfcreervations](http://www.rockvillemd.gov/rsfcreervations) before your visit.

As restrictions become lifted, this schedule and associated procedures will change.

See page 2 for additional details.

**Outdoor Fitness Pool Schedule on Page 2**

	<u>North Pool Lap Lanes</u> (6 lanes x 25 meters)	<u>South Pool Lap Lanes</u> (6 lanes x 25 yards)	<u>North Pool Family Rec</u> (ramp area)
<b>Monday</b>	6:00 – 8:30 a.m. 10:30 – 3:30 p.m. 6:00 – 9:00 p.m.	8:00 – 10:00 a.m. 11:00 – 4:00 p.m.	6:00 – 8:30 a.m. 10:30 – 3:30 p.m. 5:30 – 9:00 p.m.
<b>Tuesday</b>	6:00 – 8:30 a.m. 10:30 – 3:30 p.m. 5:30 – 9:00 p.m.	8:00 – 10:00 a.m. 12:00 – 3:30 p.m.	6:00 – 8:30 a.m. 10:30 – 4:30 p.m.
<b>Wednesday</b>	6:00 – 8:30 a.m. 11:00 – 3:30 p.m. 6:00 – 9:00 p.m.	8:00 – 9:00 a.m. 11:00 – 1:00 p.m. 2:00 – 4:00 p.m.	6:00 – 8:30 a.m. 11:00 – 3:30 p.m. 5:30 – 9:00 p.m.
<b>Thursday</b>	6:00 – 8:30 a.m. 10:30 – 3:30 p.m. 5:30 – 9:00 p.m.	8:00 – 10:00 a.m. 12:00 – 3:30 p.m.	6:00 – 8:30 a.m. 10:30 – 4:30 p.m.
<b>Friday</b>	6:00 – 8:30 a.m. 9:30 – 3:30 p.m. 6:00 – 9:00 p.m.	8:00 – 9:00 a.m. 11:00 – 4:00 p.m.	6:00 – 8:30 a.m. 9:30 – 3:30 p.m. 5:30 – 9:00 p.m.
<b>Saturday</b>	6:00 a.m. – 9:00 p.m. (only 3 lanes 9:00-12:30)	12:30 – 9:00 p.m. (only 3 lanes 12:30-1:30)	12:00 – 9:00 p.m.
<b>Sunday</b>	9:00 a.m. – 9:00 p.m. (only 3 lanes 9:00-12:00)	1:00 – 4:00 p.m. (only 4 lanes 1:00-4:00)	1:00 – 9:00 p.m.

**Fitness Room Hours**

**Monday through Saturday:** 6:00 a.m. – 9:00 p.m.  
**Sunday:** 9:00 a.m. – 9:00 p.m.

<b>Day</b>	<b>Outdoor Fitness Pool</b> ("short course" 25 Meter lanes)
	<b>Lane Availability</b>
<b>Mon. – Sat.</b> <b>Open: 6:00am-8:00pm</b> <b>Sun.</b> <b>Open: 9:00am-8:00pm</b>	Quantity of 15-19 lanes available by reservation.  Note: some sections of the pool periodically closed for cleaning.

**Due to COVID-19 related precautions and social distancing requirements set forth by the State of Maryland and Montgomery County Departments of Health, facility operations are strictly limited at this time. Please take time to read the information below prior to requesting a reservation. As the health authorities' restrictions on swimming pool and fitness center operations become looser, we will re-address the limitations for the Rockville Swim and Fitness Center.**

- Facility use limited to City of Rockville Residents and facility members only. Facility is available for LAP swim, Water Walking and Fitness Room uses. Limited family recreation swim is available by reservation only – see schedule (note: slide and diving boards remain closed).
  - Check your residency status at [www.rockvillemd.gov/gis](http://www.rockvillemd.gov/gis).
- Advanced Reservations are required (at least 24 hours in advance). Request a reservation at [www.rockvillemd.gov/rsfcreervations](http://www.rockvillemd.gov/rsfcreervations).
- Arrive no more than 10 minutes before your reservation time. Customers will be asked to wait outside/in their car until 10 minutes before their reservation begins.
- Only Lap Swimming and Water Walking are permitted (except during designated family recreation swim times).
  - 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.
  - Lap lanes may only be used by one person at a time, and customers should rest at opposite ends of the pool.
  - During family rec. swim, each family unit (max size of 6) will be assigned an area for swimming.
- A face covering is required to be worn by all visitors over the age of 2 when not in the water.
- Although the indoor locker rooms and outdoor bathhouse will be open, customers should plan to "dip in and dip out," focusing their time at the facility on swimming. Consider coming dressed to swim and changing afterwards at home.
- Customers must bring all equipment (ex: kickboards, towels, goggles) they would like to use. No shared equipment will be available. Bring your own filled water bottle. Deck furniture is not available during this phase of our re-opening.
- Limited program offerings are also available. Visit [www.rockvillemd.gov/registration](http://www.rockvillemd.gov/registration) to learn more. Programs require advanced registration (no drop-ins).
- 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.
- Cleaning and sanitizing procedures have been increased throughout the facility in compliance with health department directives.
- The recreation pool, tot pool, sprayground, water slide, diving boards, spa, and sauna remain closed.
- Do not come to the facility if you are sick or otherwise instructed to remain at home.

Visit our website at [www.rockvillemd.gov/swimcenter](http://www.rockvillemd.gov/swimcenter) for additional details