



See page 2 for info
on special dates



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ROCKVILLE SWIM AND FITNESS CENTER

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

2021 Recreational Swim and Fitness Center Schedule
Fall 2021 (effective 11/1/2021)

	Indoor Pools		Fitness Room / Lobby
	North Pool <small>6 lanes x 25 meters + ramp area)</small>	South Pool <small>(6 lanes x 25 yards)</small>	
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 – 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 – 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 – 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 – 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 – 9:00 pm
Saturday	6:00 – 7:30 am 12:00 – 9:00 pm	10:30 – 4:00 pm <small>(only 2 lanes available 10:30-12:00 pm and minimum of 3 lanes available 3-4pm)</small>	6:00 am – 9:00 pm
Sunday	11:00 – 9:00 pm <small>(only 3 lanes lap swim available 11-12:45, ramp and 3 lanes closed until 12:45 pm)</small>	1:00-4:00 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.

Fall 2021 Special Dates/Facility Closures

Thanksgiving Day, November 25, 2021

Facility CLOSED

No Instructional Programs (swim lessons / fitness classes) Fri. 11/26 – Sun. 11/28.

Friday, November 26, 2021

North Pool	6:00am – 9:00pm
South Pool	Closed
Fitness Room & Lobby	6:00am – 9:00pm

Saturday, November 27, 2021

North Pool	6:00am – 7:30am & 11:00am – 9:00pm
South Pool	10:30am – 4:00pm
Fitness Room & Lobby	6:00am – 9:00pm

Sunday, November 28, 2021

North Pool	9:00am – 9:00pm
South Pool	1:00pm – 4:00pm
Fitness Room & Lobby	9:00am – 9:00pm

Schedule and Facility Notes

- Review <http://www.rockvillemd.gov/swimcenter> for a full listing of facility policies and updates to the hours of operations (i.e. special events)
- The indoor pools are open to all without a reservation. In the event that the facility reaches capacity, admission will be paused until space becomes available at the discretion of facility management.
- 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 are encouraged to limit their time in the locker rooms by arriving and leaving the facility dressed for swimming. Leave valuables at home and lock your locker. The facility is not responsible for lost or stolen items.
- A face covering is required to be worn indoors by all visitors over the age of 2 except when in the water, regardless of vaccination status. Face coverings are optional outdoors. Please be advised that certain programs operating throughout the City may still require face coverings based on specific licensing regulations and/or program requirements. Customers will be informed of these specific requirements if applicable. The City will not be asking visitors to provide their vaccination status.
- 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.
- Program offerings are also available. Visit <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.
- The whirlpool (spa), and sauna remain closed at this time.
- Do not come to the facility if you are sick or otherwise instructed to remain at home.
- 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.

Daily Admission - Aquatics	General Admission (Non-Resident)	City of Rockville Resident <small>(with Recreation ID – available at RSFC front desk for \$2 with proof of Rockville Residency)</small>
Adult	\$7	\$6
Child (1-17)	\$6	\$5
Senior (60+)	\$5.60	\$4.80

Check our website at <http://www.rockvillemd.gov/swimcenter> for facility policies and additional details on memberships, programs, and admission fees.