



**See page 2 for info
on special dates**



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To add your email address to the distribution list, visit www.rockvillemd.gov/swimcenteralerts to sign up.

ROCKVILLE SWIM AND FITNESS CENTER

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

2023 Recreational Swim and Fitness Center Schedule

Winter 2023

	Indoor Pools		Fitness Room / Spa / Sauna / Lobby
	North Pool (6 lanes x 25 meters + ramp area)	South Pool (6 lanes x 25 yards)	
Monday	6:00 – 8:20 am 11:00 – 3:30 pm* 5:00 – 9:00 pm**	7:30 – 9:00 am 12:00 – 2:45* / 3:00 pm* (*Closes at 2:45pm 11/21 thru 2/13 and 3:00pm on other dates)	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 (only 2 lanes available 10:30-12:00 pm and minimum of 3 lanes available 3-4pm)	6:00 am – 9:00 pm (Spa closes at 7pm)
Sunday	11:00 – 9:00 pm (only 3 lanes lap swim available 11-12:45, ramp and 3 lanes closed until 12:45 pm)	1:00-3:00 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.

Winter 2023 Special Dates/Facility Closures

3rd Saturday of each month:

Two lanes of the South Pool will be used for staff training between 1:00pm-2:00pm.

Dr. Martin Luther King Jr. Day, Mon. Jan. 16, 2023

Facility and programs operating on normal schedule.

Presidents' Day, Mon. Feb. 20, 2023

Facility and programs operating on normal schedule.



Sign Up for Notifications
Receive updates on

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

Sign up at: www.rockvillemd.gov/swimcenteralerts

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

Schedule and Facility Notes

- Review <http://www.rockvillemd.gov/swimcenter> for a full listing of facility policies, 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. Lap swimmers are expected to “split the lane” with 1-2 swimmers or “circle swim” with 3 or more swimmers in a lane. See our [Pool and Lap Swim Etiquette](#) online at www.rockvillemd.gov/swimcenter for details.
 - 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. Programs require advanced registration (no drop-ins).
- 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.
- Facility policies require that all pool users wear a bathing suit / approved swim attire when swimming.
- Children under nine (9) years of age must be supervised by a responsible, water-safe adult at all times.

Admission Fees

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+)	\$6.40	\$5.60

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