

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 6 – May 27, 2022)

	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). <u>No Diving Boards</u>	Recreation Pool (leisure pool with slide) <u>Opens 5/28</u>	
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)	1:00-4:00 pm	9:00 am – 7:00 pm	CLOSED	9:00 am – 9:00 pm
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 3:15 – 5:30 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 3:15 – 5:30 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 3:15 – 5:30 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 3:15 – 5:30 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	CLOSED	6:00 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.

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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

Special Dates and Hours for the Pre-Season I Schedule

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

Sunday, May 22, 2022

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

Memorial Day Weekend Schedule (Sat. 5/28-Mon. 5/30)

	Indoor Pools		Outdoor Pools		Fitness Room / Spa / Sauna / Lobby
	North Pool	South Pool	Fitness Pool	Recreation Pool	
Saturday May 28	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 – 9:00pm	6:00 am – 9:00 pm (Spa closes at 7pm on Sat)
Sunday May 29	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 – 9:00pm	9:00am – 9:00pm
Monday May 30 *	11:00am – 9:00pm	CLOSED	12:00pm – 9:00pm 3 lanes lap swim + diving boards and rec. area	12:00pm – 9:00pm	11:00am – 9:00pm

***On Mon. 5/30 access to the parking lots will be restricted until 12pm 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 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.
- 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+)	\$6.40	\$5.60