

See page 2 for info
on special dates



Rise Together

Email Newsletter Sign-up

To add your email address to the distribution list, visit

www.rockvillemd.gov/swimcenteralerts.

ROCKVILLE SWIM AND FITNESS CENTER

355 Martins Lane • Rockville, MD 20850

www.rockvillemd.gov/swimcenter • (240) 314-8750

Recreational Swim and Fitness Center Schedule

Winter 2026

	Indoor Pools		Fitness Room, Whirlpool, 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 11/18 thru 2/10 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 – 2:45* / 3:00 pm* (*Closes at 2:45pm 11/19 thru 2/11 and 3:00pm on other dates)	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 3:00-4:00pm)	6:00 am – 9:00 pm (Whirlpool 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.

To learn more about our
Aquatics and Fitness Programs,
scan the QR Code or visit
Rockvillemd.gov/swimcenter



Facility Notes

- Review 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.
 - Water Walking is defined as: continuous motion of the legs/arms to “jog in place” over a sustained period 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.
- Private Swim Lessons may occur when pools open for Recreation / Lap Swim.
- 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)
- Program offerings are also available. Visit <http://www.rockvillemd.gov/registration> to learn more.
- Take steps to wash your hands often and shower before swimming.
- Children under nine (9) years of age must be always supervised by an adult.
- Rockville Recreation & Parks is committed to upholding the Americans with Disabilities Act (ADA) by offering reasonable modifications/accommodations, including materials in alternative formats. Early notification allows us time to secure modifications, please contact our ADA coordinator at 240-314-8108 or programaccess@rockvillemd.gov.
- **Admission fees are required for all who enter the facility for recreation / lap swim. Watching requires a daily admission card or membership pass except for city-sponsored classes and programs.**
- **There will be no refunds for inclement weather. Additional fees apply for Fitness Room use and Program Registration.**
- Rockville Swim and Fitness Center reserves the right to limit and/or refuse admittance into the facility when the capacity of the pool(s) have been reached or when otherwise deemed necessary for the health, welfare, or safety of the patrons.

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

