

### Email Newsletter Sign-up

To add your email address to the distribution list, visit [www.rockvillemd.gov/swimcenteralerts](http://www.rockvillemd.gov/swimcenteralerts) to sign up.



See page 2 for Memorial Day Weekend Schedule and Special Dates & page 3 for Facility Notes

## 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 (5/4/26 – 5/22/26)

#### Indoor Pools – Public Swim Times

Pool Name	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>North Pool</b> (6 lanes x 25 meters + ramp area)	6:00 – 8:20 am 11:00 – 3:30 pm* 5:00 – 9:00 pm**	6:00 – 8:20 am 11:00 – 4:30 pm 6:00 – 9:00 pm**	6:00 – 8:20 am 11:00 – 3:30 pm* 5:00 – 9:00 pm**	6:00 – 8:20 am 11:00 – 4:30 pm 6:00 – 9:00 pm**	6:00 – 8:20 am 11:00 – 3:30 pm 5:00 – 9:00 pm**	6:00 – 7:30 am 12:00 – 9:00 pm	11:00 – 9:00 pm (only 3 lanes lap swim available 11am -12:45pm. Ramp and 3 lanes closed until 12:45 pm)
<b>South Pool</b> (6 lanes x 25 yards)	7:30 – 9:00 am 12:00 – 3:00 pm	7:30 – 11:00 am 12:00 – 3:00 pm	7:30 – 9:00 am 12:00 – 3:00 pm	7:30 – 11:00 am 12:00 – 3:00 pm	7:30 – 9:00 am 12:00 – 3:00 pm	10:30am – 4:00 pm (only 2 lanes available 10:30am-12:00 pm)	1:00-3:00 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.

#### Outdoor Pool – Public Swim Times

##### FITNESS (50 meters “Long Course”)

8 lanes x 50 meters pool for LAP SWIM, with 1 lane for Recreation Swim. No Diving Boards. See page 2 for special dates/times.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am – 8:00 pm (Only 3 lanes available 3:45 – 6:00 pm)	6:00 am – 8:00 pm (Only 3 lanes available 3:45 – 7:30 pm)	6:00 am – 8:00 pm (Only 3 lanes available 3:30 – 6:30 pm)	6:00 am – 8:00 pm (Only 3 lanes available 3:30 – 5:45 pm)	6:00 am – 8:00 pm (Only 3 lanes available 3:30 – 7:00 pm)	9:00 am – 7:00 pm	9:00 am – 7:00 pm

#### Fitness Room / Spa / Sauna / Lobby

Monday-Friday	Saturday	Sunday
6:00am – 9:00pm	6:00am – 9:00pm (Spa closes at 7pm on Sat)	9:00am – 9:00pm

## Special Dates and Hours for the Pre-Season I Schedule

### Sunday, May 17, 2026 (Swim Meet)

Outdoor Fitness Pool will be closed, and the **Outdoor Wellness Pool** will be open for 5 lanes of lap swimming + 1 lane for recreation from  
9:00am – 7:00pm

**Mon. 5/18/26, 5pm-8pm, Tues. 5/19/26, 11:30am-2:30pm and 5pm-8pm, Sat. 5/23/26 9am-11:30am**

2 lanes of Fitness Pool will be closed due to staff training.

### Wed. 5/20/26, Thurs. 5/21/26, Fri. 5/22/26

Fitness Pool tentatively closed for planned motor replacement, pending arrival of parts. If closed, the outdoor Wellness Pool will be open  
6am-8pm (5 lanes lap swim + 1 lane recreation area) as an alternative. The website will be updated if Fitness Pool is closed.

## Memorial Day Weekend 2026: Saturday, May 23 through Monday, May 25

<b>Outdoor Fitness Pool &amp; Diving Boards</b> 	<b>Saturday 5/23 and Sunday 5/24</b> 9:00am – 12:00pm 7 lanes for lap swimming + 1 lane for recreation swim & water walking (NO diving boards). On Sat. 5/23, 5 lap lanes from 9am-11:30am 12:00pm – 9:00pm 3 lanes lap swimming + rec swim / diving boards.		<b>*Monday 5/25:</b> 12:00pm – 9:00pm 3 lanes lap swimming + rec swim / diving boards.
<b>Outdoor Entrance, Bathhouse, Activity Pool, Wellness Pool and Slides</b> 	<b>Saturday:</b> 12:00pm – 8:00pm	<b>Sunday:</b> 12:00pm – 8:00pm	<b>*Monday:</b> 12:00pm – 8:00pm
<b>Indoor North Pool</b>	<b>Saturday:</b> 6:00am – 7:30am 9:00am – 9:00pm (Spa closes at 7pm on Sat.)	<b>Sunday:</b> 9:00am – 9:00pm	<b>*Monday:</b> 11:00am-9:00pm (2 lanes Lap Swim Only)
<b>Indoor South Pool</b>	<b>Saturday:</b> 10:30am – 4:00pm	<b>Sunday:</b> 1:00 – 3:00pm	<b>*Monday:</b> 12:00pm-3:00pm (Lap Swim Only)
<b>Fitness Room, Indoor Locker Rooms, Spa, Sauna &amp; Front Desk</b>	<b>Saturday:</b> 6:00am – 9:00pm (Spa closes at 7pm on Sat)	<b>Sunday:</b> 9:00am – 9:00pm	<b>*Monday:</b> 11:00am – 9:00pm
<i>No Instructional Programs (Water Fitness, Swim Lessons, Land Fitness) May 23 – May 25</i> <b>*On Mon. 5/25 access to the parking lots will be restricted until 1pm due to the Memorial Day Parade.</b>			

## 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.
- [Private Swim Lessons](#) may occur when pools open for Recreation / Lap Swim.
- Check your residency status at [www.rockvillemd.gov/gis](http://www.rockvillemd.gov/gis). **Note: not all Rockville mailing addresses are in the corporate City limits.** To received 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.
- 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 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](mailto: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.

General 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

### Email Newsletter Sign-up

**To add your email address to the distribution list, visit [www.rockvillemd.gov/swimcenteralerts](http://www.rockvillemd.gov/swimcenteralerts).  
Receive updates on schedule changes, weather alerts, upcoming classes, and facility projects.**