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See next page for important information on Special Dates and Hours and 6/15-19 schedule

ROCKVILLE SWIM AND FITNESS CENTER

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

Pre-Season II Recreational / Lap Swim & Fitness Center Schedule (May 26 – June 14, 2026)

	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 M-F</u>	Activity Pool, Wellness Pool (25 meters), Water Slides & Outdoor Bathhouse	
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 2 lap lanes + 1 rec. lane available 3:45 – 6:00 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 2 lap lanes + 1 rec. lane available 3:45 – 7:30 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 2 lap lanes + 1 rec. lane available 3:30 – 6:30 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 2 lap lanes + 1 rec. lane lanes available 3:30 – 5:45 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 (Only 2 lap lanes + 1 rec. lane lanes available 3:30 – 5:15 pm) *see page 2 for 5/29 hours*	5/29 : See page 2 6/5 & 6/12: 4:00 – 8:00 pm *see page 2 for 5/29 hours*	6:00 am – 9:00 pm
Saturday	6:00 – 7:30 am 12:00 – 9:00 pm	10:30 – 12:00 pm (Only 3 lanes available)	9:00 am-11:30 am (6 lanes only short course) 12:00 pm-9:00 pm (3 lanes lap swim + diving boards and rec. area) *see page 2 for 5/30 hours*	12:00 pm – 8:00 pm *see page 2 for 5/30 hours*	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)	1:00-3:00 pm *see page 2 for 5/31 hours*	9:00 am – 9:00 pm 9am-12pm: (Lanes only) 12pm-9pm: 3 lanes lap swim + diving boards and rec. area *see page 2 for 5/31 hours*	12:00 pm – 8:00 pm *see page 2 for 5/31 hours*	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.



North Pool



South Pool



Fitness Pool



Activity/Wellness Pool



Spa

See next page for important information on Special Dates and Hours

Special Dates and Hours for Pre-Season II Schedule

Maryland State Long Course Championship Swim Meet (Fri. 5/29-Sun. 5/31)

Outdoor Fitness Pool will be CLOSED from Fri. May 29 beginning at 11am through Sun. May 31

Date	North Pool	South Pool	Wellness Pool (Rec swim includes Slide, Aqua Zip and B-Ball)	Activity Pool, Water Slides & Outdoor Bathhouse	Fitness Pool
Friday 5/29	6:00 – 8:20 am 11:00 – 3:30 pm 5:00 – 9:00 pm**	12:00 pm – 3:00 pm	11:00 am – 8:00 pm (5 lanes + small rec area)	CLOSED	6:00 – 11:00 am (7 lap lanes + 1 rec. lane)
Saturday 5/30	6:00 – 7:30 am 12:00 – 9:00 pm	10:30 am – 6:00 pm (2 lanes)	9:00 – 11:45 am (3 lanes only) 11:45 am – 8:00 pm (2 lanes + Rec Swim)	12:00 – 8:00 pm	CLOSED
Sunday 5/31	11:00 – 9:00 pm (only 3 lanes lap swim available 11am-12:45pm)	1:00 pm – 7:00 pm (2 lanes)	9:00 – 11:45 am (3 lanes only) 11:45 am – 8:00 pm (Rec Swim ends at 7pm + 2 lap lanes only 7-8pm)	12:00 – 8:00 pm	CLOSED

Please see page 1 of the flyer for the normal operating hours.
All other areas of the facility and programs are operating on a regular schedule.

*Note: On Sat. June 6 and 13, due to a swim meet the Outdoor Fitness Pool will be open with 6 lanes **short course** 9:00am-11:30am and at 12:00 pm with 3 lanes lap swim + diving boards and rec. area*

Sat, June 13: Martins Lane (road in front of RSFC) will be temporarily closed from 6:30 p.m. until approximately 8:30 p.m. for the Suds and Soles Race. RSFC will operate on a normal schedule. Please plan for the temporary road closure in your arrival and departure to the facility.

Special Pool Hours (Mon. 6/15, Tues. 6/16, Wed. 6/17, Thurs. 6/18 & Fri. 6/19)

Date	North Pool*	South Pool	Fitness Pool	Activity Pool, Wellness Pool, Water Slides & Outdoor Bathhouse
Mon. 6/15 - Wed. 6/17	Regular Schedule (see page 1) PLUS additional lap swim (minimum 3 lanes) in North Pool from 8:20am-11:00am			
Thursday 6/18	6:00am-4:30pm 6:00pm-9:00pm*	7:00am-3:00pm	6:00am-1:00pm: 7 lanes lap swimming only + 1 lane rec swim (no diving boards) 1:00pm-3:30pm: 3 lanes lap swimming + rec swim / diving boards 3:30pm-5:45pm: 2 lanes lap swimming only + 1 lane for rec swimming (no diving boards) 5:45pm-9:00pm: 3 lanes lap swimming + rec swim / diving boards	Recreation Swim: 1:00pm-8:00pm Only Wellness Pool Lap Swim (4 lanes) + Small Rec. Area: 8:00pm-9:00pm
Friday 6/19	6:00am-9:00pm*	11:00am-3:00pm	6:00am-9:00am: 2 lanes lap swimming only (no diving boards) 9:00am-12:00pm: 7 lanes lap swimming only + 1 lane rec swim (no diving boards) 12:00pm-9:00pm: 3 lanes lap swimming + rec swim / diving boards	Recreation Swim: 12:00pm-8:00pm Only Wellness Pool Lap Swim (4 lanes) + Small Rec. Area: 8:00pm-9:00pm

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.

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.
- [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 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 supervised by an adult at all times.
- When the outdoor activity pool is open, youth between the ages of 7-17 are not permitted to use the indoor pools for informal recreation swimming. See the supervisor on duty for any exception requests.
- **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

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Sign up at: www.rockvillemd.gov/swimcenteralerts



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