

See page 3 for important information on Special Dates and Hours



**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.

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

**2026 Rockville Swim and Fitness Center Schedule Summer I (6/20 – 8/7)**

**INDOOR POOLS**

*Recreation swim in the indoor pools is reserved for adults (18+) and children (6 & under) accompanied by an adult when the Activity Pool is Open*

NORTH (6 lanes x 25 meters + ramp area)		SOUTH (6 lanes x 25 yards)	
Mon/Wed/Fri	Tues/Thurs	Mon/Wed/Fri	Tues/Thurs
6:00 am – 8:20 am 11:00 am – 3:00 pm (2 lanes lap swim only 11:00 am – 12:00 pm) 5:00 pm – 7:30 pm	6:00 am – 8:20 am 12:00 pm – 3:00 pm 5:00 pm – 7:30 pm	12:00 pm – 2:00 pm	9:00 am – 2:00 pm (3 lanes lap swim only 9:00am-12:00pm)
Saturday	Sunday	Saturday	Sunday
6:00 am – 9:00 am (5 lanes lap swim only 8:30am-9:00am) 12:00 pm – 9:00 pm	11:00 am – 9:00 pm (3 lanes lap swim only until 1:00pm)	Closed	Closed
<b>North Pool Notes:</b> With the exception of the early morning hours and other notes, the pool is set up with 4 lanes for lap swim and an open recreation area available.			

**FITNESS ROOM / SPA / SAUNA**

Monday - Friday	Saturdays	Sundays
6:00 am to 9:00 pm	6:00 am to 9:00 pm (Spa closes at 7:00 pm)	9:00 am to 9:00 pm



North Pool



South Pool

**Outdoor Pool Hours on Page 2**

## OUTDOOR POOLS

**See page 3 for important information on Special Dates and Hours**

*Recreation pool users are to enter/exit through the outdoor facility's admission booth starting at 11am (Mon-Fri) / 12pm (weekends).*

### Activity Pool (Recreation Swimming), Wellness Pool (Recreation & Lap Swimming – 25 meters) & Slides

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Recreation Swimming</b> (with Slide, Aqua Zip and B-Ball)	11:00am – 8:00pm	11:00am – 8:00pm	11:00am – 8:00pm	11:00am – 8:00pm	11:00am – 8:00pm	12:00pm – 8:00 pm	12:00pm – 8:00 pm
<b>Lap Swimming</b> At these times the Wellness pool is set up with 5 lanes for lap swim and an open recreation area available (no play features).	8:00pm-9:00pm	6:00am-7:30am & 8:00-9:00pm	8:00pm-9:00pm	6:00am-7:30am & 8:00-9:00pm	8:00pm-9:00pm		

### FITNESS (50 meters “Long Course”)

Monday – Friday	Saturday and Sunday
6:00 am to 9:00 am – 2 lanes only (1 lap + 1 lap & water walking, no diving boards)	9:00 am to 12:00 pm* - 7 lanes lap swimming + 1 recreation lane (no diving boards)  *Some dates excluded for swim meets (see page 2)*
9:00 am to 10:00 am – 6 lanes only (5 lap + 1 rec, no diving boards)	
10:00 am to 11:00 am – 4 lanes lap swimming and small area for water aerobics (no diving boards)	
11:00 am to 4:00 pm – 3 lap lanes + rec swim / diving boards	12:00 pm– 9:00 pm* – 3 lanes lap swimming + rec swim/diving boards. Shallow water rec area limited on Sundays from 7 – 8:00 pm
4:00 pm to 6:00 pm – 2 lanes laps only and 1 lane for rec swimming (no diving boards)	
6:00 pm to 9:00 pm – 3 lanes lap swimming + rec swim / diving boards	



**Activity Pool (above)**



**Wellness Pool (above)**

### Indoor Pool Hours on Page 1



**Slides (above)**



**Fitness Pool (above)**

Please note: **The Postseason schedule will begin on Aug. 8** Check our website for details:  
<http://www.rockvillemd.gov/swimcenter>



## ROCKVILLE SWIM AND FITNESS CENTER

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### Special Dates and Times for Summer I Season Schedule

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

#### Saturday, July 4 – Holiday Hours

Fitness Room and Lobby	9:00 am to 6:00 pm
North Indoor Pool and Spa	9:00 am to 6:00 pm
South Indoor Pool	CLOSED
Outdoor Wellness Pool, Activity Pool, Water Slides and Bathhouse	12:00 pm to 6:00 pm
Outdoor Fitness Pool	9am-12pm: (7 lap + 1 rec, no diving boards) 12pm-6pm: 3 lanes lap swimming + rec swim / diving boards

#### Tuesday, July 7 (Due to Swim Meet)

Outdoor Fitness Pool – 6:00 am to 4 pm (space allocation listed on page 2)

Fitness Pool CLOSED at 4 pm. All other areas operating on a Normal Schedule.

Note: Event has a rain date of Tues. 7/14. If needed due to weather, the 7/7 schedule changes will apply on 7/14.

#### Sat. June 27, Sat. July 11 & Sun. July 19 (Due to Swim Meet)

Weekend Fitness Pool Morning Lap Swim 9:00 am –12:00 pm Unavailable and Wellness Pool will be OPEN from 9am-11:45am with 5 lanes for lap swim + 1 lane recreation area as an alternative.

#### Wednesdays June 24, July 1 & July 15 (Due to Swim Meet)

The Wellness Pool will close at 4:30pm. Other areas of the facility will operate on a normal schedule.

#### Saturday & Sunday, July 25 & 26 (Due to Swim Meet)

Weekend Outdoor Pool Morning Lap Swim 9:00 am –12:00 pm Unavailable.

### Sign Up for Notifications

Receive updates on

Schedule changes

Weather alerts

Upcoming classes and facility projects

Sign up at: [www.rockvillemd.gov/swimcentralerts](http://www.rockvillemd.gov/swimcentralerts)

City of  
**Rockville**  
Recreation & Parks

Rockville Swim and Fitness Center  
355 Martins Lane Rockville MD 20850  
[www.rockvillemd.gov/swimcenter](http://www.rockvillemd.gov/swimcenter) 240-314-8750

# 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>).
- 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.
- 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.
- 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.

## 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