

See next page for the rest of August
and the Labor Day Weekend
Schedule!



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ROCKVILLE SWIM AND FITNESS CENTER

355 Martins Lane • Rockville, MD 20850

<http://www.rockvillemd.gov/swimcenter> • (240) 314-8750

2026 Recreational Swim and Fitness Center Schedule - Summer II (August 8 - September 7) Week 1: Saturday, August 8 - Sunday, August 16 (Indoor Locker Rooms Closed)

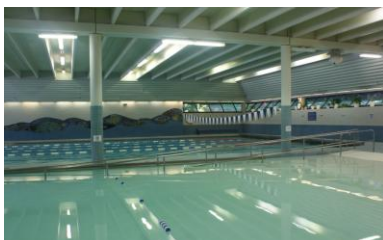
Outdoor Fitness Pool (50 meters “Long Course”)	Mon - Fri:		Sat-Sun:
	6:00am - 9:00am 2 lanes only (1 lap + 1 lap & water walking, no diving boards)		9:00am - 12:00pm 7 lanes for lap swimming + 1 lane for recreation swim & water walking. NO Diving Boards.
	9:00am - 10:00am 6 lanes only (5 lap + 1 rec, no diving boards)		
	10:00am - 11:00am 4 lanes lap swimming and small area for water aerobics (no diving boards)		12:00pm - 9:00pm 3 lanes lap swimming + rec swim / diving boards. Shallow area of fit pool limited to 7pm-8pm on Sun.
	11:00am - 9:00pm 3 lanes lap swimming + rec swim / diving boards		
Outdoor Activity Pool (Including Water Slides)	Mon - Fri:		Sat-Sun:
	11:00am - 8:00pm		12:00pm - 8:00pm
Outdoor Wellness Pool (with Slide, Aqua Zip and B-Ball)	Mon/Wed/Fri:	Tues/Thurs:	Sat-Sun:
	7:30am - 9:00am <i>LAP SWIM ONLY</i>	6:00am - 9:00am <i>LAP SWIM ONLY</i>	12:00pm - 8:00pm
	11:00am - 8:00pm <i>REC SWIM ONLY</i>	11:00am - 8:00pm <i>REC SWIM ONLY</i>	
	8:00pm - 9:00pm <i>LAP SWIM ONLY</i>	8:00pm - 9:00pm <i>LAP SWIM ONLY</i>	
Indoor South Pool (25 yards)	Mon/Wed/Fri:	Tues/Thurs:	Sat-Sun:
	12:00pm - 2:00pm	9:00am - 2:00pm (3 lanes lap swim only 9am-12pm)	CLOSED
Indoor North Pool (6 lanes x 25 meters + ramp area) Note: Except for the early morning hours and other notes, the pool is set up with 4 lanes for lap swim and an open recreation area available.	Mon/Wed/Fri:	Tues/Thurs:	Sat:
	6:00am - 8:20am 11:00am - 3:00pm (2 lanes lap swim only 11:00 am - 12:00 pm) 5:00pm - 7:30pm	6:00am - 8:20am 12:00pm - 3:00pm 5:00pm - 7:30pm	6:00am - 9:00am (5 lanes lap swim only 8:30am-9:00am) 12:00pm - 9:00pm
			Sun:
			11:00am - 9:00pm (3 lanes lap swim only until 1:00pm)
Sauna & Whirlpool	Mon-Fri:		Sat-Sun:
	6:00am - 9:00pm		Sat: 6:00am - 9:00pm (Spa closes at 7pm on Sat.) Sun: 9:00am - 9:00pm
Fitness Room & Front Desk	Mon-Sat:		Sun:
	6:00am - 9:00pm		9:00am - 9:00pm
Indoor Pool Parking Lot Closed Mon 8/10	Men's and Women's Indoor Locker Room CLOSED 8/8-8/16 - use outdoor bathhouse. Booth Entrance Open 6am-8pm Mon-Fri and 12pm-8pm Sat + Sun		

Week 2: Monday, August 17 - Friday, August 21

(South Pool Closed)

Outdoor Fitness Pool (50 meters "Long Course")	Mon-Fri:	
	6:00am - 9:00am 2 lanes only (1 lap + 1 lap & water walking, no diving boards)	
	9:00am - 11:00am 8 lanes (7 lap + 1 rec, no diving boards)	
	11:00am - 9:00pm 3 lanes lap swim / diving boards + rec area	
Outdoor Activity Pool (Including Water Slides)	Mon-Fri:	
	11:00am - 7:00pm	
Outdoor Wellness Pool (with Slide, Aqua Zip and B-Ball)	Mon-Fri:	
	6:00am - 11:00am <i>LAP SWIM ONLY</i>	
	11:00am - 7:00pm <i>REC SWIM ONLY</i>	
	7:00pm - 8:00pm <i>LAP SWIM ONLY</i>	
Indoor South Pool (25 yards)	Mon/Wed/Fri:	Tues/Thurs:
	CLOSED	CLOSED
Indoor North Pool, Sauna & Whirlpool (6 lanes x 25 meters + ramp area) Note: Except for the early morning hours and other notes, the pool is set up with 4 lanes for lap swim and an open recreation area available.	Mon-Fri:	
	6:00am - 9:00pm (2 lanes lap swim 6-7pm)	
Fitness Room, Indoor Locker Room, Outdoor Entrance & Front Desk	Mon-Fri:	
	6:00am - 9:00pm	

Indoor Pools



North Pool

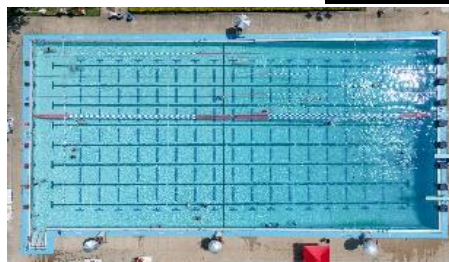


South Pool



Whirlpool/Spa

Outdoor Pools



Fitness Pool



Recreation Pools (with Slide, Aqua Zip and B-Ball)

Week 3: Saturday, August 22 - Sunday, August 30

(North Pool, Sauna and Whirlpool Closed)

Outdoor Fitness Pool (50 meters "Long Course")	Mon-Fri:		Sat-Sun:
	6:00 am – 9:00 pm (Only 2 lap lanes + 1 rec. lane available 3:30 – 6:00 pm)		9:00am - 12:00pm 7 lanes for lap swimming + 1 lane for recreation swim & water walking. NO diving boards.
Outdoor Activity Pool (and Water Slides)	Mon-Fri:		Sat-Sun:
	CLOSED		12:00pm – 8:00pm
Outdoor Wellness Pool Mon- Fri the pool is set up with 4 lanes for lap swim and an open recreation area available.	Mon/Wed/Fri:	Tues/Thurs:	Sat-Sun:
	6:00am - 3:30pm <i>LAP SWIM + WATER WALKING ONLY</i>	6:00am - 4:30pm <i>LAP SWIM + WATER WALKING ONLY</i>	12:00pm - 8:00pm (with Slide, Aqua Zip and B-Ball)
	5:00pm - 8:00pm <i>LAP SWIM + WATER WALKING ONLY</i>	6:00pm - 8:00pm <i>LAP SWIM + WATER WALKING ONLY</i>	
Outdoor Booth Entrance	Mon-Fri:		Sat-Sun:
	CLOSED		12:00-8:00pm
Indoor South Pool (25 yards)	Mon-Fri:		Sat-Sun:
	7:30am – 3:00 pm (4 lanes lap swimming only 9:00-11:30am and 12:30-3:00pm)		9:00am - 9:00pm
Indoor North Pool, Sauna & Whirlpool	CLOSED – 8/22-8/30		
Fitness Room, Indoor Locker Rooms & Front Desk	Mon.-Sat:		Sun:
	6:00am – 9:00pm		9:00am – 9:00pm

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Upcoming classes and facility projects

Sign up at: www.rockvillemd.gov/swimcenteralerts

City of Rockville
Annapolis, MD

Rockville Swim and Fitness Center
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Week 4: Monday, August 31 - Friday, September 4 (Indoor Fitness Room Closed)

Fitness Members may use the following City of Rockville fitness centers: Thomas Farm Community Center, Twinbrook Community Recreation Center, and the Rockville Senior Center*

(*Seniors only! Must call 240-314-8800 to schedule training prior to first visit!)

Outdoor Fitness Pool (8 lanes x 50 meters pool for LAP SWIM, with 1 lane for Recreation Swim). <u>No Diving Boards M-F</u>	Mon 6:00am – 9:00pm (Only 2 lap lanes + 1 rec. lane available 8:00 – 9:00 pm)	Tue 6:00am – 9:00pm	Wed 6:00am – 9:00pm (Only 2 lap lanes + 1 rec. lane available 3:30 – 5:00 pm)	Thu 6:00am – 9:00pm	Fri 6:00am – 9:00pm (Only 2 lap lanes + 1 rec. lane lanes available 3:30 – 5:00 pm)
Outdoor Activity Pool (and Water Slides)	CLOSED				
Outdoor Wellness Pool (with Slide, Aqua Zip and B-Ball)	CLOSED				
Indoor North Pool (6 lanes x 25 meters + ramp area) Note: Except for the early morning hours and other notes, the pool is set up with 4 lanes for lap swim and an open recreation area available.	Mon/Wed/Fri:		Tue/Thu:		
	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		
Indoor South Pool (25 yards)	Mon/Wed/Fri:		Tue/Thu:		
	7:30 – 9:00 am 12:00 – 3:00 pm		7:30 – 11:00 am 12:00 – 3:00 pm		
Fitness Room	Mon-Fri: CLOSED				
Indoor Locker Rooms, Front Desk, Sauna & Whirlpool	Mon-Fri: 6:00am - 9:00pm				

Labor Day Weekend: Saturday, September 5 through Monday, September 7

Outdoor Fitness Pool (50 meter “Long Course,”)	Saturday, Sunday and Monday		
	9:00am - 12:00pm 7 lanes for lap swimming + 1 lane for recreation swim & water walking (NO diving boards) 12:00pm- - 9:00pm 3 lanes lap swimming + rec swim / diving boards		
Outdoor Entrance and Wellness Pools (with Water Slides, B-Ball and Aqua Zip)	Saturday & Sunday:		Monday:
	12:00pm-8:00pm		11:00am-8:00pm
Indoor North Pool (6 lanes x 25 meters + ramp area) with exception of the early morning hours, the pool is set up with 4 lanes for lap swim and an open recreation area available	Saturday:	Sunday:	Monday:
	6:00am - 7:30am 9:00am - 9:00pm	9:00am - 9:00pm	6:00am - 3:30pm 5:00pm - 9:00pm
Indoor South Pool (25 yards)	CLOSED		
Fitness Room, Indoor Locker Rooms Sauna, Whirlpool & Front Desk	Saturday:	Sunday:	Monday:
	6:00am - 9:00pm (Spa closes at 7pm on Sat.)	9:00am - 9:00pm	6:00am - 9:00pm
Note: The Wellness Pool, Activity Pool and Slides will be open for an additional 2 weekends* Sat 9/12 & 9/13 + Sun 9/19 & 9/20 12:00pm - 6:00pm*. The fitness pool will remain open with 7 lanes for lap swim / 1 recreation lane through at least September. *The Wellness Pool, Activity Pool and Slides will not open if the air temperature is below 70°F. *Check www.rockvillemd.gov/swimcenter for updates.			

Facility Notes

- Review <http://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 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 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.
- 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.
- 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.
- **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

