

Please note: We plan to re-open the outdoor Wellness Pool after the Fitness Pool closes, into November. The Post-Summer II schedule will begin on Oct. 16
Check our website for details:
www.rockvillemd.gov/swimcenter



Email Newsletter Sign-up
 To add your email address to the distribution list, visit www.rockvillemd.gov/swimcenter/alerts to sign up.
See page 2 for Facility Notes

ROCKVILLE SWIM AND FITNESS CENTER

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

2026 Post-Season I (September 8 - October 15) Schedule *Weather Permitting*

INDOOR POOLS

Pool Name	Mon/Wed/Fri	Tues/Thurs	Saturday	Sunday
North Pool (6 lanes x 25 meters + ramp area)	6:00 - 8:20am 11:00 - 3:30pm* 5:00 - 9:00pm**	6:00 - 8:20am 11:00 - 4:30pm 6:00 - 9:00pm**	6:00 - 7:30am 12:00 - 9:00pm	11:00 - 9:00pm (only 3 lanes lap swim available 11-12:45, ramp and 3 lanes closed until 12:45 pm)
South Pool (6 lanes x 25 yards)	7:30 - 9:00am 12:00 - 3:00pm	7:30 - 11:00am 12:00 - 3:00pm	10:30 - 3:00pm (only 2 lanes available 10:30-12:00 pm & minimum 4 lanes lap swim 1-3pm)	1:00 - 3:00pm (minimum 4 lanes lap swim) *Closed Sun. 10/11 for Swim Meet*
North Pool Notes: With the exception of 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 POOLS

Pool Name	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
Fitness Pool (50 meter “Long Course,” 7 lanes for lap swim / 1 recreation lane – NO DIVING BOARDS)	6:00am - 8:00 pm	6:00am - 8:00pm	6:00am - 8:00pm (only 2 lap lanes and 1 recreational lane from 3:30pm-5:00pm)	6:00am - 8:00pm	6:00am - 8:00pm (only 2 lap lanes and 1 recreational lane from 3:30pm-5:00pm)	9:00am - 7:00pm
Wellness Pool (with Slide, Aqua Zip and B-Ball)						
Activity Pool & Slides (with beach entries and in water play unit)						
				CLOSED		
*Note: 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.						

FITNESS ROOM / SPA / SAUNA / FRONT DESK

Monday - Friday	Saturday	Sunday
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

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. Staff reserve the right to close lanes / sections of each pool throughout the day for cleaning and maintenance.
- [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. There will be no refunds for inclement weather. Additional fees apply for Fitness Room use.

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