

See next page for important information on updated COVID-19 related policies and procedures



City of Rockville
Get Into It

ROCKVILLE SWIM AND FITNESS CENTER

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

Hours of Operation valid through 8/16/20

Email Newsletter Sign-up

To add your email address to the distribution list, visit: www.rockvillemd.gov/swimcenteralerts

Facility open ONLY to Rockville Residents and Members for Lap Swim / Water Walking and Fitness Room and limited Family Recreation Swim (limited times ONLY, see schedule – no slide or diving boards). RESERVATIONS ARE REQUIRED, visit www.rockvillemd.gov/rsfreservations before your visit. As restrictions become lifted, this schedule and associated procedures will change. See page 2 for additional details.

Day	Outdoor Fitness Pool (“short course” 25 meter lanes)		Outdoor Recreation Pool (~20 yard lanes and water walking)		Indoor North Pool (25 meter lanes)		Indoor South Pool (25 yard lanes)	
	Times	Lane Availability	Times	Lane / Water Walking (WW) / Family Rec. Availability	Times	Lane Availability	Times	Lane Availability
Monday, Wednesday & Friday Open: 6:00am-9:00pm	6:00am-9:00am 9:00am-11:00pm 11:00am-12:00pm 12:00pm-4:00pm 4:00pm-6:00pm 6:00pm-8:00pm 8:00pm-9:00pm	11 lanes 8 lanes 11 lanes 19 lanes 10 lanes 11 lanes 19 lanes	6:00am-9:00am 10:00am-3:00pm 5:00pm-9:00pm	6 lanes + Water Walking + Family Rec. Swim Family Rec Swim from 12pm-3pm & 5pm-9pm <u>Only</u> , WW not available 8:30am-12pm & lane availability will vary throughout the day due to scheduled programs	6:00am-9:00pm	6 lanes (note: ramp areas NOT available for open rec. swim)	6:00am-4:00pm 5:00pm-9:00pm	6 lanes 6 lanes
Tuesday & Thursday Open: 6:00am-9:00pm	6:00am-10:00am 10:00am-11:00am 11:00am-3:00pm 3:00pm-4:00pm 4:00pm-6:00pm 6:00pm-7:00pm 7:00pm-8:00pm 8:00pm-9:00pm	11 lanes 8 lanes 10 lanes 19 lanes 10 lanes 19 lanes 15 lanes 19 lanes	6:00am-9:00am 10:00am-3:00pm 5:00pm-9:00pm	6 lanes + Water Walking + Family Rec. Swim Family Rec Swim from 12pm-3pm & 5pm-9pm <u>Only</u> , WW not available 6am-7:30am, 8:30am-12pm, and 7pm-8pm & lane availability will vary throughout the day due to scheduled programs	6:00am-9:00pm	6 lanes (note: ramp areas NOT available for open rec. swim)	6:00am-12:00pm 3:00pm-4:00pm 5:00pm-8:00pm	6 lanes 6 lanes 6 lanes
Note: As programs resume, pool space allocations will be adjusted								
Saturday Open: 6:00am-9:00pm	6:00am-9:00am 9:00am-9:00pm	11 lanes 19 lanes	6:00am-9:00am & 12:00pm-9:00pm	6 lanes + Water Walking 6 lanes laps / WW + Family Rec Swim	6:00am-9:00am & 12:00pm-9:00pm	6 lanes (note: ramp area available for family rec. swim from 12pm-9pm)	6:00am-4:00pm 5:00pm-9:00pm	6 lanes
Sunday Open: 9:00am-9:00pm	9:00am-11:00am 11:00am-9:00pm	10 lanes 19 lanes	12:00pm-9:00pm	6 lanes laps / Water Walk + Family Rec Swim	12:00pm-9:00pm	6 lanes (note: ramp area available for family rec. swim)	9:00am-9:00pm	6 lanes
Fitness Room: Monday – Saturday: 6:00am-9:00pm & Sunday: 9:00am-9:00pm								

Due to COVID-19 related precautions and social distancing requirements set forth by the State of Maryland and Montgomery County Departments of Health, facility operations are strictly limited at this time. Please take time to read the information below prior to requesting a reservation. As the health authorities' restrictions on swimming pool and fitness center operations become looser, we will re-address the limitations for the Rockville Swim and Fitness Center.

- Facility use limited to City of Rockville Residents and facility members only. Facility is available for LAP swim, Water Walking and Fitness Room uses. Limited family recreation swim is available by reservation on Saturdays and Sundays, 12pm-9pm and Monday through Friday 12pm-3pm & 5pm-9pm ONLY (note: slide and diving boards remain closed).
 - Check your residency status at www.rockvillemd.gov/gis.
- Advanced Reservations are required (at least 24 hours in advance). Request a reservation at www.rockvillemd.gov/rsfcreervations.
- Open water "free swim" is not currently available on weekdays
- Only Lap Swimming and Water Walking are permitted (except during designated weekend family recreation swim times).
 - 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.
 - Lap lanes may only be used by one person at a time, and customers should rest at opposite ends of the pool.
 - During family rec. swim, each family unit (max size of 6) will be assigned an area for swimming.
- A face covering is required to be worn by all visitors over the age of 2 when not in the water.
- Although the indoor locker rooms and outdoor bathhouse will be open, customers should plan to "dip in and dip out," focusing their time at the facility on swimming. Consider coming dressed to swim and changing afterwards at home.
- Customers must bring all equipment (ex: kickboards, towels, goggles) they would like to use. No shared equipment will be available. Bring your own filled water bottle.
- Deck furniture is not available during this phase of our re-opening.
- Limited program offerings are also available. Visit www.rockvillemd.gov/registration to learn more. Programs require advanced registration (no drop-ins).
- A face covering is required to be worn by all visitors over the age of 2 when not in the water.
- 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.
- Cleaning and sanitizing procedures have been increased throughout the facility in compliance with health department directives.
- The tot pool, sprayground, water slide, diving boards, spa, and sauna remain closed.
- Do not come to the facility if you are sick or otherwise instructed to remain at home.
- Visit our website at www.rockvillemd.gov/swimcener for additional details.