



# Montgomery Aquatic Center

5900 Executive Blvd., N. Bethesda, MD 20852 • (240) 777-8070 • [www.montgomerycountymd.gov/rec](http://www.montgomerycountymd.gov/rec)  
 Montgomery County Recreation Department - Aquatics Section

2009/10 Lap Lane Schedule • November 16, 2009 - February 27, 2010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6:00	4 Shallow 7 Shallow • 1 Shallow Water Walking							6:00
7:00	7 Shallow • 8 Deep • 1 Shallow Water Walking							
8:00						8 Shallow 8 Deep		
9:00	8 Shallow 2 Deep	3 Shallow 8 Deep	8 Shallow 2 Deep	3 Shallow 8 Deep	8 Shallow 2 Deep	8 Shallow		
10:00	3 Shallow 8 Deep	8 Shallow 8 Deep	3 Shallow 8 Deep	8 Shallow 8 Deep	3 Shallow 8 Deep			
11:00		8 Shallow 3 Deep		8 Shallow 8 Deep				8 Shallow 3 Deep
12:00	4 Shallow 8 Deep	3 Shallow 8 Deep	4 Shallow 8 Deep	3 Shallow 8 Deep	4 Shallow 8 Deep			12:00
1:00	4 Shallow 4 Deep	3 Shallow 4 Deep	4 Shallow 4 Deep	3 Shallow 4 Deep	4 Shallow 4 Deep			1:00
2:00	6 Shallow 2 Deep	6 Shallow 5 Deep	6 Shallow 2 Deep	6 Shallow 5 Deep	6 Shallow 2 Deep	4 Shallow 5 Deep	4 Shallow 5 Deep	2:00
3:00	8 Shallow							3:00
4:00								4:00
5:00	2 Shallow (Adults Only)					4 Shallow 5 Deep		5:00
6:00	2 Shallow (Adults Only) 1 Deep (Adults Only)							6:00
7:00						<i>Adults Only</i>		7:00
8:00	3 Shallow 5 Deep	2 Shallow 3 Deep	3 Shallow 3 Deep	2 Shallow 3 Deep	5 Shallow 5 Deep			8:00
9:00					5 Shallow			9:00
10:00	8 Shallow 4 Deep		8 Shallow					10:00

This Pool Use Schedule may be changed to accommodate special events or holiday activities.

**CHECK POSTED NOTICES IN THE CENTER LOBBY.**



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2009/10 Deep Water Running/Exercise Area Schedule • October 2009 - June 11, 2010

## Pool Layout - Deep End

		Diving Well	
Bulkhead	Deep Water Alcove	Lane 8	
		Lane 7	
	Lane 6		
	Lane 5		
	Lane 4		
	Lane 3		
	Lane 2		
	Lane 1		

## Summary Schedule

Diving Well	
October - November 15, 2009	
Mon., Wed., & Fri.	6:00 AM - 8:00 AM 9:30 AM - 1:30 PM
Tues. & Thurs.	6:00 AM - 10:00 AM 11:00 AM - 1:00 PM
Saturday	8:00 AM - 9:30 AM
November 16, 2009 - February 27, 2010	
Mon., Wed., & Fri.	6:30 AM - 8:00 AM 9:30 AM - 1:30 PM
Tues. & Thurs.	6:30 AM - 10:00 AM 11:00 AM - 1:00 PM
February 28 - June 11, 2010	
Mon., Wed., & Fri.	6:00 AM - 8:00 AM 9:30 AM - 1:30 PM
Tues. & Thurs.	6:00 AM - 10:00 AM 11:00 AM - 1:00 PM
Saturday	8:00 AM - 9:30 AM
Deep Water Alcove	
Monday - Thursday	2:30 PM - 7:30 PM
Friday	2:30 PM - 7:00 PM
Saturday	2:00 PM - 4:00 PM 5:00 PM - 7:00 PM
<i>Adults Only</i> 7:00 PM - 7:45 PM	
Sunday	2:00 PM - 5:00 PM
Lane 1	
Mon., Wed., & Fri.	8:30 AM - 9:30 AM 1:30 PM - 2:30 PM 9:30 PM - 10:30 PM
Tues. & Thurs.	10:00 AM - 11:00 AM 7:30 PM - 8:30 PM
Friday	7:30 PM - 8:30 PM

## Special Notes

- 1 This schedule represents the minimum time allotted for this activity.
- 2 When all 8 lanes are being used, deep water exercise will take place in the diving well.
- 3 When performing deep water running in the lane, move in a circular fashion, do not move down the lane 2 or more abreast.
- 4 This Deep Water Running Schedule may change to accommodate special events or holiday activities. Check the posted notices in the lobby.