



# The Eunice Kennedy Shriver & Sargent Shriver 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

2011/12 Lap Lane Schedule • November 15, 2011 - February 24, 2012

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

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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Montgomery County Recreation Department - Aquatics Section

2011/12 Deep Water Running/Exercise Area Schedule • Sept 6, 2011 - June 8, 2012

## 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                           |  |
|---------------------------------------|--|
| September 6 - November 14, 2011       |  |
| Mon., Wed., & Fri.                    | 6:00 AM - 8:00 AM<br>9:30 AM - 1:30 PM                       |
| Tues. & Thurs.                        | 6:00 AM - 10:00 AM<br>11:00 AM - 1:00 PM                     |
| Saturday                              | 8:00 AM - 9:30 AM  |
| November 14, 2011 - February 24, 2012 |  |
| Mon., Wed., & Fri.                    | 6:30 AM - 8:00 AM<br>9:30 AM - 1:30 PM                       |
| Tues. & Thurs.                        | 6:30 AM - 10:00 AM<br>11:00 AM - 1:00 PM                     |
| February 25 - June 8, 2012            |  |
| Mon., Wed., & Fri.                    | 6:00 AM - 8:00 AM<br>9:30 AM - 1:30 PM                       |
| Tues. & Thurs.                        | 6:00 AM - 10:00 AM<br>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<br>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<br>1:30 PM - 2:30 PM<br>9:30 PM - 10:30 PM |
| Tues. & Thurs.                        | 10:00 AM - 11:00 AM<br>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.