



# Martin Luther King, Jr. Swim Center

1201 Jackson Road, Silver Spring, MD 20904 • (240) 777-8060 • www.montgomerycountymd.gov/rec  
 Montgomery County Recreation Department - Aquatics Section

2009/10 Pool Use Schedule • September 8, 2009 - June 11, 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-6:15 AM MCRD Swim Team Practice					5:00-8:00 AM MCRD Swim Team Practice	
6:15-8:30 AM <b>Early Bird Lap Swim</b> Deep Water Running Class ( <i>Tuesday &amp; Thursday 7:30-8:30 AM</i> ) • Well Closed					8:00 AM-2:00 PM MCRD Swim Lessons High School Swimming Safety Training	8:00 AM-1:00 PM MCRD Swim Lessons Safety Training
8:30-11:30 AM <b>Mid Morning Swim</b> Water Exercise Classes • MCRD Swim Lessons Limited Lap Lanes Available • Limited Well Use Available						
11:30 AM-2:00 PM <b>Noon Recreational Swim</b> Teach & Main Pool Open • Limited Lap Lanes Available Diving Boards Open ( <i>Tuesday &amp; Thursday 12:30-2:00 PM</i> ) • Diving Well Closed ( <i>Mon., Wed., &amp; Fri. 1:00-2:00 PM</i> )						
2:00-3:30 PM <b>MCPS High School Varsity Swim Practice</b> Limited Lap Lanes Available					2:00-6:00 PM <b>Recreational Swim</b> Main Pool Open Teach Pool Open Limited Laps Available Diving Boards Open	1:00-3:00 PM <b>Raft &amp; Splash</b> Main Pool Open Teach Pool Open Limited Laps Available Diving Boards Open
3:00-7:00 PM <b>MCRD Youth Swim &amp; Dive Team Training</b> Limited Lap Lanes Available at 6:30 PM						
7:00-8:30 PM <b>Family Rec Swim</b> Main Pool Open Teach Pool Open						
7:00-8:30 PM <b>Family Rec Swim</b> Main Pool Open Teach Pool Open	7:00-10:00 PM MCRD Swim Lessons Therapeutics Safety Training Water Fitness	7:00-8:30 PM <b>Family Rec Swim</b> Main Pool Open Teach Pool Open	7:00-10:00 PM MCRD Swim Lessons Therapeutics Safety Training Water Fitness	7:00-9:00 PM <b>Evening Rec Swim</b> Main Pool Open Teach Pool Open Limited Laps Available Well Opens @ 7:30 PM Safety Training	6:00-7:00 PM Adults Only	3:00-5:00 PM <b>Recreational Swim</b> Main Pool Open Teach Pool Open Limited Laps Available Diving Boards Open
8:30-10:00 PM Masters Safety Training MCRD Swim Lessons		8:30-10:00 PM MCRD Swim Lessons Masters			7:00-10:00 PM Special Uses & Rentals	5:00-6:00 PM Adults Only
9:15-10:00 PM <b>Late Laps</b> Limited Laps Available		9:15-10:00 PM <b>Late Laps</b> Limited Laps Available				6:00-8:00 PM Swim Clinic

This Pool Use Schedule may be changed to accommodate special events or holiday activities. Pool will be closed on: Thanksgiving Day, Christmas Day, New Year's Day, & Easter Day.

**CHECK POSTED NOTICES IN THE CENTER LOBBY. SWIM/DIVE MEET DATES ARE LISTED ON REVERSE SIDE.**



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## PUBLIC USE TIMES

<b>Recreational Swim</b> General swimming for all ages with the following facilities open: Lap Lanes, Diving Boards, Teach Pool, Exercise Room, and Hydrotherapy Spas.	<b>Hydrotherapy Pools</b> <i>Adults Only: 14-17 if accompanied by an adult.</i> Due to frequent cleaning and maintenance that these pools require, only one may be available for use during the following hours: Monday - Thursday 6:15 AM - 10:00 PM Friday 6:15 AM - 9:00 PM Saturday 12:00 PM - 6:00 PM 6:00 PM - 7:00 PM <i>Adults Only</i> Sunday 12:00 PM - 5:00 PM 5:00 PM - 6:00 PM <i>Adults Only</i>	<b>Admission Fees for Non-Passholders</b> (For Each Entry) <table border="1"> <thead> <tr> <th></th> <th>County Resident</th> <th>Non-County Resident</th> </tr> </thead> <tbody> <tr> <td>Children (1-17 years old)</td> <td>\$4.00</td> <td>\$6.50</td> </tr> <tr> <td>Adults (18-54 years old)</td> <td>\$6.00</td> <td>\$7.50</td> </tr> <tr> <td>Seniors (55 years &amp; older)</td> <td>\$4.50</td> <td>\$6.50</td> </tr> </tbody> </table>		County Resident	Non-County Resident	Children (1-17 years old)	\$4.00	\$6.50	Adults (18-54 years old)	\$6.00	\$7.50	Seniors (55 years & older)	\$4.50	\$6.50
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<b>General Recreational Time</b> Monday-Friday 11:30 AM - 2:00 PM Monday & Wednesday 7:00 PM - 8:30 PM Friday 7:00 PM - 9:00 PM Saturday 2:00 PM - 6:00 PM 6:00 PM - 7:00 PM <i>Adults Only</i> Sunday 2:00 PM - 5:00 PM 5:00 PM - 6:00 PM <i>Adults Only</i>	<b>Deep Water Running (DWR) &amp; Well Lap Swimming (WLS)</b> Mon., Wed., Fri. 6:15 AM - 8:30 AM <i>1/2 WLS, 1/2 DWR</i> 8:30 AM - 11:30 AM <i>Limited Use</i> 11:30 AM - 1:00 PM <i>1 Lane DWR</i> 2:00 PM - 3:30 PM <i>Limited Use</i> Tuesday & Thursday 6:30 AM - 7:30 AM <i>1/2 WLS, 1/2 DWR</i> 8:30 AM - 3:30 PM <i>1 Lane DWR</i> Monday & Wednesday 7:00 PM - 8:30 PM <i>1 Lane DWR</i> Friday 7:00 PM - 9:00 PM <i>1 Lane DWR</i> Saturday 2:00 PM - 6:00 PM <i>1 Lane DWR</i> 6:00 PM - 7:00 PM <i>Adults Only</i> Sunday 1:00 PM - 5:00 PM <i>1 Lane DWR</i> 5:00 PM - 6:00 PM <i>Adults Only</i>	<b>Please Note:</b> The management reserves the right to alter the pool schedule when it is deemed necessary. Proper Bathing Suits Required! <b>NO CUTOFFS OR GYM SHORTS!</b> Shorts, t-shirts, and undergarments do not qualify as bathing suit attire. All patrons within the pool area must be attired in swimming apparel. Children under 10 years old must be accompanied in the pool area and cared for by an adult in swimming attire at all times. Groups of 6 or more must call the facility ahead of time to schedule with a manager's approval. Lockers are available - <b>BRING A LOCK TO SECURE YOUR BELONGINGS!</b> The use of cameras, video cameras or any device containing camera equipment of any kind is prohibited in all locker rooms, bathrooms and changing areas at all times.												
<b>Diving Boards</b> Monday & Wednesday 7:00 PM - 8:30 PM Tuesday & Thursday 12:30 PM - 2:30 PM Friday 7:30 PM - 9:00 PM Saturday 2:00 PM - 6:00 PM 6:00 PM - 7:00 PM <i>Adults Only</i> Sunday 1:00 PM - 5:00 PM 5:00 PM - 6:00 PM <i>Adults Only</i>	<b>Weight &amp; Exercise Room</b> <i>Adults Only: 14-17 if accompanied by an adult.</i> Youths (14-17) must have a permission slip on file. Youths need to keep their copy with them while using the weight room. Monday - Thursday 6:15 AM - 10:00 PM Friday 6:15 AM - 9:00 PM Saturday 12:00 PM - 7:00 PM Sunday 12:00 PM - 6:00 PM	Children who are not completely toilet trained must wear rubber pants. <b>Swim meets on October 16-18, 2009, November 14-15, 2009, January 23-24, 2010, February 18-20, 2010, and March 4-7, 2010 will alter the regular schedule. Please check the lobby for posted schedule changes.</b> For more information, visit us online at: <a href="http://www.montgomerycountymd.gov/rec">www.montgomerycountymd.gov/rec</a>												
<b>Lap Swim</b> Lap Lanes are roped off at either 25 yards or 25 meter competitive distance. Patrons should "circle" swim from right to left and should swim in a lane with other lap swimmers of compatible speed and skills. Monday-Friday 6:15 AM - 3:30 PM Monday-Thursday 6:30 PM - 8:30 PM Friday 6:30 PM - 9:00 PM Monday & Wednesday 9:15 PM - 10:00 PM <i>Limited Laps</i> Saturday 2:00 PM - 6:00 PM 6:00 PM - 7:00 PM <i>Adults Only</i> Sunday 1:00 PM - 5:00 PM 5:00 PM - 6:00 PM <i>Adults Only</i>														