

5900 Executive Boulevard, N. Bethesda, MD 20852 · (240) 777-8070 · www.montgomerycountymd.gov/rec Montgomery County Recreation - Aquatics Section

2015 - 2016 Pool Use Schedule · September 8, 2015 - June 17, 2016

Recreation	2015 - 2016 P00	oi use schedule	∘ September 8, ∠u	715 - June 17, 20	10	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	4:45 - 6:30	O AM MCR Swim Tear	n Practice			
		6:00 - 8:30 AM				
	Ea	8:00 - 9:30 AM	8:00 AM - 2:00 PM			
	De	Early Bird Lap Swim	Masters Swim			
		8:30 - 11:30 AM			DWR Available	Swim Team
		lid Morning Swiı			9:00 AM - 2:00 PM	Dive Team
	Water Exe	rcise Classes • MCR Swi	m Lessons		MCR Swim Lessons	MCR Swim Lessons
	Lap Lanes Av	ailable ∘ Deep Water Run	ning Available		High School Swimming	Water Polo
		11:30 AM - 2:30 PM				Safety Training
		n Recreational S				
Leisure Pool Ope	en Lap Lanes Available \text{\tin}\text{\tex{\tex	Nater Exercise Classes (<i>Main Pool)</i> ∘ Deep Water F	Running Available		
					2:00 - 4:00 PM	2:00 - 5:00 PM
		3:00 - 4:00 PM			Recreational	Recreational
	MCPS High S	School Varsity S	wim Practice		Swim	Swim
Lim	nited Lap Lanes Available •	Limited Deep Water Run	<i>ning Available</i> ∘ Maintenai	nce	All Facilities Open	All Facilities Open
3:30 - 5:30 PM	3:30 - 7:30 PM	3:30 - 5:30 PM	3:30 - 7:30 PM	3:30 - 5:30 PM	(Except Diving Platforms)	(Except Diving Platforms
Slide & Dip		Slide & Dip		Slide & Dip	Lap Lanes Available	Lap Lanes Available
Leisure Pool & Slide	MCR Swim Lessons	Leisure Pool & Slide	MCR Swim Lessons	Leisure Pool & Slide	DWR Available	DWR Available
Open		Open		Open	4:00 - 5:00 PM	
		3:45 - 7:45 PM			Maintenance/Staff Training/iSwim	
		Swim & Dive Te			5:00 - 7:00 PM	5:00 - 8:00 PM
N	o Lap Lanes Available (3:4	•		ole	Recreational	MSTC Swim Clinic
		ap Lanes Available (5:15 -	· 7:15 PM)		Swim	
	7:00 - 8			7:00 - 9:00 PM	All Facilities Open	
	Modified I			Evening Rec Swim	(Except Diving Platforms)	
	Leisure Pool Open · Sli	ide Open Tues & Thurs		All Facilities Open	Lap Lanes Available	
Limited Lap	Lanes Available • Water Exe	ercise Classes · Limited DW	/R Available	(Except Diving Boards)	DWR Available	
8:30 - 10:00 PM	8:30 - 10:00 PM	8:30 - 10:00 PM	8:30 - 10:00 PM	Limited Laps & DWR	7:00 - 7:45 PM	
Dive Training	Masters Swim	Water Polo	Masters Swim	Masters Swim	Adults Only	
Water Fitness	Therapeutics	Water Fitness	Dive Training	Safety Training	8:00 - 10:00 PM	
MCR Swim Lessons	MCR Swim Lessons	MCR Swim Lessons	Therapeutics		Special Uses & Rentals	
9:30 - 10:30 PM		9:30 - 10:30 PM	MCR Swim Lessons	\sim		
Late Laps		Late Laps				

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.



either the well, lap lane or alcove. Please see DWR schedule or the Pool

Operator for location.

Kennedy Shriver Aquatic Center

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Recreational Swim **Hydrotherapy Pools** Admission Fees for Non-Passholders Adults Only: 14-17 if accompanied by an adult. (For Each Entry) General swimming for all ages (except where noted) with the Non-County Nonfollowing facilities open: Lap Lanes, Leisure Pool, Exercise County Due to frequent cleaning and maintenance that these pools require, Resident County Room, Hydrotherapy Spas, and Saunas. See Water Slide Resident (Weekday) Resident only one may be available for use during the following hours: times below. Children (1 - 17 years old) \$4.00 \$6.50 \$7.00 **General Recreational Time** Adults (18 - 54 years old) \$6.00 Spa A: Round Spa closest to Locker Rooms \$7.50 \$8.00 Monday - Friday 11:30 AM - 2:30 PM Spa B: Semi-circular Spa near the outdoor Sundeck Seniors (55 years & older) \$4.50 \$6.50 \$7.00 **Please Note:** Friday 7:00 PM - 9:00 PM Monday & Wednesday 6:00 AM - 10:30 PM Spa A&B Saturday 2:00 PM - 4:00 PM Tuesday & Thursday 6:00 AM - 10:00 PM Spa A&B These are the scheduled times these facilities will be 5:00 PM - 7:00 PM Friday 6:00 AM - 9:00 PM Spa A&B open. They may be closed at any time due to insufficient staff. Sunday 2:00 PM - 5:00 PM Saturday 8:00 AM - 9:30 AM Spa A&B Leisure Pool Spa A&B The management reserves the right to alter the pool 2:00 PM - 4:00 PM Monday - Friday schedule when it is deemed necessary. 5:00 PM - 7:00 PM Spa A&B 11:30 AM - 2:30 PM Mon., Wed. & Fri. Adults Only 7:00 PM - 7:45 PM Spa A&B Proper Bathing Suits Required! NO CUTOFFS OR 3:30 PM - 5:30 PM Monday - Thursday **GYM SHORTS!** Shorts, t-shirts, and undergarments do 7:00 PM - 8:30 PM Sunday 2:00 PM - 5:00 PM Spa A&B not qualify as bathing suit attire. Friday 7:00 PM - 9:00 PM All patrons within the pool area must be attired in Saturday 2:00 PM - 4:00 PM Spa A or B closes at 8:30pm one night per week for cleaning. swimming apparel. 5:00 PM - 7:00 PM Lap Swim Sunday 2:00 PM - 5:00 PM Children under 10 years old must be accompanied in the Lap Lanes are roped off at a competitive distance of 25 meters. pool area and cared for by an adult in swimming attire at Weight & Exercise Room/Saunas Some lanes are entirely in deep water. Patrons should "circle" swim all times. Adults Only: 14-17 if accompanied by an adult. from right to left and should swim in a lane with other lap swimmers of compatible speed and skills. An ACCESS Card is required for everyone entering the Youths (14-17) must have a permission slip on file. Youths need to keep their copy with them while using the weight Monday - Friday 6:00 AM - 3:30 PM facility. room. Monday - Friday 5:15 PM - 7:15 PM Groups of 6 or more must call the facility ahead of time Monday & Wednesday 6:00 AM - 10:30 PM Monday - Thursday 7:00 PM - 8:30 PM to schedule with a manager's approval. Tuesday & Thursday Lockers are available - BRING A LOCK TO SECURE 6:00 AM - 10:00 PM Friday 7:00 PM - 9:00 PM Friday YOUR BELONGINGS! Monday & Wednesday 6:00 AM - 9:00 PM 9:30 PM - 10:30 PM Saturday 8:00 AM - 7:45 PM Saturday 8:00 AM - 9:30 AM The use of cameras, video cameras or any device Sunday containing camera equipment of any kind is prohibited in 8:00 AM - 5:00 PM 2:00 PM - 4:00 PM **Water Slides** all locker rooms, bathrooms and changing areas at all 5:00 PM - 7:00 PM Mon., Wed. & Fri. 3:30 PM - 5:30 PM 7:00 PM - 7:45 PM **Adults Only** Tuesday &Thursday 7:00 PM - 8:30 PM Children who are not completely toilet trained must wear Sunday 2:00 PM - 5:00 PM Friday 7:00 PM - 9:00 PM **Diving Boards** rubber pants. Saturday 2:00 PM - 4:00 PM Saturday 2:00 PM - 4:00 PM Swim and Dive meets held on 11/28, 12/5, 12/12, 5:00 PM - 7:00 PM 5:00 PM - 7:00 PM 12/19, 1/9, 1/16, 1/23, 1/30, 2/6, 2/13 & 2/14 and May Sunday 2:00 PM - 5:00 PM 7:00 PM - 7:45 PM Adults Only 13-15 will change the schedule. Additional dates Deep Water Running Sunday 2:00 PM - 5:00 PM may be added, check lobby and website for updates. DWR is available during most Lap Swim times and will be offered in

Platforms are for dive team use only. Not open to public.

For more information, visit us online at:

www.montgomerycountymd.gov/rec.



5900 Executive Blvd., N. Bethesda, MD 20852 · (240) 777-8070 · www.montgomerycountymd.gov/rec Montgomery County Recreation - Aquatics Section

2015-2016 Lap Lane Schedule · September 8 - November 16 & February 22 - June 17

		ZOTO ZOTO E	ap =a	outile coptom		ci io a i coldary	22 00110 11	
6:00 —	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	6:00
0.00	-	7 Shallow • 3 D	eep ∘ 1 Shallow	v Water Walking	9			
7:00 -								7:00
_	ļ -	7 Shallow ∘ 8 D	eep ∘ 1 Shallow	√ Water Walking	3			L
8:00 —	4				8:00			
_		1		1		7 Shallow		┝
9:00 —	8 Shallow 4 Deep		8 Shallow 4 Deep			8 Deep		9:00
	<u>'</u>	3 Shallow 8 Deep	'	3 Shallow 8 Deep	8 Shallow 4 Deep			F
10:00 —	1	8 Shallow		8 Shallow		-		10:00
_	3 Shallow 8 Deep	4 Deep	3 Shallow 8 Deep	4 Deep				r
11:00 —	о реер		о Беер		3 Shallow 8 Deep			11:00
12:00 —		3 Shallow		3 Shallow	ОВССР			12:00
12.00		8 Deep		8 Deep				
1:00 —	5 Shallow		5 Shallow					1:00
_	8 Deep	5 Shallow	8 Deep	5 Shallow	5 Shallow			L
2:00 —	1	8 Deep		8 Deep	8 Deep			2:00
_								_
3:00 —	1	8	Shallow ∘ 8 De	ер		4 Shallow 5 Deep	4 Challaur	3:00
						`	4 Shallow 5 Deep	
4:00 —	1							4:00
	-							5.00
5:00 —								5:00
6:00 —]		2 Shallow			4 Shallow		6:00
_	_					5 Deep		
7:00 —	4	2	Shallow/1 Dee	ep				7:00
_		2		Adults Only		H		
8:00 —	2 Shallow 5 Deep	2 Shallow 4 Deep	2 Shallow 5 Deep	2 Shallow 4 Deep	5 Shallow 5 Deep			8:00
_	о Всер	, веср	С ВССР	. 200р	5 Shallow	-		F
9:00 —								9:00
40.00	8 Shallow		9 Challaur					10:00
10:00 —	4 Deep		8 Shallow					10:00
	This P	ool Use Schedu	le may be chang	ed to accommod	late special eve	nts or holiday act	ivities.	

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Montgomery county

Recreation

2015-2016 Lap Lane Schedule • November 16, 2015 - February 22, 2016

1100	CULUUII	2010 2010 1	Lap Lano Con	iodalo Hovel	1001 10, 2010	1 Coldary 22, 201		
6:00 —	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	6:00
		7 Shallo	4 Shallow w ∘ 1 Shallow Water	Walking		_		
7:00 —	7	⁷ Shallow ∘ 8 D			7:00			
8:00 —					8:00			
9:00 —	8 Shallow		8 Shallow			7 Shallow 8 Deep		9:00
_	4 Deep	3 Shallow	4 Deep	3 Shallow	8 Shallow	7 Shallow		_
10:00 —		8 Deep		8 Deep	4 Deep	-		10:00
11:00 —	3 Shallow 8 Deep	8 Shallow 4 Deep	3 Shallow 8 Deep	8 Shallow 4 Deep				11:00
	·		'		3 Shallow 8 Deep			
12:00 —		3 Shallow		3 Shallow				12:00
_		8 Deep		8 Deep		-		_
1:00 —	5 Shallow		5 Shallow					1:00
	8 Deep	5 Shallow	8 Deep	5 Shallow	5 Shallow 8 Deep			_
2:00 —		8 Deep		8 Deep	·			2:00
3:00 —			8 Shallow			4 Shallow 5 Deep	4 Shallow 5 Deep	3:00
4:00 —							0 2 0 0 p	— 4:00
								_
5:00 —								5:00
6:00 —			2 Shallow			4 Shallow 5 Deep		6:00
7:00 —		2	Shallow/1 Dee	ep				7:00
_		2	Shallow/1 Dee	:p		Adults Only		<u> </u>
8:00 —	2 Shallow 5 Deep	2 Shallow 4 Deep	2 Shallow 5 Deep	2 Shallow 4 Deep	5 Shallow 5 Deep			8:00
9:00 —					5 Shallow			9:00
10:00 —	8 Shallow 4 Deep		8 Shallow					10:00
	This P	ool Use Schedu	le may be chang	ed to accommod	late special eve	nts or holiday act	ivities.	•

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2015-2016 Deep Water Running/Exercise Area Schedule · Sept 8, 2015 - June 17, 2016

Pool Layout - Deep End

	_	Pool Layout - Deep End
		Diving Well
	Deep Water Alcove	Lane 1
	Deep Water Alcove	Lane 2
		Lane 3
Bulkhead		Lane 4
Bulk		Lane 5
		Lane 6
		Lane 7
		Lane 8

Special Notes

- 1 This schedule represents the minimum time allotted for this activity.
- When performing deep water running in the lane, move in a circular fashion, do not morve down the lane 2 or more abreast.
- This Deep Water Running Schedule may change to accommodate special events or holiday activities. Check the posted notices in the lobby.

Summary Schedule

Diving Well						
September 8 - N	ovember 15, 2015					
Mon., Wed., & Fri.	6:00 AM - 8:30 AM					
	9:30 AM - 2:30 PM					
Tues. & Thurs.	6:00 AM - 10:00 AM					
	11:00 AM - 2:30 PM					
Saturday	8:00 AM - 9:30 AM					
November 16, 2015	- February 22, 2016					
Mon., Wed., & Fri.	6:30 AM - 8:30 AM					
	9:30 AM - 2:30 PM					
Tues. & Thurs.	6:30 AM - 10:00 AM					
	11:00 AM - 2:30 PM					
February 22 -	June 17, 2016					
Mon., Wed., & Fri.	6:00 AM - 8:30 AM					
	9:30 AM - 2:30 PM					
Tues. & Thurs.	6:00 AM - 10:00 AM					
	11:00 AM - 2:30 PM					
Saturday	8:00 AM - 9:00 AM					
Laı	ne 8					
Mon., Wed., & Fri.	8:30 AM - 9:30 AM					
Monday	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					
Saturday	2:00 PM - 4:00 PM					
	5:00 PM - 7:00 PM					
Adults Only	7:00 PM - 7:45 PM					
Sunday	2:00 PM - 5:00 PM					
	ter Alcove					
Monday - Friday						
· ·	ater Running 9:30 - 10:30 PM					
Wednesday	9.30 - 10.30 PIVI					



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Recreation 2015 Summer Pool Use Schedule • June 13, 2015 - August 23, 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
		6:00 - 8:30 AM		•				
	Ea	8:00 - 9:30 AM						
(Swim Tea	am 5:30 - 7:00 AM · Di	ve Team 7:30-8:30 AM	 Deep Water Running 	Available)	Early Bird Lap Swim			
		8:30 -12:00 PM	_		Deep Water Running Available			
		id Morning Sw			8:00 AM -1:00 PM			
Wa		MCR Swim Lessons • I	•	amp	_	essons		
	Lap Lanes Ava	ailable · Deep Water Ru	nning Available			Training		
					Swim & D	ive Team		
		12:00 - 3:00 PM						
		n Recreational	_		1:00 - 4:00 PM	1:00 PM - 5:00 PM		
Lap La		Exercise Classes • De	•	ilable	Recreational Swim	Recreation Swim		
	(Rec Area in N	Main Pool opens 12:30 F	'M Tues/Thurs)		All Facilities Open	All Facilities Open		
		Slide Open			(Except Diving Platform)	(Except Diving Platform)		
					Lap Lanes Available	Lap Lanes Available		
		0.00 F.00 DM			Deep Water Running Available	Deep Water Running Available		
	A.C.	3:00 - 5:00 PM			4.00 F.00 DM			
		ernoon Lap Sv			4:00 - 5:00 PM			
	Lap Lanes Ava	ailable ∘ Deep Water Ru	nning Available		Adults Only Laps			
		5:00 - 7:00 PM			Deep Water Running Available			
MC	CD Locopo a Swim To	am ∘ Dive Team ∘ Deep	Motor Dunning Availa	blo				
IVIC		am ∘ Dive Team ∘ Deep ited Shallow Lap Lanes Avai	•	bie				
	LIII	7:00 - 8:30 PM	lable					
	Evenir	ng Recreationa	I Swim					
l eigure		Lap Lanes Available • D		/ailahle				
8:00 - 9:30 PM	7:30 - 9:30 PM							
Dive Team	Water Exercise	8:30 - 10:00 PM Water Polo	7:30 - 9:30 PM Dive Team	Friday 7:00 - 9:00 PM				
	Adult Classes		Water Exercise					
8:30 - 9:30 PM	Special Classes	8:30 - 9:30 PM	Adult Classes	Safety Training				
Water Exercise 9:00 - 10:00 PM		Water Exercise 9:00 - 10:00 PM	Special Classes					
Late Laps		Late Laps						

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



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2015 Summer Pool Use Schedule • June 13, 2015 - August 23, 2015

PUBLIC USE TIMES

Recreational Swim		Hydrotherapy Pool			Admission Fees for Non-Passholders			lders
General swimming for all a	ges (except where noted)	Adults Only: 14-17 if accord	mpanied by an adult.		(F	or Each Ent	ry)	
with the following facilities	open: Lap Lanes, Leisure				County	Non-County Resident	Non-County Resident	
Pool, Exercise Room, Hydr		one may be availab	le for use during the following	ng hours:		Resident	(Weekday)	(Weekend)
Saunas. See Water Slide	times below.	Spa A: Round S	Spa closest to the Locker Ro	ooms	Children (1-17 years old)	\$4.00	\$6.50	\$7.00
General Recreations	al Time	Spa B: Semi-circu	ular Spa near the outdoor Si	undeck	Adults (18-54 years old)	\$6.00	\$7.50	\$8.00
Monday - Friday	12:00 PM - 3:00 PM	Monday & Wednesday	6:00 AM - 10:00 PM	Spa A&B	Seniors (55 years & older)	\$4.50	\$6.50	\$7.00
Monday - Thursday	7:00 PM - 8:30 PM	Tuesday & Thursday	6:00 AM - 8:30 PM	Spa A&B	P	lease Not	e:	
Friday	7:00 PM - 9:00 PM	Friday	6:00 AM - 9:00 PM	Spa A&B	The second state of the second second second	45 41 4		
Saturday	1:00 PM - 4:00 PM	Saturday	8:00 AM - 9:30 AM	Spa A&B	These are the scheduled They may be closed at ar			
Sunday	1:00 PM - 5:00 PM	Saturday	1:00 PM - 4:00 PM	Spa A&B	They may be closed at al	iy time due to) IIISUIIICIEIIL	Stair.
Weight & Exercise F	Room/Saunas	Adults Only	4:00 PM - 5:00 PM	Spa A&B	The management reserve	es the right to	alter the poo	ol schedule
Adults Only: 14-17 if accom	panied by an adult.	Sunday	1:00 PM - 5:00PM	Spa A&B	when it is deemed neces	sary.		
Youths (14-17) must have	a permission slip on file.	Spa A or B close at 8	3:30 PM one night a week fo	or cleaning.	Proper Bathing Suits Rec	quired! NO C	UTOFFS OR	GYM
Youths need to keep their		Lap Swim			SHORTS! Shorts, t-shirts, and undergarments do not qualif			
the weight room.		Lap Lanes are roped off	at a competitive distance	e of 25 meters.	as bathing suit attire.			
Monday & Wednesday	6:00 AM - 10:00 PM		in deep water. Patrons		All patrons within the pool area must be attired in swimming			wimming
Tuesday & Thursday	6:00 AM - 8:30 PM		nd should swim in a lane		apparel.			
Friday	6:00 AM - 9:00 PM	swimmers of	compatible speed and sk	kills.	Object to the second of the se	- -		: tl
Saturday	8:00 AM - 5:00 PM	Monday - Friday	6:00 AM - 5:00 PM		Children under 10 years of area and cared for by an		•	
Sunday	8:00 AM - 5:00 PM	Monday - Friday	5:00 PM - 7:00 PM		area and cared for by an	addit iii Swiiii	ining attire a	i all tillies.
Water Slides		Monday - Friday	7:00 PM - 8:30 PM		An ACCESS Card is requ	ired for even	one entering	the feeility
Monday - Friday	12:00 PM - 3:00 PM	Friday	7:00 PM - 9:00 PM		An Access Card is requ	lifed for every	yone entening	ine racility.
Monday - Thursday	7:00 PM - 8:30 PM	Monday & Wednesday	9:00 PM - 10:00 PM		Groups of 6 or more mus	t call the facil	ity ahead of t	ime to
Friday	7:00 PM - 9:00 PM	Saturday	8:00 AM - 9:30 AM		schedule with a manager	's approval.		
Saturday	1:00 PM - 4:00 PM	Saturday	1:00 PM - 4:00 PM		Lockers are available - B	RING A LOC	K TO SECU	RE YOUR
Sunday	1:00 PM - 5:00 PM		4:00 PM - 5:00 PM	Adults Only	BELONGINGS!			
Deep Water Runnin	g	Sunday	1:00PM - 5:00PM					
DWR is available during most	Lap Swim times and will be	Diving Boards			The use of cameras, vide			
offered in either the well lap la	ne or alcove. Please check	Saturday	1:00 PM - 4:00 PM		camera equipment of any kind is prohibited in all locker rooms bathrooms and changing areas at all times.		ckei iooiiis,	
with the Pool Operator regard	ing location for DWR.		4:00 PM - 5:00 PM	Adults Only	and onlinging	a. odo di dii t		
		Sunday	1:00 PM - 5 :00 PM		Seniors (55 years & older	r)		
		Platforms a	re for dive team use or	nly.	For more info	-		
		No	ot open to public.		www.montge	omerycounty	ymd.gov/rec	



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Recreation | 2015 Summer Lap Lane Schedule • June 13, 2015 - August 23, 2015

	4 Shallow +	1 Shallow Wa 3 Deep 6 Shallow	ter Walking				6:00
T		<u> </u>					_
		6 Shallow					7:00
							F
<u> </u>		4 Deep					8:00
Shallow		6 Shallow		6 Shallow	6 Shallow 8 Deep		┢
Deep	3 Shallow 5 Deep	4 Deep	3 Shallow 5 Deep	4 Deep	0 D 0 0 p		9:00
							10:00
Shallow	8 Shallow	3 Shallow	8 Shallow	3 Shallow			F
Deep	2 Deep	5 Deep	2 Deep	5 Deep			11:00
	3 Shallow		3 Shallow				F
	5 Deep		5 Deep				12:00
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		4 Shallow					
		8 Deep			4 Ch	ollow	2:00
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							3:00
allow		_		8			4:00
		Deep			8 Shallow 5 Deep	4 Shallow 5 Deep	–
					Adults Only		5:00
		8 Shallow		8 Shallow			F
Shallow	2 Shallow	4 Deep	2 Shallow	4 Deep			6:00
							7:00
Shallow	4 Shallow	4 Shallow	4 Shallow				L
Deep	4 Deep	5 Deep	4 Deep	4 Shallow 5 Deep			8:00
				•			H
Shallow		3 Shallow					9:00
	Shallow Deep Shallow Challow Deep Shallow Deep	Shallow 2 Deep 3 Shallow 5 Deep allow Shallow 2 Shallow 4 Shallow Deep 4 Deep	Shallow Deep Shallow Deep 3 Shallow 5 Deep 4 Shallow 8 Deep Shallow 2 Shallow 4 Shallow 4 Deep Shallow Deep 3 Shallow 5 Deep 3 Shallow 8 Deep 4 Shallow 4 Deep 3 Shallow 5 Deep 3 Shallow 3 Shallow 5 Deep 3 Shallow 3 Shallow 5 Deep	Shallow Deep Shallow 2 Deep Shallow 2 Shallow 2 Shallow 4 Shallow 4 Deep Shallow 4 Deep Shallow 5 Deep Shallow	Shallow Deep Shallow 2 Shallow 2 Shallow 4 Shallow 4 Deep 3 Shallow 4 Shallow 4 Deep 4 Deep 3 Shallow 4 Shallow 5 Deep 3 Shallow 4 Shallow 5 Deep 4 Shallow 5 Deep 4 Shallow 5 Deep 4 Shallow 6 Shallow 7 Shallow 8 Shal	Shallow Shallow 2 Deep Shallow 2 Deep Shallow 2 Deep Shallow 3 Shallow 5 Deep	Shallow 2 Deep 3 Shallow 2 Deep 3 Shallow 5 Deep 3 Shallow 5 Deep 3 Shallow 5 Deep 4 Shallow 4 Deep 4 Shallow 5 Deep 6 Shallow 6 Shal

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2015 Summer Deep Water Running/Exercise Area Schedule • June 13, 2015 - August 23, 2015

Pool Layout - Deep End

	-	1 001 Layout - Deep Lilu
		Diving Well
	Doon Water Alcove	Lane 1
	Deep Water Alcove	Lane 2
		Lane 3
Bulkhead		Lane 4
Bulk		Lane 5
		Lane 6
		Lane 7
		Lane 8

Summary Schedule

Availability During Normal Operating Hours

Availability During Not	mai Operating Hours
Diving	ı Well
Monday - Friday	6:00 - 7:30 AM
	1:00 - 5:00 PM
Monday	9:00 - 10:00 PM
Saturday	8:00 - 9:30 AM
Lan	e 8
Monday - Friday	7:30 - 10:00 AM
Mon/Wed/Friday	10:00 AM - 1:00 PM
Tues/Thursday	11:00 AM - 1:00 PM
Monday - Thursday	7:00 - 8:30 PM
Friday	7:00 - 9:00 PM
Saturday & Sunday	1:00 - 4:00 PM
Saturday & Sunday	4:00 - 5:00 PM
Deep Wat	er Alcove
Monday - Friday	5:00 - 7:00 PM
Tues/Thursday	10:00 - 11:00 AM
No Deep Wa	ater Running
Wednesday	9:00 - 10:00 PM

Special Notes

- 1 This schedule represents the minimum time allotted for this activity.
- 2 When performing deep water running in the lane, move in a circular fashion, do not morve down the lane 2 or more abreast.
- 3 This Deep Water Running Schedule may change to accommodate special events or holiday activities. Check the posted notices in the lobby.



5900 Executive Boulevard, N. Bethesda, MD 20852 $^{\circ}$ (240) 777-8070 $^{\circ}$ www.montgomerycountymd.gov/rec Montgomery County Recreation - Aquatics Section

Holiday Schedule - December 24, 2018 - January 1, 2019

MONDAY 12/24/2018	TUESDAY 12/25/2018	WEDNESDAY 12/26/2018	THURSDAY 12/27/2018	FRIDAY 12/28/2018	SATURDAY 12/29/2018	SUNDAY 12/30/2018	MONDAY 12/31/2018	TUESDAY 01/01/2019
6:00 - 8:30 AM DWR in Alcove Swim Team Practices Dive Team	All L		6:00 - 8:30 AM Early Bird Lap Swim Swim Team Practices DWR in Alcove		8:00 - 9:30 AM Early Bird Swim Swim Team Practices DWR	8:00 - 9:30 AM Masters Swimming Swim/DiveTeam Practice DWR	6:00 - 8:30 AM DWR in Alcove Swim Team Practices Dive Team	200
8:30 - 12:30 AM DWR in Alcove LGT Class	a year	Mid N	8:30 - 12:30 PM Morning S	Swim	9:30 - 1:00 PM FACILITY NOT OPEN TO PUBLIC	9:30 - 1:00 PM FACILITY NOT OPEN TO PUBLIC	8:30 - 12:30 AM DWR in Alcove LGT Class	
Limited Lap Lanes DIVE TEAM SWIM TEAM	Q	Li Swi	mited Lap Lane DWR in Alcove im Team Praction Lifeguard Class	s ces	LG CLASS DIVE TEAM SWIM TEAM	LG CLASS DIVE TEAM SWIM TEAM	Limited Lap Lanes DIVE TEAM SWIM TEAM	Q
12:30 - 3:00PM	E		12:30 - 2:30 PM	_			12:30 - 3:00PM	
Recreational Swim	S		ational p Lanes Availab		1:00 -4:00PM Recreational	1:00 -4:00PM Recreational	Recreational Swim	SE
Deep End Lap Lanes Available at 12:30 PM	Ó	All	1 DWR Lane Facilities Op	en	Deep End Lap Lanes Available at 1:30 PM	Deep End Lap Lanes Available at 1:30 PM	Deep End Lap Lanes Available at 12:30 PM	Ö
1 DWR Lane at 12:30 PM	7		2:30-3:30 PM Maintenance/LG Class		1 DWR Lane	1 DWR Lane	1 DWR Lane at 12:30 PM	
All Facilities Open			3:30 - 5:30 PM Slide & Dip		at 1:30 PM	at 1:30 PM	All Facilities Open	
Facility Closes at			DWR in Alcove 5:15 - 7:15 PM Limited Lap Lanes		5:00 - 7:00PM Recreational Swim All Facilities Open DWR in Alcove		Facility Closes at	O
3:00 PM	A STATE OF THE STA		7:00 - 9:00 PM reational State Lap Lanes Available DWR in Alcove All Facilities Open illity Closes at 9:00 I				3:00 PM	A D A

^{1 -} LAP SWIM: Pool is set up for lap lanes only. Water Slide, Diving Boards and Leisure Pool are CLOSED. Saunas, Locker/Shower Rooms, Weight Room, and Hydrotherapy Pools are OPEN. 2 - <u>Dive</u> Towers are not available to the public. 3 - <u>RECREATIONAL SWIM</u>: All facilities are OPEN - Water slide, Hydrotherapy Pools, Saunas, Locker/Shower Rooms, Weight Room. Main Pool is set up with lap lanes and open recreational area.