



Kennedy Shriver Aquatic Center

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:45 - 6:30 AM MCR Swim Team Practice						
6:00 - 8:30 AM Early Bird Lap Swim Deep Water Running Available					8:00 - 9:30 AM Early Bird Lap Swim DWR Available	8:00 AM - 2:00 PM Masters Swim Swim Team Dive Team
8:30 - 11:30 AM Mid Morning Swim Water Exercise Classes • MCR Swim Lessons Lap Lanes Available • Deep Water Running Available					9:00 AM - 2:00 PM MCR Swim Lessons High School Swimming	MCR Swim Lessons Water Polo Safety Training
11:30 AM - 2:30 PM Noon Recreational Swim Leisure Pool Open • Lap Lanes Available • Water Exercise Classes (<i>Main Pool</i>) • Deep Water Running Available					2:00 - 4:00 PM Recreational Swim All Facilities Open (Except Diving Platforms) Lap Lanes Available DWR Available	2:00 - 5:00 PM Recreational Swim All Facilities Open (Except Diving Platforms) Lap Lanes Available DWR Available
3:00 - 4:00 PM MCPS High School Varsity Swim Practice Limited Lap Lanes Available • <i>Limited Deep Water Running Available</i> • Maintenance					4:00 - 5:00 PM Maintenance/Staff Training/ Swim	5:00 - 8:00 PM MSTC Swim Clinic
3:30 - 5:30 PM Slide & Dip Leisure Pool & Slide Open	3:30 - 7:30 PM MCR Swim Lessons	3:30 - 5:30 PM Slide & Dip Leisure Pool & Slide Open	3:30 - 7:30 PM MCR Swim Lessons	3:30 - 5:30 PM Slide & Dip Leisure Pool & Slide Open		
3:45 - 7:45 PM MCR Youth Swim & Dive Team Training No Lap Lanes Available (3:45 - 5:15 PM) • Limited Deep Water Running Available Limited Lap Lanes Available (5:15 - 7:15 PM)					5:00 - 7:00 PM Recreational Swim All Facilities Open (Except Diving Platforms) Lap Lanes Available DWR Available	
7:00 - 8:30 PM Modified Rec Swim Leisure Pool Open • Slide Open Tues & Thurs Limited Lap Lanes Available • Water Exercise Classes • Limited DWR Available				7:00 - 9:00 PM Evening Rec Swim All Facilities Open (Except Diving Boards) Limited Laps & DWR Masters Swim Safety Training	7:00 - 7:45 PM Adults Only	
8:30 - 10:00 PM Dive Training Water Fitness MCR Swim Lessons	8:30 - 10:00 PM Masters Swim Therapeutics MCR Swim Lessons	8:30 - 10:00 PM Water Polo Water Fitness MCR Swim Lessons	8:30 - 10:00 PM Masters Swim Dive Training Therapeutics MCR Swim Lessons		8:00 - 10:00 PM Special Uses & Rentals	
9:30 - 10:30 PM Late Laps		9:30 - 10:30 PM 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.



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PUBLIC USE TIMES

Recreational Swim

General swimming for all ages (except where noted) with the following facilities open: Lap Lanes, Leisure Pool, Exercise Room, Hydrotherapy Spas, and Saunas. See Water Slide times below.

General Recreational Time

Monday - Friday	11:30 AM - 2:30 PM
Friday	7:00 PM - 9:00 PM
Saturday	2:00 PM - 4:00 PM
	5:00 PM - 7:00 PM
Sunday	2:00 PM - 5:00 PM

Leisure Pool

Monday - Friday	11:30 AM - 2:30 PM
Mon., Wed. & Fri.	3:30 PM - 5:30 PM
Monday - Thursday	7:00 PM - 8:30 PM
Friday	7:00 PM - 9:00 PM
Saturday	2:00 PM - 4:00 PM
	5:00 PM - 7:00 PM
Sunday	2:00 PM - 5:00 PM

Weight & Exercise Room/Saunas

Adults Only: 14-17 if accompanied by an adult.

Youths (14-17) must have a permission slip on file. Youths need to keep their copy with them while using the weight room.

Monday & Wednesday	6:00 AM - 10:30 PM
Tuesday & Thursday	6:00 AM - 10:00 PM
Friday	6:00 AM - 9:00 PM
Saturday	8:00 AM - 7:45 PM
Sunday	8:00 AM - 5:00 PM

Water Slides

Mon., Wed. & Fri.	3:30 PM - 5:30 PM
Tuesday & Thursday	7:00 PM - 8:30 PM
Friday	7:00 PM - 9:00 PM
Saturday	2:00 PM - 4:00 PM
	5:00 PM - 7:00 PM
Sunday	2:00 PM - 5:00 PM

Deep Water Running

DWR is available during most Lap Swim times and will be offered in either the well, lap lane or alcove. Please see DWR schedule or the Pool Operator for location.

Hydrotherapy Pools

Adults Only: 14-17 if accompanied by an adult.

Due to frequent cleaning and maintenance that these pools require, only one may be available for use during the following hours:

Spa A: Round Spa closest to Locker Rooms

Spa B: Semi-circular Spa near the outdoor Sundeck

Monday & Wednesday	6:00 AM - 10:30 PM	Spa A&B
Tuesday & Thursday	6:00 AM - 10:00 PM	Spa A&B
Friday	6:00 AM - 9:00 PM	Spa A&B
Saturday	8:00 AM - 9:30 AM	Spa A&B
	2:00 PM - 4:00 PM	Spa A&B
	5:00 PM - 7:00 PM	Spa A&B
	Adults Only 7:00 PM - 7:45 PM	Spa A&B
Sunday	2:00 PM - 5:00 PM	Spa A&B

Spa A or B closes at 8:30pm one night per week for cleaning.

Lap Swim

Lap Lanes are roped off at a competitive distance of 25 meters. Some lanes are entirely in deep water. 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	6:00 AM - 3:30 PM
Monday - Friday	5:15 PM - 7:15 PM
Monday - Thursday	7:00 PM - 8:30 PM
Friday	7:00 PM - 9:00 PM
Monday & Wednesday	9:30 PM - 10:30 PM
Saturday	8:00 AM - 9:30 AM
	2:00 PM - 4:00 PM
	5:00 PM - 7:00 PM
	7:00 PM - 7:45 PM
Sunday	2:00 PM - 5:00 PM

Adults Only

Diving Boards

Saturday	2:00 PM - 4:00 PM
	5:00 PM - 7:00 PM
	7:00 PM - 7:45 PM
Sunday	2:00 PM - 5:00 PM

Adults Only

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

Admission Fees for Non-Passholders

(For Each Entry)

	County Resident	Non-County Resident (Weekday)	Non-County Resident
Children (1 - 17 years old)	\$4.00	\$6.50	\$7.00
Adults (18 - 54 years old)	\$6.00	\$7.50	\$8.00
Seniors (55 years & older)	\$4.50	\$6.50	\$7.00

Please Note:

These are the scheduled times these facilities will be open. They may be closed at any time due to insufficient staff.

The management reserves the right to alter the pool schedule when it is deemed necessary.

Proper Bathing Suits Required! **NO CUTOFFS OR GYM SHORTS!** 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.

An ACCESS Card is required for everyone entering the facility.

Groups of 6 or more must call the facility ahead of time to schedule with a manager's approval.

Lockers are available - **BRING A LOCK TO SECURE YOUR BELONGINGS!**

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.

Children who are not completely toilet trained must wear rubber pants.

Swim and Dive meets held on 11/28, 12/5, 12/12, 12/19, 1/9, 1/16, 1/23, 1/30, 2/6, 2/13 & 2/14 and May 13-15 will change the schedule. Additional dates may be added, check lobby and website for updates.

For more information, visit us online at:
www.montgomerycountymd.gov/rec.



MONTGOMERY COUNTY
Recreation

Kennedy Shriver Aquatic Center

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6:00	7 Shallow ◦ 3 Deep ◦ 1 Shallow Water Walking							6:00
7:00	7 Shallow ◦ 8 Deep ◦ 1 Shallow Water Walking							7:00
8:00						7 Shallow 8 Deep		8:00
9:00	8 Shallow 4 Deep	3 Shallow 8 Deep	8 Shallow 4 Deep	3 Shallow 8 Deep	8 Shallow 4 Deep			9:00
10:00	3 Shallow 8 Deep	8 Shallow 4 Deep	3 Shallow 8 Deep	8 Shallow 4 Deep	3 Shallow 8 Deep			10:00
11:00		3 Shallow 8 Deep		3 Shallow 8 Deep				11:00
12:00	5 Shallow 8 Deep	3 Shallow 8 Deep	5 Shallow 8 Deep	3 Shallow 8 Deep	5 Shallow 8 Deep			12:00
1:00		5 Shallow 8 Deep		5 Shallow 8 Deep				5 Shallow 8 Deep
2:00						4 Shallow 5 Deep	4 Shallow 5 Deep	2:00
3:00	8 Shallow ◦ 8 Deep							3:00
4:00								4:00
5:00								5:00
6:00	2 Shallow					4 Shallow 5 Deep		6:00
7:00	2 Shallow/1 Deep							7:00
	2 Shallow/1 Deep					Adults Only		
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 Pool Use Schedule may be changed to accommodate special events or holiday activities.

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

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

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 Montgomery County Recreation - Aquatics Section

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

Pool Layout - Deep End

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

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 move 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.

Summary Schedule

Diving Well	
September 8 - November 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
Lane 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
	<u>Adults Only</u> 7:00 PM - 7:45 PM
Sunday	2:00 PM - 5:00 PM
Deep Water Alcove	
Monday - Friday	2:30 PM - 8:30 PM
No Deep Water Running	
Wednesday	9:30 - 10:30 PM

 MONTGOMERY COUNTY Recreation		<h1>Kennedy Shriver Aquatic Center</h1> <p>5900 Executive Boulevard, N. Bethesda, MD 20852 • (240) 777-8070 • www.montgomerycountymd.gov/rec Montgomery County Recreation - Aquatics Section</p> <h2>2015 Summer Pool Use Schedule • June 13, 2015 - August 23, 2015</h2>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>6:00 - 8:30 AM</p> <p>Early Bird Lap Swim</p> <p>(Swim Team 5:30 - 7:00 AM • Dive Team 7:30-8:30 AM • Deep Water Running Available)</p>						
					<p>8:00 - 9:30 AM</p> <p>Early Bird Lap Swim</p> <p>Deep Water Running Available</p>	
<p>8:30 -12:00 PM</p> <p>Mid Morning Swim</p> <p>Water Exercise Classes • MCR Swim Lessons • Dive Camp • MCRD Camp</p> <p>Lap Lanes Available • Deep Water Running Available</p>					<p>8:00 AM -1:00 PM</p> <p>MCR Lessons</p> <p>Safety Training</p> <p>Swim & Dive Team</p>	
					<p>12:00 - 3:00 PM</p> <p>Noon Recreational Swim</p> <p>Lap Lanes Available • Water Exercise Classes • Deep Water Running Available</p> <p>(Rec Area in Main Pool opens 12:30 PM Tues/Thurs)</p> <p>Slide Open</p>	
<p>3:00 - 5:00 PM</p> <p>Afternoon Lap Swim</p> <p>Lap Lanes Available • Deep Water Running Available</p>					<p>1:00 - 4:00 PM</p> <p>Recreational Swim</p> <p>All Facilities Open</p> <p>(Except Diving Platform)</p> <p>Lap Lanes Available</p> <p>Deep Water Running Available</p>	<p>1:00 PM - 5:00 PM</p> <p>Recreation Swim</p> <p>All Facilities Open</p> <p>(Except Diving Platform)</p> <p>Lap Lanes Available</p> <p>Deep Water Running Available</p>
					<p>4:00 - 5:00 PM</p> <p>Adults Only Laps</p> <p>Deep Water Running Available</p>	
<p>5:00 - 7:00 PM</p> <p>MCR Lessons • Swim Team • Dive Team • Deep Water Running Available</p> <p>Limited Shallow Lap Lanes Available</p>						
<p>7:00 - 8:30 PM</p> <p>Evening Recreational Swim</p> <p>Leisure Pool & Slide Open • Lap Lanes Available • Deep Water Running Available</p>						
<p>8:00 - 9:30 PM</p> <p>Dive Team</p>	<p>7:30 - 9:30 PM</p> <p>Water Exercise</p> <p>Adult Classes</p> <p>Special Classes</p>	<p>8:30 - 10:00 PM</p> <p>Water Polo</p>	<p>7:30 - 9:30 PM</p> <p>Dive Team</p> <p>Water Exercise</p> <p>Adult Classes</p> <p>Special Classes</p>	<p>Friday</p> <p>7:00 - 9:00 PM</p>		
<p>8:30 - 9:30 PM</p> <p>Water Exercise</p>		<p>8:30 - 9:30 PM</p> <p>Water Exercise</p>		<p>Safety Training</p>		
<p>9:00 - 10:00 PM</p> <p>Late Laps</p>		<p>9:00 - 10:00 PM</p> <p>Late Laps</p>				

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Montgomery County Recreation - Aquatics Section

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

PUBLIC USE TIMES

Recreational Swim		Hydrotherapy Pools		Admission Fees for Non-Passholders			
General swimming for all ages (except where noted) with the following facilities open: Lap Lanes, Leisure Pool, Exercise Room, Hydrotherapy Spas, and Saunas. See Water Slide times below.		Adults Only: 14-17 if accompanied by an adult. Due to frequent cleaning and maintenance that these pools require, only one may be available for use during the following hours: <i>Spa A: Round Spa closest to the Locker Rooms</i> <i>Spa B: Semi-circular Spa near the outdoor Sundeck</i>		(For Each Entry)			
					County Resident	Non-County Resident (Weekday)	Non-County Resident (Weekend)
Children (1-17 years old)					\$4.00	\$6.50	\$7.00
Adults (18-54 years old)					\$6.00	\$7.50	\$8.00
Seniors (55 years & older)					\$4.50	\$6.50	\$7.00
General Recreational Time				Please Note:			
Monday - Friday 12:00 PM - 3:00 PM		Monday & Wednesday 6:00 AM - 10:00 PM Spa A&B		These are the scheduled times these facilities will be open. They may be closed at any time due to insufficient staff.			
Monday - Thursday 7:00 PM - 8:30 PM		Tuesday & Thursday 6:00 AM - 8:30 PM Spa A&B		The management reserves the right to alter the pool schedule when it is deemed necessary.			
Friday 7:00 PM - 9:00 PM		Friday 6:00 AM - 9:00 PM Spa A&B		Proper Bathing Suits Required! NO CUTOFFS OR GYM SHORTS! Shorts, t-shirts, and undergarments do not qualify as bathing suit attire.			
Saturday 1:00 PM - 4:00 PM		Saturday 8:00 AM - 9:30 AM Spa A&B		All patrons within the pool area must be attired in swimming apparel.			
Sunday 1:00 PM - 5:00 PM		Saturday 1:00 PM - 4:00 PM Spa A&B		Children under 10 years old must be accompanied in the pool area and cared for by an adult in swimming attire at all times.			
Weight & Exercise Room/Saunas		Adults Only 4:00 PM - 5:00 PM Spa A&B		An ACCESS Card is required for everyone entering the facility.			
Adults Only: 14-17 if accompanied by an adult.		Sunday 1:00 PM - 5:00PM Spa A&B		Groups of 6 or more must call the facility ahead of time to schedule with a manager's approval.			
Youths (14-17) must have a permission slip on file. Youths need to keep their copy with them while using the weight room.		Spa A or B close at 8:30 PM one night a week for cleaning.		Lockers are available - BRING A LOCK TO SECURE YOUR BELONGINGS!			
Lap Swim		Lap Swim		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.			
Monday & Wednesday 6:00 AM - 10:00 PM		Lap Lanes are roped off at a competitive distance of 25 meters. Some lanes are entirely in deep water. Patrons should "circle" swim from right to left and should swim in a lane with other lap swimmers of compatible speed and skills.		Seniors (55 years & older)			
Tuesday & Thursday 6:00 AM - 8:30 PM		Monday - Friday 6:00 AM - 5:00 PM		For more information, visit us online at:			
Friday 6:00 AM - 9:00 PM		Monday - Friday 5:00 PM - 7:00 PM		www.montgomerycountymd.gov/rec.			
Saturday 8:00 AM - 5:00 PM		Monday - Friday 7:00 PM - 8:30 PM					
Sunday 8:00 AM - 5:00 PM		Friday 7:00 PM - 9:00 PM					
Water Slides		Monday & Wednesday 9:00 PM - 10:00 PM					
Monday - Friday 12:00 PM - 3:00 PM		Saturday 8:00 AM - 9:30 AM					
Monday - Thursday 7:00 PM - 8:30 PM		Saturday 1:00 PM - 4:00 PM Adults Only					
Friday 7:00 PM - 9:00 PM		Sunday 1:00PM - 5:00PM					
Saturday 1:00 PM - 4:00 PM		Diving Boards					
Sunday 1:00 PM - 5:00 PM		Saturday 1:00 PM - 4:00 PM					
Deep Water Running		4:00 PM - 5:00 PM Adults Only					
DWR is available during most Lap Swim times and will be offered in either the well lap lane or alcove. Please check with the Pool Operator regarding location for DWR.		Sunday 1:00 PM - 5 :00 PM					
		</					



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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
6:00	4 Shallow + 1 Shallow Water Walking 3 Deep							6:00	
7:00	6 Shallow 4 Deep							7:00	
8:00						6 Shallow 8 Deep		8:00	
9:00	6 Shallow 4 Deep	3 Shallow 5 Deep	6 Shallow 4 Deep	3 Shallow 5 Deep	6 Shallow 4 Deep			9:00	
10:00	3 Shallow 5 Deep	8 Shallow 2 Deep	3 Shallow 5 Deep	8 Shallow 2 Deep	3 Shallow 5 Deep			10:00	
11:00		3 Shallow 5 Deep		3 Shallow 5 Deep				11:00	
12:00								12:00	
1:00	4 Shallow 8 Deep					4 Shallow 5 Deep		1:00	
2:00								2:00	
3:00								3:00	
4:00	8 Shallow	Deep				8	8 Shallow 5 Deep	4 Shallow 5 Deep	4:00
5:00						Adults Only			5:00
6:00	2 Shallow	2 Shallow	8 Shallow 4 Deep	2 Shallow	8 Shallow 4 Deep			6:00	
7:00								7:00	
8:00	4 Shallow 5 Deep	4 Shallow 4 Deep	4 Shallow 5 Deep	4 Shallow 4 Deep	4 Shallow 5 Deep			8:00	
9:00								9:00	
	3 Shallow 5 Deep		3 Shallow						

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Montgomery County Recreation - Aquatics Section

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

Pool Layout - Deep End			Summary Schedule	
			Availability During Normal Operating Hours	
			Diving 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
			Lane 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 Water Alcove	
			Monday - Friday	5:00 - 7:00 PM
			Tues/Thursday	10:00 - 11:00 AM
			No Deep Water Running	
			Wednesday	9:00 - 10:00 PM

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

- ### 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 move 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.

<div><div><div>MONTGOMERY COUNTY Recreation</div></div><div><h1>Kennedy Shriver Aquatic Center</h1><p>5900 Executive Boulevard, N. Bethesda, MD 20852 • (240) 777-8070 • www.montgomerycountymd.gov/rec Montgomery County Recreation - Aquatics Section Holiday Schedule - December 24, 2018 - January 1, 2019</p></div></div>									
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	  <div>CLOSED</div>	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/Dive Team Practices DWR	6:00 - 8:30 AM DWR in Alcove Swim Team Practices Dive Team	 <div>CLOSED</div> 	
8:30 - 12:30 AM DWR in Alcove LGT Class Limited Lap Lanes DIVE TEAM SWIM TEAM		8:30 - 12:30 PM Mid Morning Swim Limited Lap Lanes DWR in Alcove Swim Team Practices Lifeguard Class			9:30 - 1:00 PM FACILITY NOT OPEN TO PUBLIC LG CLASS DIVE TEAM SWIM TEAM	9:30 - 1:00 PM FACILITY NOT OPEN TO PUBLIC LG CLASS DIVE TEAM SWIM TEAM	8:30 - 12:30 AM DWR in Alcove LGT Class Limited Lap Lanes DIVE TEAM SWIM TEAM		
12:30 - 3:00PM Recreational Swim Deep End Lap Lanes Available at 12:30 PM 1 DWR Lane at 12:30 PM All Facilities Open		12:30 - 2:30 PM Recreational Swim Lap Lanes Available 1 DWR Lane All Facilities Open			1:00 - 4:00PM Recreational Deep End Lap Lanes Available at 1:30 PM 1 DWR Lane at 1:30 PM	1:00 - 4:00PM Recreational Deep End Lap Lanes Available at 1:30 PM 1 DWR Lane at 1:30 PM	12:30 - 3:00PM Recreational Swim Deep End Lap Lanes Available at 12:30 PM 1 DWR Lane at 12:30 PM All Facilities Open		
Facility Closes at 3:00 PM		2:30-3:30 PM Maintenance/LG Class							
		3:30 - 5:30 PM Slide & Dip 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 3:00 PM		
		7:00 - 9:00 PM Recreational Swim Lap Lanes Available DWR in Alcove All Facilities Open Facility Closes at 9:00 PM							

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 - **Dive Towers** are not available to the public. 3 - **RECREATIONAL SWIM:** 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.

THIS SCHEDULE IS ONLY GOOD FOR THE DATES INDICATED ABOVE. WE WILL RESUME OUR REGULAR SCHEDULE ON WEDNESDAY, JANUARY 2, 2019. Lap lanes may be limited for periods of time when swim & dive teams are practicing.