



Martin Luther King, Jr. Indoor Swim Center

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



MONTGOMERY COUNTY
Recreation

2015/16 Pool Use Schedule • September 8, 2015 - June 17, 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-6:15 AM MCRD Swim Team Practice					6:00-9:00 AM	
6:15-8:30 AM Early Bird Lap Swim Deep Water Running Class (Tuesday & Thursday 7:30-8:30 AM) Boot Camp (Friday 7 - 8am) • Well Closed					MCRD Swim Team Practice	
8:30-11:30 AM Mid Morning Swim Water Exercise Classes • MCRD Swim Lessons Limited Lap Lanes Available • Limited Well Use Available					9:00 AM-2:00 PM MCRD Swim Lessons High School Swimming Safety Training	9:00 AM-1:00 PM MCRD Swim Lessons Safety Training
11:30 AM-2:00 PM Noon Recreational Swim Teach & Main Pool Open Limited Lap Lanes Available Until 4PM					1:00-5:00 PM Recreational Swim Main Pool Open Teach Pool Open Limited Laps Available Diving Boards Open	
3:00-4:00 PM MCPS High School Varsity Swim Practice Limited Lap Lanes Available					2:00-6:00 PM Recreational Swim Main Pool Open Teach Pool Open Limited Laps Available Diving Boards Open	
4:00-7:30 PM MCRD Youth Swim & Dive Team Training Limited Lap Lanes Available at 7:30 PM					5:00-6:00 PM Adults Only	
7:30-8:30 PM Family Rec Swim Main Pool Open Teach Pool Open Dive Team 7:30-8:30PM	7:30-10:00 PM MCRD Swim Lessons Therapeutics Water Fitness Lap Lanes Close 8pm Limited Laps Available	7:30-8:30 PM Family Rec Swim Main Pool Open Teach Pool Open Dive Team 7:30-8:30PM	7:30-10:00 PM MCRD Swim Lessons Water Fitness Safety Training Lap Lanes until 8:30PM Limited Laps Available	7:30-9:00 PM Evening Rec Swim Main Pool Open Teach Pool Open Limited Laps Available Dive Team 7:30 - 9 PM	6:00-7:00 PM Adults Only	6:00-8:00 PM MSTC Swim Clinic
8:30-10:00 PM Masters Safety Training MCRD Swim Lessons	Synchro 8:30 - 10:00pm	8:30-10:00 PM MCRD Swim Lessons Masters SCUBA			7:00-9:00 PM Special Uses Dive Team 7 - 8:30 PM	
8:30-10:00 PM Late Laps Limited Laps Available		8:30-10:00 PM Late Laps Limited Laps Available				

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