



Kennedy Shriver Aquatic Center

5900 Executive Boulevard, N. Bethesda, MD 20852 • (240) 777-8070 • www.mocorec.com

Montgomery County Recreation - Aquatics Section

2022 - 2023 Pool Use Schedule • September 6, 2022 through October 15, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:45 - 6:30 AM MCR Swim Team Practice					8:00 - 9:30 AM Early Bird Lap Swim DWR Available Safety Training	8:00 AM - 2:00 PM Masters Swim Swim Team Dive Team MCR Swim Lessons Water Polo Safety Training
6:00 - 8:30 AM Early Bird Lap Swim Deep Water Running Available						
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 Safety Training	2:00 - 5:00 PM Recreational Swim All Facilities Open (Except Diving Platforms)
11:30 AM - 2:30 PM Noon Lap Swim • Lap Lanes Available • Water Exercise Classes (Main Pool) • Deep Water Running Available						
3:30 - 8:30 PM MCR Youth Swim & Dive Team Training No Lap Lanes Available (3:30 - 5:30 PM)M-F • Limited Deep Water Running Available (T/TH)☐ Limited Lap Lanes Available (5:30 - 8:00 PM)M-F					2:00 - 4:00 PM Recreational Swim All Facilities Open (Except Diving Platforms) Lap Lanes Available DWR Available	Lap Lanes Available DWR Available
				7:00 - 9:00 PM Evening Rec Swim All Facilities Open (Except Diving Platforms) Limited Laps & DWR	4:00 - 5:00 PM Maintenance/Staff Training	5:00 - 8:00 PM MSTC Swim Clinic
8:00 - 9:30 PM Dive Team Water Exercise Classes	7:45 - 9:30 PM Masters Swim SwiMontgomery	8:00 - 9:30 PM Dive Team* Water Polo Water Exercise Classes	7:45 - 9:30 PM Masters Swim SwiMontgomery			
8:30 - 10 PM Limited Lap Lanes	8:30 - 10 PM Limited Lap Lanes	8:30 - 10 PM Limited Lap Lanes	8:30 - 10 PM Limited Lap Lanes	Masters Swim Safety Training	5:00 - 7:00 PM Recreational Swim All Facilities Open (Except Diving Platforms) Lap Lanes Available DWR Available	

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.

Swim and Dive meets held on October 7-8, February 4-5, 16-17, May 12-14 and June 23-25 will change the schedule or close the facility.

CHECK POSTED NOTICES IN THE CENTER LOBBY.



MONTEGOMERY COUNTY
Recreation

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PUBLIC USE TIMES

ALL LAP LANES

Lanes may be used for a combination of exercise. Patrons may alternate walking, lap swimming or any other safe practice water exercise. Patrons must use caution when using lap lanes.

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 - 2:30 PM
Monday - Friday(Limited)	5:30 PM - 9:30 PM
Saturday (Limited)	8:00 AM - 9:30 AM
	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 with adult permission.

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

Diving Boards And Slides(weekends only)

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

Platforms are for dive team use only. Not open to

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	6:00 AM - 9:30 PM	Spa A&B
Wednesday	6:00 AM - 9:30 PM	Spa A&B
Tuesday & Thursday	6:00 AM - 9:30 PM	Spa A&B
Friday	6:00 AM - 9:00 PM	Spa A&B
Saturday	8:00 AM - 9:00 AM	Spa A
	2:00 PM - 4:00 PM	Spa A&B
	5:00 PM - 6:30 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.

Leisure Pool

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)/Shallow Water Walking(SWW)

Monday - Friday	6:00 AM - 2:30 PM
Monday - Friday	8:30 PM - 9:30 PM

DWR is available during most Lap Swim times and will be offered in either the well, lap lane or alcove. SWW will be available in the lap lanes. Check lane schedule for availability.

Admission Fees for Non-Passholders

(For Each Entry)

	County Resident	Non-County Resident
Children (1 - 17 years old)	\$5.00	\$15.00
Adults (18 - 54 years old)	\$7.00	\$15.00
Seniors (55 years & older)	\$6.00	\$15.00

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.

Payment or a valid pool pass 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.

For more information, visit us online at:

www.mocorec.com