



Martin Luther King, Jr. Indoor Swim Center

1201 Jackson Road, Silver Spring, MD 20904 • (240) 777-8060 • www.mocorec.com
 Montgomery County Recreation Department - Aquatics Section



MONTGOMERY COUNTY
Recreation

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-6:15 AM MCRD Swim Team Practice					6:00-9:00 AM MCRD Swim Team Practice	
6:15-8:30 AM Early Bird Lap Swim Deep Water Running Class (Tuesday & Thursday 7:30-8:30 AM) • Well Closed 7 Lap Lanes, 1 Shallow Water Walking Lane Available					9:00 AM-2:00 PM MCRD Swim Lessons High School Swimming Safety Training	
8:30-11:30 AM Mid Morning Swim Water Exercise Classes 4 Lap Lanes Available • Limited Well Use Available					9:00 AM-1:00 PM MCRD Swim Lessons Safety Training	
11:30 AM-2:00 PM Noon Recreational Swim Teach & Main Pool Open 4 Lap Lanes, 1 Universal Lane Available					1:00-5:00 PM Recreational Swim Main & Teach Pool Open Diving Boards Open Limited Lap Lanes Available 1 Shallow Water Walking Fitness Class 4 - 5pm	
2:00-4:00 PM Lap Swimming and MCPS High School Varsity Swim Practice All Lap Lanes Available 2pm-4pm until November 14.					2:00-6:00 PM Recreational Swim Main Pool Open Teach Pool Open 4 Lap Lanes Available 1 Universal Lane Available 1 DWR Available Diving Boards Open	
4:00-7:30 PM MCRD Youth Swim Team Training No Lanes Available until 7:30pm					5:30-8:00 PM MSTC CLINIC	
7:30-8:30 PM Family Rec Swim Main Pool Open* Teach Pool Open Dive Team 7:30-9:00PM	7:30-10:00 PM MCRD Swim Lessons Therapeutics Water Fitness Limited Laps Available	7:30-8:30 PM Family Rec Swim Main Pool Open* Teach Pool Open	7:30-10:00 PM MCRD Swim Lessons Water Fitness Safety Training Limited Laps Available	7:30-9:00 PM Family Rec Swim Main Pool Open* Teach Pool Open		
8:30-10:00 PM Masters Safety Training MCRD Swim Lessons	Lap Lanes 7:30-8pm Synchro 8:30 - 10:00pm	8:30-10:00 PM MCRD Swim Lessons Masters Water Polo	Lap Lanes Close 8:30PM		6:00-9:00 PM MCPS Swim Meets and Special Uses	
8:30-10:00 PM Late Laps Limited Laps Available		8:30-10:00 PM Late Laps Limited Laps Available		* 3 Lap Lanes Available * 1 UUL, 1 DWR 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.
 Closure due to swim meets: November 4-6, 2022 and February 24-26, 2023.



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PUBLIC USE TIMES

Recreational Swim

General swimming for all ages with the following facilities open: Lap Lanes, Diving Boards, Teach Pool, Exercise Room, and Hydrotherapy Spas.

General Recreational Time*

Monday-Friday	11:30 AM - 2:00 PM
Monday & Wednesday	7:30 PM - 8:30 PM
Friday	7:30 PM - 9:00 PM
Saturday	2:00 PM - 6:00 PM
Sunday	1:00 PM - 5:00 PM

***May be limited due to Guard Shortage!**

Diving Boards, When Available*

Monday & Wednesday	7:30-8:30PM
Friday	7:30-9:00PM
Saturday	2:00 PM - 6:00 PM
Sunday	1:00 PM - 5:00 PM

*Diving Boards may be available when MCPS are closed.

Lap Swim

Lap Lanes are roped off at 25 yards 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 - 4:00 PM
Monday-Thursday	7:30 PM - 8:30 PM*
Friday	7:30 PM - 9:00 PM
Monday & Wednesday	8:30 PM - 10:00 PM <i>Limited</i>
Saturday	2:00 PM - 6:00 PM
Sunday	1:00 PM - 5:00 PM

TUESDAY NIGHT LIMITED LANES CLOSE AT 8PM

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:

Monday & Wednesday	6:15 AM - 10:00 PM
Tuesday & Thursday	6:15 AM - 8:30 PM
Friday	6:15 AM - 9:00 PM
Saturday	2:00 PM - 6:00 PM
Sunday	1:00 PM - 5:00 PM

Deep Water Running (DWR)

Monday & Wednesday	6:15 AM - Noon 1:00 PM - 4:00 PM 7:30 PM - 8:30 PM
Tuesday	6:30 AM - 9:00 AM 10:00 AM - 4:00 PM
Thursday	6:15 AM - 7:30 AM 8:30 AM - 4:00 PM
Friday	6:15 AM - 11:00 AM 12:00 PM - 4:00 PM 7:30 PM - 9:00 PM
Saturday	2:00 PM - 6:00 PM
Sunday	1:00 PM - 5:00 PM

Weight & Exercise Room

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

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

Monday & Wednesday	6:15 AM - 10:00 PM
Tuesday & Thursday	6:15 AM - 8:30 PM
Friday	6:15 AM - 9:00 PM
Saturday	9:00 AM - 6:00 PM
Saturday & Sunday	9:00 AM - 5:00 PM

Admission Fees for Non-Passholders

	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:

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.

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.

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

Closures Events -
Floating Pumpkin Patch October 22 3:30 - 5 p.m. Swim Meets:
November 4-6, 2022 and February 24-26, 2023.

For more information, visit us online at:
www.mocorec.com