



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 November 15, 2022 - June 16, 2023

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
6:00 - 8:30 AM Early Bird Lap Swim Deep Water Running Available					9:00 AM - 2:00 PM MCR Swim Lessons High School Swimming Safety Training	MCR Swim Lessons Water Polo Safety Training
8:30 - 11:30 AM Mid Morning Swim Water Exercise Classes • MCR Swim Lessons * Lap Lanes Available(Shallow/Deep) Deep Water Running Available * Recreational Use lanes (shallow) (10-11)T/Th					2:00 - 4:00 PM Recreational Swim All Facilities Open Rec Lap Lanes 2-4p (Except Diving Platforms) Lap Lanes Available DWR Available	2:00 - 5:00 PM Recreational Swim All Facilities Open (Except Diving Platforms) Rec Lap Lanes 2-5p Lap Lanes Available DWR Available
11:30 AM - 3:00 PM Noon Lap Swim • Lap Lanes Available(Shallow/Deep) • Water Exercise Classes (<i>Main Pool</i>) • Deep Water Running Available Recreational Use lanes (shallow) M,T,Th-1:30-3:30p W-2-3:30p F12-3:30p						
3:00 - 8:00 PM MCR Youth Swim(3:30-8:00) & Dive Team Training(3:30-10:00) MCPS Swim Practice (3:00-4:00pm) • Limited Deep Water Running Available (T/TH) only in Small outcove Limited Lap Lanes Available (5:15 - 8:00 PM) NO Lap Lanes Available (3:00 - 5:30 PM) M-F Limited Lap Lanes Available (5:30 - 8:00 PM) M-F						
	Leisure Pool 4-6:30pm		Leisure Pool 4-6:30pm		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 Lap lanes(shallow/Deep)	7:45 - 9:30 PM Dive Team Masters Swim(8:30) SwiMontgomery(7:45) Limited Lap Lanes Water Exercise Classes	8:00 - 9:30 PM Dive Team Water Polo(8:30) Water Exercise Classes Limited Lap Lanes	7:45 - 9:30 PM Dive Team Masters Swim(8:30) SwiMontgomery(7:45) Limited Lap Lanes Water Exercise Classes	7:00 - 9:00 PM Evening Rec Swim Leisure Pool Open No Diving Boards Slide Available Safety Training Limited Laps & DWR Masters Swim	5:00 - 7:00 PM Recreational Swim All Facilities Open (Except Diving Platforms) Lap Lanes Available DWR Available Rec Lap Lanes 5-7p	
9:30 - 10 PM Lap Lanes	9:30 - 10 PM Limited Lap Lanes	9:30 - 10 PM Limited Lap Lanes	9:30 - 10 PM Limited Lap Lanes			
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 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.						



MONTGOMERY COUNTY
Recreation

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PUBLIC USE TIMES

ALL LAP LANES		Hydrotherapy Pools		Admission Fees for Non-Passholders (For Each Entry)																																								
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.		Adults Only: 14-17 if accompanied by an adult.		<table border="1"> <thead> <tr> <th></th> <th>County Resident</th> <th>Non-County Resident</th> </tr> </thead> <tbody> <tr> <td>Children (1 - 17 years old)</td> <td>\$5.00</td> <td>\$15.00</td> </tr> <tr> <td>Adults (18 - 54 years old)</td> <td>\$7.00</td> <td>\$15.00</td> </tr> <tr> <td>Seniors (55 years & older)</td> <td>\$6.00</td> <td>\$15.00</td> </tr> </tbody> </table>				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																										
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Lap Swim		Due to frequent cleaning and maintenance that these pools require, only one may be available for use during the following hours:		Please Note:																																								
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.		<p style="text-align: center;"><i>Spa A: Round Spa closest to Locker Rooms</i> <i>Spa B: Semi-circular Spa near the outdoor Sundeck</i></p>		These are the scheduled times these facilities will be open. They may be closed at any time due to insufficient staff.																																								
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<p>Weight & Exercise Room/Saunas Adults Only: 14-17 with adult permission.</p> <p>Youths (14-17) must have a permission slip on file. Youths need to keep their copy with them while using the weight room.</p> <table border="0"> <tr> <td>Monday & Wednesday</td> <td>6:00 AM - 9:30 PM</td> </tr> <tr> <td>Tuesday & Thursday</td> <td>6:00 AM - 9:30 PM</td> </tr> <tr> <td>Friday</td> <td>6:00 AM - 9:00 PM</td> </tr> <tr> <td>Saturday</td> <td>8:00 AM - 7:00 PM</td> </tr> <tr> <td>Sunday</td> <td>8:00 AM - 5:00 PM</td> </tr> </table>		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	<p>Leisure Pool</p> <table border="0"> <tr> <td>Tuesday & Thursday</td> <td>4:00 PM - 6:30 PM (NO Slides or Boards)</td> </tr> <tr> <td>Friday</td> <td>7:00 PM - 9:00 PM Slide Open</td> </tr> <tr> <td>Saturday</td> <td>2:00 PM - 4:00 PM</td> </tr> <tr> <td></td> <td>5:00 PM - 7:00 PM</td> </tr> <tr> <td>Sunday</td> <td>2:00 PM - 5:00 PM</td> </tr> </table>		Tuesday & Thursday	4:00 PM - 6:30 PM (NO Slides or Boards)	Friday	7:00 PM - 9:00 PM Slide Open	Saturday	2:00 PM - 4:00 PM		5:00 PM - 7:00 PM	Sunday	2:00 PM - 5:00 PM	Proper Bathing Suits Required! NO CUTOFFS OR GYM SHORTS! Shorts, t-shirts, and undergarments do not qualify as bathing suit attire.																				
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<p>Platforms are for dive team use only. Not open to</p>		<p>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.</p>		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.																																								
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