



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 • November 15 2022- June 2, 2023

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 (<i>Tuesday & Thursday 7:30-8:30 AM</i>) • Well Closed 7 Lap Lanes, 1 Shallow Water Walking Lane Available					MCRD Swim Team Practice	
8:30-11:30 AM Mid Morning Swim Water Exercise Classes 4 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 Modified Rec Swim Main Pool Open 4 Lap Lanes		11:30 AM-2:00 PM Rec Swim Teach and Main Pool Open	11:30 AM-2:00 PM Modified Rec Swim Main Pool Open 4 Lap Lanes	11:30 AM-2:00 PM Rec Swim Teach and Main Pool Open		1:00-4:00 PM Recreational Swim Main & Teach Pool Open Diving Boards Open
Lap Swimming Varied lap lanes available					Recreational Swim 2:00-5:00 PM Main Pool Open Teach Pool Open 4 Lap Lanes Available 1 Universal Lane Available 1 DWR Available Diving Boards Open	4:00-5:00 PM Limited Lap Lanes Available Fitness Class
3:00-7:30 PM MCRD Youth Swim Team Training and MCPS High School Swimming <i>* 2 Lap Lanes available 3-4 pm* No Lanes Available from 4pm until 7:30pm</i>						5:30-8:00 PM MSTC CLINIC
7:30-8:30 PM Rec Swim Main 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 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 Limited lap lanes available		
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 6, 2022 and February 24-26, 2023.