



MONTGOMERY COUNTY  
**Recreation**

# Martin Luther King, Jr. Outdoor Pool

1201 Jackson Road, Silver Spring, MD 20904 • (240) 777-8066 • www.mocorec.com  
Montgomery County Recreation - Aquatics Section

Summer 2019 Pool Use Schedule • May 28 - September 2, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-8:30 a.m. <b>Early Bird Lap Swim</b>  June 15 - August 30: (4) 20 meter deep water lap lanes May 28 - August 30: Deep Water Running - M/W/F 6:30 - 8:30am, T/Th 6:30 - 7:30am  *Auxillary steps are not available in deep water*					6:00-9:00 a.m. MCR Swim Team Practice	
9:00 a.m. - 12:30p.m. MCR Swim Lessons Water Fitness (2) 25m Deep Water Lap Lane	9:00 - 11:00 a.m. Galway Swim Lessons  11:15 a.m. - 12:45 p.m. Summer Camps	9:00 a.m. - 12:30 p.m. MCR Swim Lessons Water Fitness (2) 25m Deep Water Lap Lane	9:00 - 11:00 a.m. Galway Swim Lessons  11:15 a.m. - 12:45 p.m. Summer Camps	9:00 a.m. - 12:30 p.m. MCR Swim Lessons Water Fitness (2) 25m Deep Water Lap Lane	9 a.m. - noon Swim Lessons Water Fitness	9 a.m. - noon Swim Lessons Water Polo
<h1>Public Swim 1 - 8 p.m.</h1> <p>(3) 25 meter Lap Lanes Available 1 - 3 p.m. and 6 - 8 p.m.            No Diving Boards or Lanes Available (3:30 - 6 p.m.)</p>					Public Swim 12 - 8 p.m.	
8:15 - 9:45 p.m. Masters Water Fitness		8:15 - 9:45 p.m. Masters Water Fitness	<b>Schedule is subject to change.            Facility closes at 6pm on July 4, 2019.</b>			