



Martin Luther King, Jr. Swim Center (Indoor)

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

Summer Pool Use Schedule • June 18 - August 20, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-8:30 AM Early Bird Lap Swim M-Th 4 Lap Lanes until 7:30 • Limited Well Use • Well Closed Tuesdays 9-10 AM & Thursdays 7:30 - 8:30 AM					C L O S E D	8:00 AM-12:00 PM Lessons Swim and Dive Teams Safety Training
8:30 AM - 12:00 PM Mid-Morning Swim Limited Lap Lanes • Water Exercise • MCRD Swim Lessons • Well Closed Fridays 11:00-12:00						1:00-5:00 PM Lap Swim
12:00 PM - 2:00 PM Noon Recreational Swim Camps & Limited Lap Lanes • 1 DWR Lane Available Limited use of Diving Boards/Well Open at 12 noon (see schedule on back) Well Closed Monday & Wednesday 12:00-1:00 PM						1:00-3:00 PM Family Rec Swim All Facilities Open Limited Lap Lanes Diving Boards
2:00 – 5:00 PM Afternoon Lap Swim M, W, Thur. Limited Lap Lanes @ 3:45-5						
5:00-7:00 PM Swim & Dive Team Practice • Swim Lessons						
7:00-8:00 PM Rec. Swim All Facilities Open Diving Boards Limited Lap Lanes	7:00-8:00 PM Limited Lap Lanes Lessons Water Fitness Safety Training	7:00-8:00 PM Rec. Swim All Facilities Open Diving Boards Limited Lap Lanes	7:00-8:00 PM Limited Lap Lanes Lessons Water Fitness Safety Training	7:00-8:00 PM Rec. Swim All Facilities Open Diving Boards Limited Lap Lanes		

This Pool Use Schedule may be changed to accommodate special events or holiday activities. MLK will close at 6:00 PM on June 20th and July 4th.
 Entry to MLK Swim Center does not include entry to MLK Outdoor Pool.

CLOSED 8/22 TO 9/5 RE-OPEN 9/6



MONTGOMERY COUNTY
Recreation

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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.	Hydrotherapy Pool <i>Adults Only: 14-17 if accompanied by an adult.</i> Monday -Friday 6:15 AM - 8:00 PM Saturday 1:00 PM - 5:00 PM	Admission Fees for Non-Passholders (For Each Entry) <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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General Recreational Time Monday-Friday 12:00 PM - 2:00 PM Monday & Wednesday 7:00 PM - 8:00 PM Friday 7:00 PM - 8:00 PM Saturday 1:00 PM - 3:00 PM	Lap Swim Lap Lanes are roped off at either 25 yards or 25 meter 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.	<p align="center">Please Note:</p> The management reserves the right to alter the pool schedule when it is deemed necessary.												
Weight & Exercise Room <i>Adults Only: 14-17 if accompanied by an adult.</i> 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 6:15 AM - 8:00 PM Tuesday & Thursday 6:15 AM - 8:00 PM Friday 6:15 AM - 8:00 PM Saturday 9:00 AM - 6:00 PM	Monday - Friday 6:15 AM - 5:00 PM <i>Limited Lanes</i> 7:00 PM - 8:00 PM <i>Limited Lanes</i> Saturday 1:00 PM - 5:00 PM <i>Limited Lanes</i>	Proper Bathing Suits Required! NO CUTOFFS OR GYM SHORTS! Shorts, t-shirts, and undergarments do not qualify as bathing suit attire.												
Diving Boards (if available) Monday-Friday 12:00 PM - 2:00 PM Monday, Wednesday, Friday 7:00 PM - 8:00 PM Saturday 1:00 PM - 3:00 PM	Deep Water Running (DWR) & Well Lap Swimming (WLS) Monday & Wednesday 6:15 AM - 12:00 PM 1/2 WLS 1/2 DWR 1:00 PM - 2:00 PM 1 lane DWR 2:00 PM - 5:00 PM 1/2 WLS 1/2 DWR Tuesday 6:15 AM - 9:00 AM 1/2 WLS 1/2 DWR 10:00 AM - 12:00 PM 12:00 PM - 2:00 PM 1 lane DWR 2:00 PM - 5:00 PM 1/2 WLS 1/2 DWR Thursday 6:15 AM - 7:30 AM 1/2 WLS 1/2 DWR 8:30 AM - 12:00 PM 1/2 WLS 1/2 DWR 12:00 PM - 2:00 PM 1 lane DWR 2:00 PM - 5:00 PM 1/2 WLS 1/2 DWR Friday 6:15 AM - 11:00 AM 1/2 WLS 1/2 DWR 12:00 PM - 2:00 PM 1 lane DWR 2:00 PM - 5:00 PM 1/2 WLS 1/2 DWR Saturday 1:00 PM - 3:00 PM 1 lane DWR Monday, Wednesday, Friday 7:00 PM - 8:00 PM 1 lane DWR Tuesday, Thursday 7:00 PM - 8:00 PM 1/2 WLS 1/2 DWR	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.												
Entry to MLK Swim Center does not include entry to MLK Outdoor Pool.	Friday 6:15 AM - 11:00 AM 1/2 WLS 1/2 DWR 12:00 PM - 2:00 PM 1 lane DWR 2:00 PM - 5:00 PM 1/2 WLS 1/2 DWR Saturday 1:00 PM - 3:00 PM 1 lane DWR Monday, Wednesday, Friday 7:00 PM - 8:00 PM 1 lane DWR Tuesday, Thursday 7:00 PM - 8:00 PM 1/2 WLS 1/2 DWR	Proof of county residence is required to receive in county rate. Groups of 10 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. <p align="center"><i>For more information, visit us online at: www.mocorec.com</i></p>												