



MONTGOMERY COUNTY  
**Recreation**

# 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

## 2025/2026 Pool Use Schedule - February 16, 2026 to June 19, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Early Bird Lap Swim</b> 6:15am-8:30am Varied Lap Lanes Available - Water Fitness Classes - Deep Water Running					<b>9:00am-2:00pm</b>  Swim Lessons Swim and Dive Teams Safety Training Water Fitness Classes  <b>NO Lap Lanes Available</b>	<b>9:00am-1:00pm</b>  Swim Lessons Swim and Dive Teams Safety Training Water Fitness Classes  <b>NO Lap Lanes Available</b>
<b>Mid Morning Swim</b> 8:30am-11:30am Varied Lap Lanes Available - Water Fitness Classes - Deep Water Running - Swim Lessons (Wed 10am-11:30am)						
<b>Recreational Swim</b> 11:30am-2:00pm Varied Lap Lanes Available - Water Fitness Classes - Deep Water Running - <b>NO Diving Boards</b>						
<b>Afternoon Lap Swim</b> 2:00pm-4:00pm Varied Lap Lanes Available - Deep Water Running					<b>Recreational Swim</b> <b>2:00pm-5:00pm</b>  Varied Lap Lanes Available Deep Water Running Water Fitness Classes  <b>Diving Boards Available</b>	<b>Recreational Swim</b> <b>1:00pm-4:00pm</b>  Varied Lap Lanes Available Deep Water Running Water Fitness Classes  <b>Diving Boards Available</b>
<b>Swim Team Training</b> 4:00pm-7:30pm <b>NO Lap Lanes Available</b>						
<b>Recreational Swim</b> <b>7:30pm-8:30pm</b> Varied Lap Lanes Available Swim Lessons Deep Water Running <b>NO Diving Boards</b>	<b>Late Lap Swim</b> <b>7:30pm-9:30pm</b>  Varied Lap Lanes Available Water Fitness Classes Swim Lessons Deep Water Running	<b>Recreational Swim</b> <b>7:30pm-8:30pm</b> Varied Lap Lanes Available Swim Lessons Deep Water Running <b>NO Diving Boards</b>	<b>Late Lap Swim</b> <b>7:30pm-9:30pm</b>  Varied Lap Lanes Available Water Fitness Classes Swim Lessons Deep Water Running	<b>Recreational Swim</b> <b>7:30pm-9:00pm</b>  Varied Lap Lanes Available Deep Water Running <b>NO Diving Boards</b>		
<b>Late Lap Swim</b> <b>8:30pm-10:00pm</b> Varied Lap Lanes Available Masters Swim Deep Water Running		<b>Late Lap Swim</b> <b>8:30pm-10:00pm</b> Varied Lap Lanes Available Masters Swim Deep Water Running				<b>Afternoon Lap Swim</b> <b>4:00pm-5:00pm</b> Varied Lap Lanes Available  Water Fitness Classes Deep Water Running

Pool Use Schedule may be changed to accommodate special events or holiday activities.  
MLK Indoor Swim Center will be **CLOSED**: Thanksgiving, Christmas Day, New Year's Day, & Easter.

**Swim Meet:** February 20, 21 & 22 (Facility **CLOSED** starting Noon on Friday and ALL DAY Saturday & Sunday)

**NO Deep Water Running** during Deep Water Aerobics Classes (See Aerobics Schedule)



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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 Spa. Availability and usage subject to change by management.

### Recreational Swim

Monday & Wednesday	11:30am - 2:00pm 7:30pm - 8:30pm
Tuesday & Thursday	11:30am - 2:00pm
Friday	11:30am - 2:00pm 7:30pm - 9:00pm
Saturday	2:00pm - 5:00pm
Sunday	1:00pm - 4:00pm

### Weight & Exercise Room

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

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	6:15am - 10:00pm
Tuesday & Thursday	6:15am - 9:30pm
Friday	6:15am - 9:00pm
Saturday	8:00am - 5:00pm
Sunday	9:00am - 5:00pm

### Diving Boards

Monday - Friday	CLOSED
Saturday	2:00pm - 5:00pm
Sunday	1:00pm - 4:00pm

**Entry to MLK Indoor Swim Center does not include entry to MLK Outdoor Pool**

### Hydrotherapy Pool

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

Monday & Wednesday	6:15am - 10:00pm
Tuesday & Thursday	6:15am - 9:30pm
Friday	6:15am - 9:00pm
Saturday	2:00pm - 5:00pm
Sunday	1:00pm - 5:00pm

### 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.

Monday & Wednesday	6:15am - 4:00pm 7:30pm - 10:00pm
Tuesday & Thursday	6:15am - 4:00pm 7:30pm - 9:30pm
Friday	6:15am - 4:00pm 7:30pm - 9:00pm
Saturday	2:00pm - 5:00pm
Sunday	1:00pm - 5:00pm

### Deep Water Running

Monday & Wednesday	6:15am - 4:00pm 7:30pm-10:00pm
Tuesday & Thursday	6:15am - 4:00pm 7:30pm-9:30pm
Friday	6:15am - 4:00pm 7:30pm-9:00pm
Saturday	2:00pm - 5:00pm
Sunday	1:00pm - 5:00pm

### Admission Fees for Non-Passholders

(For Each Entry)

	County Resident	Non-County Resident
Children (1-17 years old)	\$5.00	\$20.00
Adults (18-54 years old)	\$7.00	\$20.00
Seniors (55 years & older)	\$6.00	\$20.00

### 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 12 years old must be accompanied in the pool area and cared for by an adult 16+ in swimming attire at all times.

An ACCESS Card is required for everyone entering the facility.

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.

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

**For more information, visit us online at: [www.mocorec.com](http://www.mocorec.com)**

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