




# Martin Luther King, Jr. Swim Center (Indoor)

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

## Summer Pool Use Schedule • June 14 - September 1, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-8:30 AM <b>Early Bird Lap Swim</b> Varied Lap Lanes Available • Water Fitness Classes					8:00 AM-1:00 PM Lessons  Swim and Dive Teams	<b>C L O S E D</b>
8:30-12:00 PM <b>Mid-Morning Swim</b> Limited Lap Lanes • Water Fitnesses Classes • Swim Lessons • DWR • Diving					Safety Training Water Fitness Classes	
12:00 PM-2:00 PM <b>Rec Swim</b> Limited Lap Lanes  Diving Boards 1-2pm	12:00 PM-2:00 PM <b>Rec Swim</b> Limited Lap Lanes DWR No Diving Boards	12:00 PM-2:00 PM <b>Rec Swim</b> Limited Lap Lanes Diving Boards 1-2pm	12:00 PM-2:00 PM <b>Rec Swim</b> Limited Lap Lanes DWR No Diving Boards	12:00 PM-2:00 PM <b>Rec Swim</b> Limited Lap Lanes DWR No Diving Boards	1:00-3:00 PM <b>Rec Swim</b>  Limited Lap Lanes DWR No Diving Boards	
2:00-3:30 PM <b>Afternoon Lap Swim</b> Limited Lap Lanes • DWR						
3:30-7:00 PM <b>Swim &amp; Dive Team Practice • Swim Lessons</b> Limited Lap Lanes						
7:00-8:00 PM <b>PM Lap Swim</b> Limited Lap Lanes Lessons Water Fitness Safety Training	7:00-9:00 PM <b>PM Lap Swim</b> Limited Lap Lanes Lessons Water Fitness Safety Training	7:00-8:00 PM <b>PM Lap Swim</b> Limited Lap Lanes Lessons Water Fitness Safety Training	7:00-9:00 PM <b>PM Lap Swim</b> Limited Lap Lanes Lessons Water Fitness Safety Training	7:00-8:00 PM <b>PM Lap Swim</b> Limited Lap Lanes Lessons Water Fitness Safety Training		

This Pool Use Schedule may be changed to accommodate special events or holiday activities.  
 MLK Indoor Swim Center will be closed on June 19th, July 4th and September 1st.  
 MLK Indoor Swim Center will be closed from August 2nd to August 15th and will reopen on August 18th.  
 Entry to MLK Indoor Swim Center does not include entry to MLK Outdoor Pool.

<div><div>MONTGOMERY COUNTY Recreation</div></div> <div><h1>Martin Luther King, Jr. Swim Center (Indoor)</h1><p>1201 Jackson Road, Silver Spring, MD 20904 • (240) 777-8060 • <a href="http://www.mocorec.com">www.mocorec.com</a> Montgomery County Recreation Department - Aquatics Section</p><h2>Summer Pool Use Schedule • June 14 - September 1, 2025</h2></div>																												
PUBLIC USE TIMES																												
<div><b>Recreational Swim</b> 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.</div> <div><b>Recreational Swim</b><table><tr><td>Monday-Friday</td><td>12:00 PM - 2:00 PM</td></tr><tr><td>Saturday</td><td>1:00 PM - 3:00 PM</td></tr><tr><td>Sunday</td><td>Closed</td></tr></table></div>	Monday-Friday	12:00 PM - 2:00 PM	Saturday	1:00 PM - 3:00 PM	Sunday	Closed	<div><b>Hydrotherapy Pool</b> <i>Adults Only: 14-17 if accompanied by an adult.</i><table><tr><td>Mon, Wed &amp; Fri</td><td>6:15 AM - 8:00 PM</td></tr><tr><td>Tuesday &amp; Thursday</td><td>6:15 AM - 9:00 PM</td></tr><tr><td>Saturday</td><td>1:00 PM - 3:00 PM</td></tr><tr><td>Sunday</td><td>Closed</td></tr></table></div>	Mon, Wed & Fri	6:15 AM - 8:00 PM	Tuesday & Thursday	6:15 AM - 9:00 PM	Saturday	1:00 PM - 3:00 PM	Sunday	Closed	<div><b>Admission Fees for Non-Passholders</b> (For Each Entry)<table><tr><td></td><td>County Resident</td><td>Non-County Resident</td></tr><tr><td>Children (1-17 years old)</td><td>\$5.00</td><td>\$20.00</td></tr><tr><td>Adults (18-54 years old)</td><td>\$7.00</td><td>\$20.00</td></tr><tr><td>Seniors (55 years &amp; older)</td><td>\$6.00</td><td>\$20.00</td></tr></table></div> <div><b>Please Note:</b> The management reserves the right to alter the pool schedule when it is deemed necessary.</div>		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
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<div><b>Weight &amp; Exercise Room</b> <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.<table><tr><td>Mon, Wed &amp; Fri</td><td>6:15 AM - 8:00 PM</td></tr><tr><td>Tuesday &amp; Thursday</td><td>6:15 AM - 9:00 PM</td></tr><tr><td>Saturday</td><td>8:00 AM - 3:00 PM</td></tr><tr><td>Sunday</td><td>Closed</td></tr></table></div>	Mon, Wed & Fri	6:15 AM - 8:00 PM	Tuesday & Thursday	6:15 AM - 9:00 PM	Saturday	8:00 AM - 3:00 PM	Sunday	Closed	<div><b>Lap Swim</b> 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.<table><tr><td>Mon, Wed &amp; Fri</td><td>6:15 AM - 8:00 PM <i>Limited Lanes</i></td></tr><tr><td>Tuesday &amp; Thursday</td><td>6:15 AM - 9:00 PM <i>Limited Lanes</i></td></tr><tr><td>Saturday</td><td>1:00 PM - 3:00 PM <i>Limited Lanes</i></td></tr><tr><td>Sunday</td><td>Closed</td></tr></table></div>	Mon, Wed & Fri	6:15 AM - 8:00 PM <i>Limited Lanes</i>	Tuesday & Thursday	6:15 AM - 9:00 PM <i>Limited Lanes</i>	Saturday	1:00 PM - 3:00 PM <i>Limited Lanes</i>	Sunday	Closed	<div>Proper Bathing Suits Required! <b>NO CUTOFFS OR GYM SHORTS!</b> Shorts, t-shirts, and undergarments do not qualify as bathing suit attire.</div> <div>All patrons within the pool area must be attired in swimming apparel.</div> <div>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.</div> <div>An ACCESS Card is required for everyone entering the facility.</div> <div>Groups of 10 or more must call the facility ahead of time to schedule with a manager's approval.</div> <div>Lockers are available - <b>BRING A LOCK TO SECURE YOUR BELONGINGS!</b></div> <div>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.</div> <div>Children who are not completely toilet trained must wear rubber pants.</div>										
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<div><b>Diving Boards</b><table><tr><td>Monday &amp; Wednesday</td><td>1:00 PM - 2:00 PM</td></tr></table></div>	Monday & Wednesday	1:00 PM - 2:00 PM	<div><b>Deep Water Running (DWR)</b><table><tr><td>Monday &amp; Wednesday</td><td>6:15 AM - 12:00 PM 2:00 PM - 8:00 PM</td></tr><tr><td>Tuesday</td><td>6:15 AM - 9:00 AM 10:00 AM - 7:00 PM 8:00 PM - 9:00 PM</td></tr><tr><td>Thursday</td><td>6:15 AM - 7:30 AM 8:30 AM - 9:00 PM</td></tr><tr><td>Friday</td><td>6:15 AM - 11:00 AM 12:00 PM - 8:00 PM</td></tr><tr><td>Saturday</td><td>1:00 PM - 3:00 PM</td></tr><tr><td>Sunday</td><td>Closed</td></tr></table></div>	Monday & Wednesday	6:15 AM - 12:00 PM 2:00 PM - 8:00 PM	Tuesday	6:15 AM - 9:00 AM 10:00 AM - 7:00 PM 8:00 PM - 9:00 PM	Thursday	6:15 AM - 7:30 AM 8:30 AM - 9:00 PM	Friday	6:15 AM - 11:00 AM 12:00 PM - 8:00 PM	Saturday	1:00 PM - 3:00 PM	Sunday	Closed													
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