



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

2021/2022 Pool Use Schedule • September 7, 2021 - June 17, 2022

PUBLIC USE TIMES

Recreational Swim	Hydrotherapy Pools	Admission Fees for Non-Passholders													
General swimming for all ages with the following facilities open: Lap Lanes, Diving Boards, Teach Pool, Exercise Room, and Hydrotherapy Spas.	Adults Only: 14-17 if accompanied by an adult. Due to frequent cleaning and maintenance that these pools require, only one may be available for use during the following hours:	<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	Please Note: The management reserves the right to alter the pool schedule when it is deemed necessary.
	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													
General Recreational Time Monday-Friday 11:30 AM - 2:00 PM Monday & Wednesday 7:30 PM - 8:30 PM Friday 7:30 PM - 9:00 PM Saturday 2:00 PM - 6:00 PM Sunday 1:00 PM - 5:00 PM	Monday - Thursday 6:15 AM - 10:00 PM Friday 6:15 AM - 9:00 PM Saturday 2:00 PM - 6:00 PM Sunday 1:00 PM - 5:00 PM	Proper Bathing Suits Required! NO CUTOFFS OR GYM SHORTS! Shorts, t-shirts, and undergarments do not qualify as bathing suit attire.													
Diving Boards <div style="text-align: center; font-weight: bold; font-size: 1.2em;">CLOSED UNTIL FURTHER NOTICE</div>	Deep Water Running (DWR) & Well Lap Swimming (WLS) Monday & Wednesday 6:15 AM - 12:00PM 1:00 PM - 4:00 PM 7:30PM - 10:00 PM Tuesday 6:15 AM - 9:00 AM 10:00 AM - 4:00 PM Thursday 6:15 AM - 7:30 AM 8:30 AM - 4:00 PM Friday 6:15 AM - 11:00 AM 12:00 PM - 4:00 PM 7:30 PM - 9:00 PM Saturday 2:00 PM - 6:00 PM Sunday 1:00 PM - 5:00 PM	All patrons within the pool area must be attired in swimming apparel. Masks are required except when in the water.													
Lap Swim Lap Lanes are roped off at 25 yards 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-Friday 6:15 AM - 4:00 PM Monday-Thursday 7:30 PM - 8:30 PM* Friday 7:30 PM - 9:00 PM Monday & Wednesday 8:30 PM - 10:00 PM <i>Limited</i> Saturday 2:00 PM - 6:00 PM Sunday 1:00 PM - 5:00 PM *TUESDAY NIGHT LIMITED LANES CLOSE AT 8PM*	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 - Thursday 6:15 AM - 9:00 PM Friday 6:15 AM - 9:00 PM Saturday 9:00 AM - 6:00 PM Sunday 9:00 AM - 5:00 PM	Children under 10 years old must be accompanied in the pool area and cared for by an adult in swimming attire at all times.													
		Groups of 6 or more must call the facility ahead of time to schedule with a manager's approval.													
		Lockers and locks 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.													
		Swim meets on November 6 - 7, 2021, February 25-27, 2022, will alter the regular schedule. Please check the lobby for posted schedule changes.													
		<i>For more information, visit us online at: www.mocorec.com</i>													



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MONTGOMERY COUNTY
Recreation

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00AM-6:15 AM MCRD Swim Team Practice					6:00-9:00 AM MCRD Swim Team Practice	
6:15AM-8:30 AM Early Bird Lap Swim Deep Water Running Class (<i>Thursday 7:30-8:30 AM</i>) • Well Closed					9:00 AM-2:00 PM MCRD Swim Lessons High School Swimming Safety Training Water Exercise Classes	9:00 AM-1:00 PM MCRD Swim Lessons Safety Training
8:30AM-11:30 AM Mid Morning Swim Water Exercise Classes • MCRD Swim Lessons Limited Lap Lanes Available • Well Closed Tuesdays 9:00AM-10:00AM, Fridays 11:00AM-12:00PM						
11:30 AM-2:00 PM Noon Recreational Swim Teach & Main Pool Open Limited Lap Lanes Available Until 4PM, Well Closed Mondays and Wednesdays 12:00PM-1:00PM						1:00-5:00 PM Recreational Swim Main Pool Open Teach Pool Open Limited Laps Available Fitness Class 4 - 5pm
2:00PM-3:00PM Afternoon Lap Swim					2:00-6:00 PM Recreational Swim Main Pool Open Teach Pool Open Limited Laps Available	
3:00PM-4:00 PM MCPS High School Varsity Swim Practice (Nov - Feb) - Limited Lap Lanes Available						
4:00-7:30 PM RMSC Swim Team Training Limited Lap Lanes Available at 7:30 PM						
7:30-8:30 PM Family Rec Swim Main Pool Open Teach Pool Open	7:30-10:00 PM MCRD Swim Lessons Therapeutics Water Fitness <i>Limited Laps Available</i>	7:30-8:30 PM Family Rec Swim Main Pool Open Teach Pool Open	7:30-10:00 PM MCRD Swim Lessons Water Fitness Safety Training <i>Limited Laps Available until 8:30pm</i>	7:30-9:00 PM Family Rec Swim Main Pool Open Teach Pool Open Limited Laps Available Lap Lanes until 9:00PM	6:00-9:00 PM Special Uses	5:00-8:00 PM MSTC CLINIC
8:30-10:00 PM Masters Safety Training MCRD Swim Lessons	Lap Lanes 7:30-8pm <i>Well Closed 7:30pm-8:30pm</i> Synchro 8:30 - 10:00pm	8:30-10:00 PM MCRD Swim Lessons Masters	<i>Well Closed 7:30pm-8:30pm</i>	X		
8:30-10:00 PM Late Laps Limited Laps Available		8:30-10:00 PM Late Laps Limited Laps 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 6-7 2021 and February 25-27 2022

STANDARD AND TECHNICAL INSTITUTIONS OF THE UNITED STATES OF AMERICA