



# 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

2023/24 Pool Use Schedule • March 18, 2024- June 16, 2024



MONTGOMERY COUNTY  
**Recreation**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-6:15 AM MCRD Swim Team Practice					6:00-9:00 AM	
6:15-8:30 AM <b>Early Bird Lap Swim</b> Water Fitness Classes Varied Lap Lane Available					MCRD Swim Team Practice	
8:30-11:30 AM <b>Mid Morning Swim</b> Water Fitness Classes 4 Lap Lanes Available • Limited Well Use Available					9:00 AM-2:00 PM MCRD Swim Lessons High School Swimming Safety Training Water Fitness	
11:30 AM-2:00 PM <b>Modified Recreational Swim</b> Main Pool Open 4 Lap Lanes, 1 Universal Deep Lane Available					9:00 AM-1:00 PM MCRD Swim Lessons Safety Training	
2:00-3:00 PM <b>Lap Swimming</b> Varied lap lanes available					1:00-4:00 PM <b>Recreational Swim</b> Main & Teach Pool Open Diving Boards Open	
3:00-7:30 PM <b>MCRD Youth Swim Team Training and MCPS High School Swimming</b> <i>* Limited Lap Lanes available 3-4 pm* No Lanes Available from 4pm until 7:30pm</i>					2:00-6:00 PM <b>Recreational Swim</b> Main Pool Open Teach Pool Open 4 Lap Lanes Available	
7:30-8:30 PM <b>Family Rec Swim</b> Main Pool Open*	7:30-9:30 PM <i>Limited Laps Available</i> MCRD Swim Lessons Water Fitness Safety Training	7:30-8:30 PM <b>Family Rec Swim</b> Main Pool Open*	7:30-9:30 PM <i>Limited Laps Available</i> MCRD Swim Lessons Water Fitness Safety Training	7:30- 9:00 PM <b>Family Rec Swim</b> Main Pool Open Teach Pool Open	4:00-5:00 PM Limited Lap Lanes Available Fitness Class	
8:30-10:00 PM <b>Late Laps</b> Limited Laps Available Masters		8:30-10:00 PM <b>Late Laps</b> Limited Laps Available Masters		7:30-9:00 PM <i>Limited Laps Available</i> Water Fitness Safety Training	5:30-8:00 PM MSTC CLINIC	
					6:00-9:00 PM MCPS Swim Meets and Special Uses	

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: October 28-29, 2023 and February 23-25, 2024.



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## 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.	<b>Adults Only: 14-17 if accompanied by an adult.</b>  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 &amp; 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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<b>Recreational Swim</b> Saturday 2:00 PM - 6:00 PM Sunday 1:00 PM - 4:00 PM Friday 7:30 PM - 9:00 PM  <b>Modified Recreational Swim*</b> Monday - Friday 11:30 AM - 2:00 PM Monday & Wednesday 7:30 PM - 8:30 PM * Main Pool open, No Diving Boards	Monday & Wednesday 6:15 AM - 10:00 PM Tuesday & Thursday 6:15 AM - 8:30 PM Friday 6:15 AM - 9:00 PM Saturday 2:00 PM - 6:00 PM Sunday 1:00 PM - 5:00 PM	<b>Please Note:</b> The management reserves the right to alter the pool schedule when it is deemed necessary.												
<b>Diving Boards, When Available*</b>  Saturday 2:00 PM - 6:00 PM Sunday 1:00 PM - 4:00 PM  *Diving Boards may be available when MCPS are closed.	<b>Deep Water Universal Lanes</b>  Monday & Wednesday 6:15 AM - Noon 1:00 PM - 4:00 PM 7:30 PM - 8:30 PM Tuesday 6:30 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	Proper Bathing Suits Required! <b>NO CUTOFFS OR GYM SHORTS!</b> Shorts, t-shirts, and undergarments do not qualify as bathing suit attire.  All patrons within the pool area must be attired in swimming apparel.												
<b>Lap Swim</b> 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 - 3:00 PM Monday-Thursday 7:30 PM - 9:30 PM <i>Limited</i> 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	<b>Weight &amp; Exercise Room</b> <b>Adults Only: 14-17 if accompanied by an adult.</b>  Youth(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 - 10:00 PM Tuesday & Thursday 6:15 AM - 9:30 PM Friday 6:15 AM - 9:00 PM Saturday 8:00 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 are available - <b>BRING A LOCK TO SECURE YOUR BELONGINGS!</b>  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.  <b>Swim meets on October 28-29, 2023, February 23-24, 2024, will alter the regular schedule. Please check the lobby for posted schedule changes.</b>  For more information, visit us online at: <a href="http://www.mocorec.com">www.mocorec.com</a>												