


<div> MONTGOMERY COUNTY <i>Recreation</i></div>		<h1>Silver Spring Recreation Aquatics Center Schedule</h1> <p>1319 Apple AVE Silver Spring MD 20910 (240) 777-6900 • www.mocorec.com</p> <p>Montgomery County Recreation - Aquatics Section</p> <p>Pool Use Schedule -November 17, 2025 - February 27, 2026</p> <h2>Public Use Times</h2>		
<h3>Diving Boards</h3> <p>SATURDAY: 1:00 P.M. - 3:30 P.M.</p> <p>SUNDAY: 1:00 P.M. - 3:30 P.M.</p>		<h3>Splash Time</h3> <p>Following Sections Open: Rec Pool, leisure pool, Spas (Diving boards Closed)</p>		<h3>General /Daily admissions</h3> <p>Anyone paying daily admission must present a valid ID. Non-County residents must pay the non-county fee.</p> <p>(All Patrons entering pool deck must pay admission)</p> <p>All patrons within the pool area must be dressed in proper swim attire (No Street Clothes)</p>
<h3>Leisure Pool</h3> <p>Friday 4:00 P.M. - 6:00 P.M. SATURDAY: 1:00 P.M. - 3:30 P.M.</p> <p>SUNDAY: 1:00 P.M. - 3:30 P.M.</p>		<h3>Deep Water Running (DWR)</h3> <p>Monday -Friday 6:30 AM- 8:30 PM</p> <p>SATURDAY: 9:00 A.M. - 5:00 P.M. SUNDAY: 9:00 A.M. - 5:00 P.M.</p>		
		<h3>Pools/ Lanes/ Features times may adjust do to Classes or Trainings</h3>		
<h3>Hydrotherapy Pools</h3> <p>ADULTS ONLY: Ages 14-17 IF ACCOMPANIED BY AN ADULT. (1 ADULT PER MINOR)</p> <p>Due to frequent cleaning and maintenance that these pools require, only one may be available for use during these hours:</p> <p>MONDAY-FRIDAY 6:30 a.m. - 8:30P.M.</p> <p>**SATURDAY: 9:00 a.m. - 5:00 P.M.</p> <p>SUNDAY: 9:00 a.m. - 5:00 P.M.</p>		<h3>Very Limited lanes during this time do to programs</h3>		<p>Children under the age of 12 entering the pool complex must be accompanied and cared for (at pool side) by a responsible person 16 years of age or older.</p> <p>Children under 6 years old must be within arms reach at all times</p>
		<h3>Children under 12 years of age must be accompanied and cared for by a paying adult attired in a swim suit on the pool deck.</h3> <h3>Groups of 6 or more must call in advance for scheduling during Recreational Swim.</h3>		<p>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.</p>
				<p>The use of cameras, video camera or any device containing camera equipment of any kind is prohibited in all locker rooms, bathrooms and changing areas.</p>
				<p>Persons who are not completely toilet trained must wear rubber pants over their swim diapers.</p>
<h3>Recreational Swim</h3> <p>General swimming for all ages with the following facilities open: lanes, diving boards, leisure pool and hydrotherapy spas</p>				<p>Lockers are available --- BRING A LOCK TO SECURE YOUR BELONGINGS!</p>
<h3>Lap Swimming (Ages 12+)</h3> <p>Lap Swimming only (Not a Play time), Patrons must be swimming wall to wall during this time.</p>				<p>Program registration: www.activemontgomery.org</p> <p>The management reserves the right to alter the pool schedule when it is deemed necessary.</p>



Silver Spring Recreation and Aquatic Center Schedule

1319 Apple Ave Silver Spring MD 20910 (240) 777-6900 • www.mocorec.com

Montgomery County Recreation - Aquatics Section

Pool Use Schedule - November 17, 2025 - February 27, 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<div>6:30 a.m. - 9 a.m.</div> <div>(Facility Doors Open at 6:00 a.m. Pool Opens at 6:30)</div> <div>EARLY BIRD LAP SWIM (Ages 12+)</div> <div>Lap Lanes, Deep Water Running, Masters (Tuesdays and Thursdays 6:30AM -8AM)</div>					<div>9 a.m. - 1 p.m.</div> <div>MID-MORNING SWIM</div> <div>• Swim Team</div> <div>• (Ages 12+) Lap Swim Only (Limited lanes available)</div> <div>• Deep Water Running</div> <div>• Theraputic Lessons</div> <div>• Water Fitness Classes</div> <div>• Swim Lessons</div> <div>• Safety Training</div>		
<div>9 a.m. - 12 p.m.</div> <div>MID-MORNING SWIM (Ages 12+)</div> <div>Swim Lessons, Lap Lanes, Deep Water Running, Water Fitness Classes</div> <div>Please refer to Water exercise schedule for Rec pool lane space availability</div>							
<div>12 p.m. - 4 p.m.</div> <div>AFTERNOON SWIM (Ages 12+)</div> <div>Lap Swim Only, Deep Water Running</div>							
<div></div>				<div>4 p.m. - 6 p.m.</div> <div>SPLASH TIME</div> <div>Only Leisure Pool Open (Diving Boards Closed)</div>	<div>1 p.m.- 3:30 p.m.</div> <div>REC SWIM</div>	<div>1 p.m.- 3:30 p.m.</div> <div>REC SWIM</div>	
<div>MCPS High Shool Practice (3 Deep 3 Shallow lanes available 3:30 PM- 4PM)</div>							
<div>4 P.M. - 6:30 P.M.</div>	<div>4 P.M. - 7:45 P.M.</div>					<div>ALL POOLS OPEN</div> <div>DIVING BOARDS OPEN</div> <div>Lap Lanes, Deep Water Running</div>	<div>ALL POOLS OPEN</div> <div>DIVING BOARDS OPEN (Untill 3:40)</div> <div>Lap Lanes, Deep Water Running</div>
<div>•SWIM & Dive Team • Swim Lessons • Safety Training</div> <div>(Beginning 11/15-2/22 4 lanes available in the Comp/ deep pool (3:30 Pm - 4:00 Pm)</div> <div>Varied lanes available</div> <div>(1 Deep LANE & Rec/ shallow will vary based on time)</div>							
<div>6:30 p.m. - 8:30 p.m.</div> <div>EVENING SWIM</div> <div>(Ages 12+)</div> <div>Lap Swim Only,</div> <div>• Water Fitness Classes•</div> <div>Swim Lessons • Safety Training</div>	<div>7:45 p.m. - 8:30 p.m.</div> <div>EVENING SWIM</div> <div>(Ages 12+)</div> <div>Lap Swim Only,</div> <div>• Water Fitness Classes•</div> <div>Swim Lessons • Safety Training</div>	<div>7:45 p.m. - 8:30 p.m.</div> <div>EVENING SWIM</div> <div>(Ages 12+)</div> <div>Lap Swim Only,</div> <div>• Water Fitness Classes•</div> <div>Swim Lessons • Safety Training</div>	<div>7:45 p.m. - 8:30 p.m.</div> <div>EVENING SWIM</div> <div>(Ages 12+)</div> <div>Lap Swim Only,</div> <div>• Water Fitness Classes•</div> <div>Swim Lessons • Safety Training</div>	<div>7:15 p.m. - 8:30 p.m.</div> <div>EVENING SWIM</div> <div>(Ages 12+)</div> <div>Lap Swim Only,</div>	<div>3:30 p.m. - 5:00 p.m.</div> <div>(Ages 12+)</div> <div>Lap Swim Only</div>	<div>3:30 p.m. - 5:00 p.m.</div> <div>(Ages 12+)</div> <div>Lap Swim Only</div>	
					<div>Pool Closes at 5:00 PM</div>		

****Lap lanes will vary based on programs****

*** Locker Rooms will be closed 30 minutes after the last whistle ***

**** THIS SCHEDULE SUBJECT TO CHANGE ****

This pool use schedule may be changed to accommodate special events or holiday activities. Check posted notices in the center lobby.

FACILITY CLOSED ON: Thanksgiving Day, Christmas Day, New Year's Day, and Easter Sunday, June 19th, Memorial Day, Independence Day, and Labor Day