



MONTGOMERY COUNTY  
**Recreation**

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

1201 Jackson Road, Silver Spring, MD 20904 • (240) 777-8060 • www.mocorec.com

## Summer Pool Use Schedule • June 19 - September 6, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM - 9:00 AM <b>Early Bird Lap Swim</b> Water Exercise Tuesdays 7:30am-8:30am: Limited Lanes available					8:00 AM - 11:45 AM <b>Water Exercise Swim Lessons</b> 12:00 PM - 4:00 PM <b>Recreational Swim</b> All Facilities Open  *Diving boards and Well Lane 5 are <b>NOT AVAILABLE*</b>	<b>C L O S E D</b>
9:00 AM - 11:30 AM <b>Mid-Morning Lap Swim</b> Water Exercise Tues, Weds, Fri 9am-10am, Thurs 11am-12pm: Limited Lanes available						
11:30 AM - 3:00 PM <b>Afternoon Lap Swim</b>	11:30 AM - 2:00 PM <b>Recreational Swim</b> (Teach Pool only)	11:30 AM - 3:00 PM <b>Afternoon Lap Swim</b>	11:30 AM - 2:00 PM <b>Recreational Swim</b> (Teach Pool only)	11:30 AM - 3:00 PM <b>Afternoon Lap Swim</b>		
	2:00 PM - 3:00 PM <b>Afternoon Lap Swim</b>		2:00 PM - 3:00 PM <b>Afternoon Lap Swim</b>			
<b>Water Exercise Mondays 12pm-1pm: Limited Lanes available</b>						
3:00 PM - 7:00 PM <b>MCRD Swim Team Practice</b> (Wednesdays and Fridays until 5:30pm)						
7:00 PM - 9:00 PM (5:30 PM - 9:00 PM Wed & Fri) <b>Evening Lap Swim</b> Water Exercise Monday-Friday 7pm-8pm: Limited Lanes available						
*Diving boards and Well Lane 5 are <b>NOT AVAILABLE*</b>						
Well lanes closed the following days/times for safety training: 6/19 12pm-5pm, 6/20 1pm-3pm and 7pm-9pm, 6/23 1pm-3pm, and 6/26 2pm-5pm						
This Pool Use Schedule may be changed to accommodate special events or holiday activities. MLK Indoor Swim Center is closed on July 4th. Entry to MLK Indoor Swim Center does not include entry to MLK Outdoor Pool.						
MLK will be shutdown for cleaning and maintenance 8/28 - 9/6.						



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Montgomery County Recreation Department - Aquatics Section

Summer Pool Use Schedule • June 19 - August 28, 2021

## PUBLIC USE TIMES

<p><b>Recreational Swim</b> General swimming for all ages with the following facilities open: Lap Lanes, Diving Boards, Teach Pool, Exercise Room, and Hydrotherapy Spas.</p>	<p><b>Hydrotherapy Pools</b> <i>Adults Only: 14-17 if accompanied by an adult.</i> Due to frequent cleaning and maintenance that these pools require, only one may be available for use during the following hours: Monday - Friday      6:00 AM - 9:00 PM Saturday                8:00 AM - 4:00 PM</p>	<p><b>Admission Fees for Non-Passholders</b> (For Each Entry)</p> <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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<p><b>General Recreational Time</b> Tuesday &amp; Thursday      11:30 AM- 2:00 PM Saturday                      12:00 PM - 4:00 PM</p>	<p><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. Monday                      6:00 AM - 3:00 PM &amp; 7:00 PM - 9:00 PM Tuesday                     6:00 AM - 3:00 PM &amp; 7:00 PM - 9:00 PM Wednesday                6:00 AM - 3:00 PM &amp; 5:30 PM - 9:00 PM Thursday                    6:00 AM - 3:00 PM &amp; 7:00 PM - 9:00 PM Friday                        6:00 AM - 3:00 PM &amp; 5:30 PM - 9:00 PM Saturday                    12:00 PM - 4:00 PM</p>	<p><b>Please Note:</b> The management reserves the right to alter the pool schedule when it is deemed necessary. <b>Proper Bathing Suits Required! 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. Children under 10 years old must be accompanied in the pool area and cared for by an adult in swimming attire at all times. An ACCESS Card is required for everyone entering the facility.</p>												
<p><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. Monday - Friday          6:00 AM - 9:00 PM Saturday                    8:00 AM - 4:00 PM</p>	<p><b>Deep Water Running (DWR) &amp; Well Lap Swimming (WLS)</b> Monday                      6:00 AM - 12:00 PM, 1:00 PM - 3:00 PM, 7:00 PM - 9:00 PM Tuesday                     6:00 AM - 9:00 AM, 10:00 AM - 3:00 PM, 8:00 PM - 9:00 PM Wednesday                6:00 AM - 12:00 PM, 1:00 PM - 3:00 PM, 5:30 PM - 9:00 PM Thursday                    6:00 AM - 7:30 AM, 8:30 AM - 3:00 PM, 8:00 PM - 9:00 PM Friday                        6:00 AM - 3:00 PM, 5:30 PM - 9:00 PM Saturday                    12:00 PM - 4:00 PM</p>	<p>Groups of 10 or more must call the facility ahead of time to schedule with a manager's approval. <b>Lockers are available - 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. Children who are not completely toilet trained must wear rubber pants.  <b>For more information, visit us online at: <a href="http://www.mocorec.com">www.mocorec.com</a></b></p>												
<p><b>Diving Boards</b>  <b>CLOSED UNTIL FURTHER NOTICE</b></p>														
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