



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



MONTGOMERY COUNTY
Recreation

2019/20 Pool Use Schedule • September 3, 2019 - June 12, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-6:15 AM MCRD Swim Team Practice					6:00-9:00 AM MCRD Swim Team Practice	
6:15-8:30 AM Early Bird Lap Swim Deep Water Running Class (<i>Tuesday & Thursday 7:30-8:30 AM</i>) • Well Closed 7 Lap Lanes, 1 Shallow Water Walking Lane Available					9:00 AM-2:00 PM MCRD Swim Lessons High School Swimming Safety Training	9:00 AM-1:00 PM MCRD Swim Lessons Safety Training
8:30-11:30 AM Mid Morning Swim Water Exercise Classes 4 Lap Lanes Available • Limited Well Use Available						
11:30 AM-2:00 PM Noon Recreational Swim Teach & Main Pool Open 4 Lap Lanes, 1 Universal Lane Available					2:00-6:00 PM Recreational Swim Main Pool Open Teach Pool Open 4 Lap Lanes Available 1 Universal Lane Available 1 DWR Available Diving Boards Open	1:00-5:00 PM Recreational Swim Main & Teach Pool Open Diving Boards Open Limited Lap Lanes Available 1 Shallow Water Walking Fitness Class 4 - 5pm
3:00-4:00 PM MCPS High School Varsity Swim Practice 2 Lap-Lanes Available						
4:00-7:30 PM MCRD Youth Swim Team Training <i>No Lanes Available until 7:30pm</i>						
7:30-8:30 PM Family Rec Swim Main Pool Open Teach Pool Open Dive Team 7:30-9:00PM	7:30-10:00 PM MCRD Swim Lessons Therapeutics Water Fitness Limited Laps Available	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 Limited Laps Available	7:30-9:00 PM Family Rec Swim Main Pool Open Teach Pool Open	6:00-9:00 PM MCPS Swim Meets and Special Uses	5:30-8:00 PM MSTC CLINIC
8:30-10:00 PM Masters Safety Training MCRD Swim Lessons	Lap Lanes 7:30-8pm Synchro 8:30 - 10:00pm	8:30-10:00 PM MCRD Swim Lessons Masters Water Polo	Lap Lanes Close 8:30PM	3 Lap Lanes Available 1 UL, 1 DWR Available		
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 2-3, 2019 and February 21-23, 2020.



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

2019/2020 Pool Use Schedule • September 3, 2019 - June 12, 2020

PUBLIC USE TIMES

Recreational Swim

General swimming for all ages with the following facilities open:
 Lap Lanes, Diving Boards, Teach Pool, Exercise Room, and Hydrotherapy Spas.

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

Diving Boards

Monday & Wednesday	11:30 AM - 1:00 PM & 7:30-8:30PM
Tuesday & Thursday	11:30 PM - 2:00 PM
Friday	12 PM - 2:00 PM & 7:30-9:00PM
Saturday	2:00 PM - 6:00 PM
Sunday	1:00 PM - 5:00 PM

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

Hydrotherapy Pools

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:

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

Deep Water Running (DWR) & Well Lap Swimming (WLS)

Mon., Wed., Fri.	6:15 -7:00 AM 1/2 WLS, 1/2 DWR
	7:00 AM - 11:30 AM 1/2 WLS 1/2 DWR*
	11:30 AM - 1:00 PM 1/2 WLS 1/2 DWR
	2:00 PM - 3:30 PM 1/2 WLS 1/2 DWR
Tuesday & Thursday	6:30 AM - 7:30 AM 1/2 WLS, 1/2 DWR
	8:30 AM - 3:30 PM 1/2 WLS 1/2 DWR
Monday & Wednesday	7:30 PM - 8:30 PM 1/2 WLS 1/2 DWR
Friday	7:30 PM - 9:00 PM 1/2 WLS 1/2 DWR
Saturday	2:00 PM - 6:00 PM 1/2 WLS 1/2 DWR
Sunday	1:00 PM - 5:00 PM 1/2 WLS 1/2 DWR

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 & Wednesday	6:15 AM - 10:00 PM
Tuesday & Thursday	6:15 AM - 8:30 PM
Friday	6:15 AM - 9:00 PM
Saturday & Sunday	9:00 AM - 5:30 PM

Admission Fees for Non-Passholders

	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.

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.

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 2 - 3, 2019, February 21-23, 2020, will alter the regular schedule. Please check the lobby for posted schedule changes.

For more information, visit us online at:
www.mocorec.com

TUESDAY NIGHT LIMITED LANES CLOSE AT 8PM