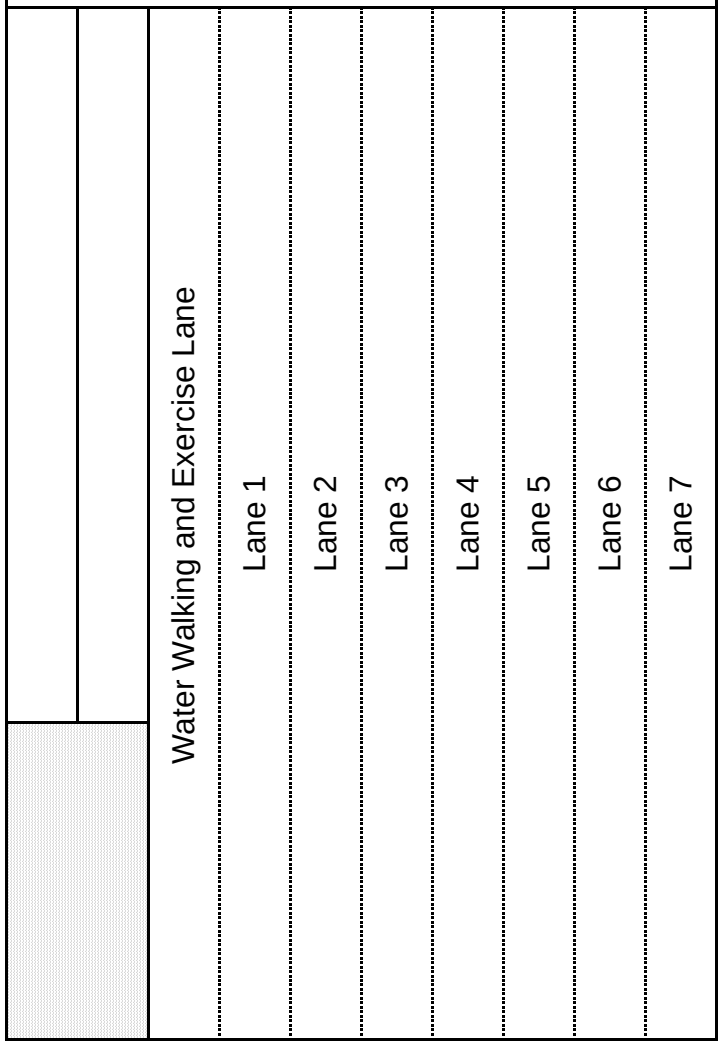
Germantown Indoor Swim Center

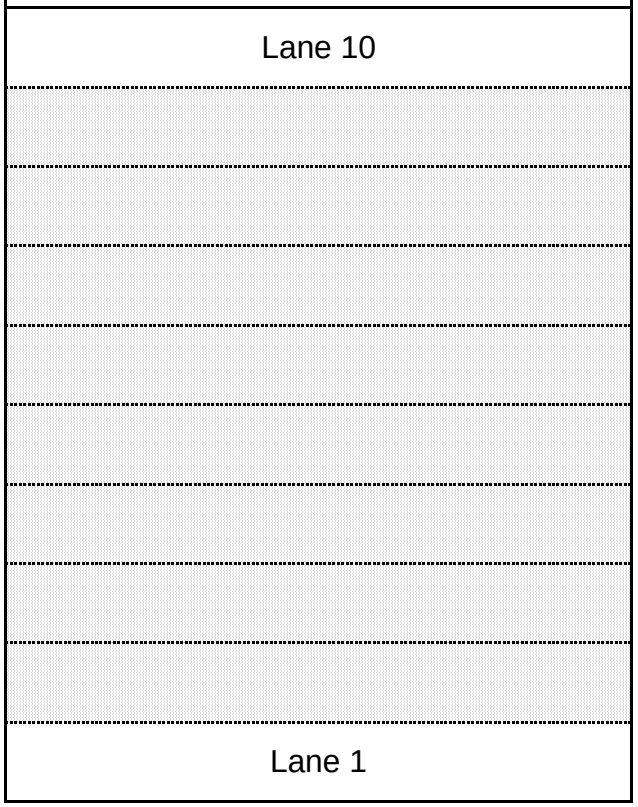
18000 Central Park Circle, Boyds, MD 20841 ◦ (240) 777-6830 ◦ www.montgomerycountymd.gov/rec
Montgomery County Recreation Department - Aquatics Section

2016/17 Deep Water Running/Exercise Area Schedule ◦ September 6, 2016 - June 16, 2017

Recreation Pool



Competition Pool



Special Notes:

◦ This schedule represents the minimum time allotted for this activity.

◦ When performing deep water running in the lane, move in a circular fashion, do not move down the lane 2 or more abreast.

◦ This Deep Water Running schedule may change to accommodate special events or holiday activities. Check the posted notices in the lobby.

* Not available during High School Season (November 15, 2016 - February 20, 2017)

Summary Schedule

Competition Pool

Lane 1 Deep Water Running Availability

Monday-Friday	6:00 AM - 9:30 AM
Mon., Wed., Fri.	9:30 AM - 10:30 AM
Monday-Thursday	11:30 AM - 2:00 PM
Friday	11:30 AM - 1:00 PM
Monday-Friday	2:00 PM - 3:30 PM*
Tuesday - Thursday	7:45 PM - 8:30 PM
Tuesday & Thursday	8:30 PM - 10:00 PM
Friday	7:45 PM - 9:00 PM
Saturday	7:15 AM - 9 AM, 2 PM - 4 PM
	5:00 PM - 7:00 PM
Sunday	1:00 PM - 3:00 PM
	4:00 PM - 6:00 PM

Lane 10 Deep Water Running Availability

Mon., Wed., Fri.	10:30 AM - 11:30 AM
Tuesday	10:00 AM - 11:00 AM
Thursday	9:30 AM - 11:30 AM

Recreation Pool

Water Walking and Exercise Lane

Monday-Friday	6:00 AM - 9:30 AM
Mon., Wed., Fri.	11:30 AM - 2:30 PM
Monday & Friday	7:30 PM - 8:30 PM
Tuesday & Thursday	9:30 AM - 10:30 AM
	11:30 AM - 2:30 PM
	8:30 PM - 10:00 PM