



Kennedy Shriver Aquatic Center

5900 Executive Boulevard, N. Bethesda, MD 20852 • (240) 777-8070 • www.mocorec.com

Montgomery County Recreation - Aquatics Section

2019-2020 Deep Water Running/Exercise Area Schedule • Sept 3, 2019 - June 12, 2020

Pool Layout - Deep End

Bulkhead	Deep Water Alcove	Diving Well
		Lane 1
		Lane 2
		Lane 3
		Lane 4
		Lane 5
		Lane 6
		Lane 7
		Lane 8

Summary Schedule

Diving Well

September 3 - November 15, 2020

Mon., Wed.	6:00 AM - 2:30 PM
Friday	6:00 AM - 8:30 AM
	9:30 AM - 2:30 PM
Tues. & Thurs.	6:00 AM - 10:00 AM
	11:00 AM - 2:30 PM
Saturday	8:00 AM - 9:30 AM

November 15, 2019 - February 22, 2020

Mon., Wed., & Fri.	6:30 AM - 8:30 AM
	9:30 AM - 2:30 PM
Tues. & Thurs.	6:30 AM - 10:00 AM
	11:00 AM - 2:30 PM

February 22, 2020 - June 12, 2020

Mon., Wed., & Fri.	6:00 AM - 8:30 AM
	9:30 AM - 2:30 PM
Tues. & Thurs.	6:00 AM - 10:00 AM
	11:00 AM - 2:30 PM
Saturday	8:00 AM - 9:00 AM

Lane 8

Fri.	8:30 AM - 9:30 AM
Monday	9:30 PM - 10:00 PM
Tues. & Thurs.	10:00 AM - 11:00 AM
Tues.	7:45 PM - 8:30 PM
Friday	7:45 PM - 8:30 PM
Saturday	2:00 PM - 4:00 PM
	5:00 PM - 7:00 PM
Sunday	2:00 PM - 5:00 PM

Deep Water Alcove

Monday - Friday	2:30 PM - 7:30 PM
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No Deep Water Running

Wednesday	9:30 PM - 10:00 PM
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Special Notes

- 1 This schedule represents the minimum time allotted for this activity.
- 2 When performing deep water running in the lane, move in a circular fashion, do not move down the lane 2 or more abreast.
- 3 This Deep Water Running Schedule may change to accommodate special events or holiday activities. Check the posted notices in the lobby.