

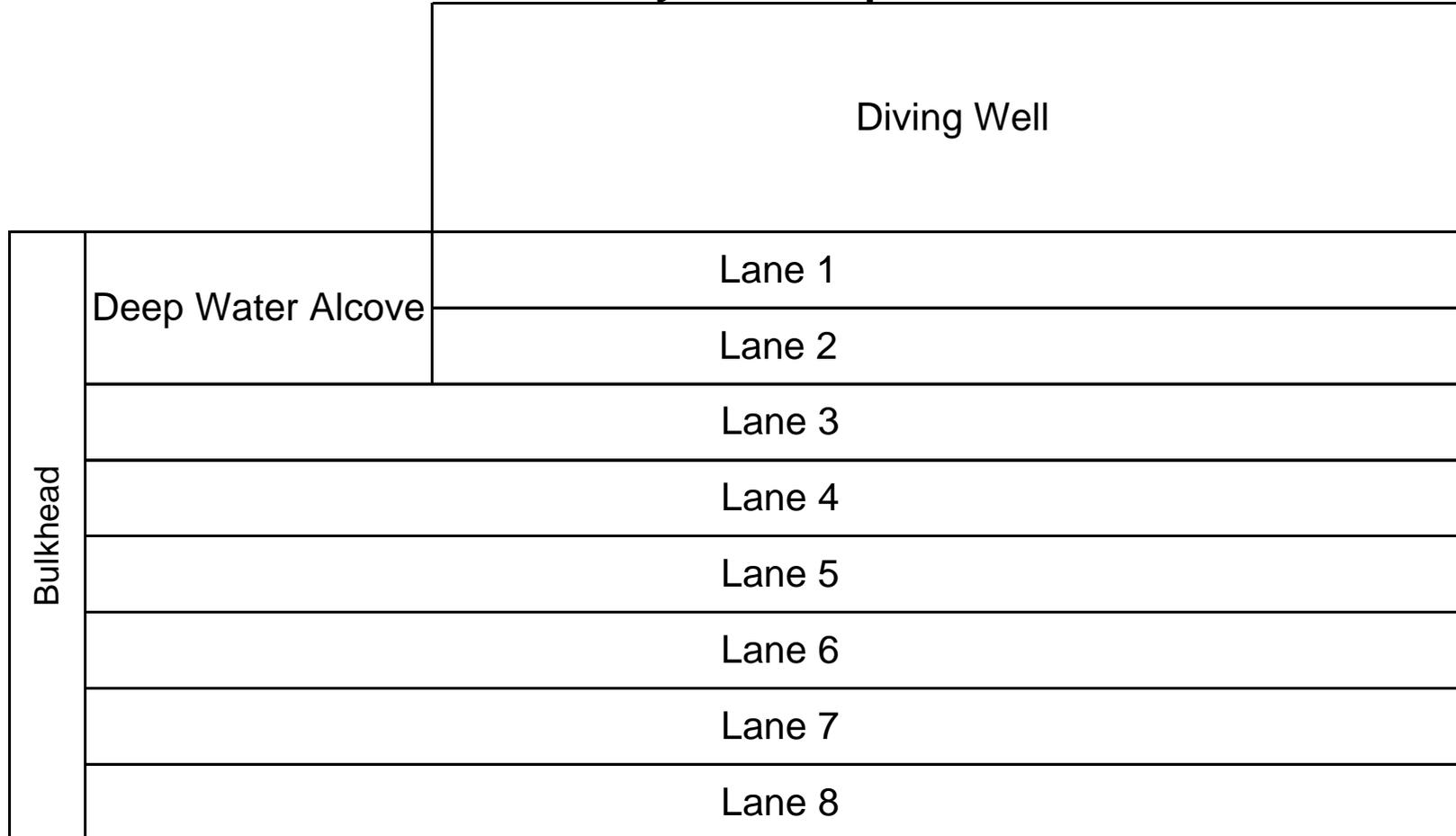


Kennedy Shriver Aquatic Center

5900 Executive Boulevard, N. Bethesda, MD 20852 • (240) 777-8070 • www.montgomerycountymd.gov/rec
 Montgomery County Recreation - Aquatics Section

2014 Summer Deep Water Running/Exercise Area Schedule • June 14, 2014 - August 17, 2013

Pool Layout - Deep End



Summary Schedule

Availability During Normal Operating Hours

Diving Well	
Monday - Friday	6:00 - 7:30 AM 1:00 - 5:00 PM
Monday	9:00 - 10:00 PM
Saturday	8:00 - 9:30 AM
Lane 8	
Monday - Friday	7:30 - 10:00 AM
Mon/Wed/Friday	10:00 AM - 1:00 PM
Tues/Thursday	11:00 AM - 1:00 PM
Monday - Thursday	7:00 - 8:30 PM
Friday	7:00 - 9:00 PM
Saturday & Sunday	1:00 - 4:00 PM
Saturday	4:00 - 5:00 PM
Deep Water Alcove	
Monday - Friday	5:00 - 7:00 PM
Tues/Thursday	10:00 - 11:00 AM
No Deep Water Running	
Wednesday	9:00 - 10:00 PM

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.