<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:45 - 6:30 AM</td>
<td>MCR Swim Team Practice</td>
</tr>
<tr>
<td>6:00 - 8:30 AM</td>
<td><strong>Early Bird Lap Swim</strong></td>
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<tr>
<td></td>
<td>Deep Water Running Available</td>
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<tr>
<td>8:30 - 11:30 AM</td>
<td><strong>Mid Morning Swim</strong></td>
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<td></td>
<td>Water Exercise Classes • MCR Swim Lessons</td>
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<tr>
<td></td>
<td>Lap Lanes Available • Deep Water Running Available</td>
</tr>
<tr>
<td>11:30 AM - 2:30 PM</td>
<td><strong>Noon Lap Swim</strong></td>
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<tr>
<td></td>
<td>Lap Lanes Available • Water Exercise Classes (Main Pool) • Deep Water Running Available</td>
</tr>
<tr>
<td>3:30 - 8:30 PM</td>
<td><strong>MCR Youth Swim &amp; Dive Team Training</strong></td>
</tr>
<tr>
<td></td>
<td>No Lap Lanes Available (3:30 - 5:30 PM)M-F • Limited Deep Water Running Available (T/TH) • Limited Lap Lanes Available (5:30 - 8:00 PM)M-F</td>
</tr>
</tbody>
</table>

This Pool Use Schedule may be changed to accommodate special events or holiday activities. Pool will be closed on: Thanksgiving Day, Christmas Day, New Year's Day, & Easter Day.

*Swim and Dive meets held on October 7-8, February 4-5, 16-17, May 12-14 and June 23-25 will change the schedule or close the facility.*

**CHECK POSTED NOTICES IN THE CENTER LOBBY.**
Kennedy Shriver Aquatic Center
5900 Executive Boulevard, N. Bethesda, MD 20852 • (240) 777-8070 • mocomplete.com
Montgomery County Recreation - Aquatics Section
Pool Use Schedule • September 6, 2022 - October 15, 2022

ALL LAP LANES
Lanes may be used for a combination of exercise. Patrons may alternate walking, lap swimming or any other safe practice water exercise. Patrons must use caution when using lap lanes.

Lap Swim
Lap Lanes are roped off at a competitive distance of 25 meters. Some lanes are entirely in deep water. 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 6:00 AM - 2:30 PM
Monday - Friday (Limited) 5:30 PM - 9:30 PM
Saturday (Limited) 8:00 AM - 9:30 AM
      2:00 PM - 4:00 PM
      5:00 PM - 7:00 PM
Sunday 2:00 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:

Spa A: Round Spa closest to Locker Rooms
Spa B: Semi-circular Spa near the outdoor Sundeck

Monday 6:00 AM - 9:30 PM Spa A&B
Wednesday 6:00 AM - 9:30 PM Spa A&B
Tuesday & Thursday 6:00 AM - 9:30 PM Spa A&B
Friday 6:00 AM - 9:00 PM Spa A&B
Saturday 8:00 AM - 9:00 AM Spa A
      2:00 PM - 4:00 PM Spa A&B
      5:00 PM - 6:30 PM Spa A&B
Sunday 2:00 PM - 5:00 PM Spa A&B
Spa A or B closes at 8:30pm one night per week for cleaning.

Leisure Pool
Friday 7:00 PM - 9:00 PM
Saturday 2:00 PM - 4:00 PM
      5:00 PM - 7:00 PM
Sunday 2:00 PM - 5:00 PM

Admission Fees for Non-Passholders
(For Each Entry)
Children (1 - 17 years old) $5.00 $15.00
Adults (16 - 54 years old) $7.00 $15.00
Seniors (55 years & older) $6.00 $15.00

Please Note:
These are the scheduled times these facilities will be open. They may be closed at any time due to insufficient staff.
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.

Weight & Exercise Room/Saunas
Adults Only: 14-17 with adult permission.
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 6:00 AM - 9:30 PM
Tuesday & Thursday 6:00 AM - 9:30 PM
Friday 6:00 AM - 9:00 PM
Saturday 8:00 AM - 7:00 PM
Sunday 8:00 AM - 5:00 PM

Diving Boards And Slides (weekends only)
Friday 7:00 PM - 9:00 PM
Saturday 2:00 PM - 4:00 PM
      5:00 PM - 7:00 PM
Sunday 2:00 PM - 5:00 PM
Platforms are for dive team use only. Not open to

Deep Water Running (DWR)/Shallow Water Walking (SWW)
Monday - Friday 6:00 AM - 2:30 PM
Monday - Friday 8:30 AM - 9:30 PM
DWR is available during most Lap Swim times and will be offered in either the well, lap lane or alcove. SWW will be available in the lap lanes. Check lane schedule for availability.

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