



Martin Luther King, Jr. Swim Center (Indoor)

1201 Jackson Road, Silver Spring, MD 20904 • (240) 777-8060 • www.mocorec.com
 Montgomery County Recreation Department - Aquatics Section

Summer Pool Use Schedule • June 15 - August 18, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-8:30 AM Early Bird Lap Swim Varied Lap Lanes available • Water Fitness Classes					8:00 AM-1:00 PM Lessons Swim and Dive Teams Safety Training Water Fitness Classes	C L O S E D
8:30-12:00 PM Mid-Morning Lap Swim Limited Lap Lanes • Lessons • Water Fitness Classes • Diving • DWR						
12:00- 2:00PM REC SWIM All Facilities open Limited Lap Lanes Diving boards Open @ 1 PM	12:00 - 2:00 PM Mod. REC SWIM Main Pool Only* Limited Lap Lanes DWR & Well Lap Lanes Diving boards Closed	12:00- 2:00PM REC SWIM All Facilities open Limited Lap Lanes Diving boards Open @ 1 PM	12:00 - 2:00PM Modified REC SWIM Main Pool Only* Limited Lap Lanes DWR & Well Lap lanes Diving boards and teach pool Closed		1:00-3:00 PM Family Rec Swim All Facilities Open Limited Lap Lanes Diving Boards	
2:00 PM - 3:30 PM Afternoon Lap Swim						
3:30-7:00 PM Swim & Dive Team Practice • Swim Lessons Limited lap lanes available						
7:00-8:00 PM Lap swimming Varied Lap Lanes Water Fitness Safety Training	7:00-9:00 PM Lap swimming Limited Lap Lanes Lessons Water Fitness Safety Training	7:00-8:00 PM Lap swimming Varied Lap Lanes Water Fitness Safety Training	7:00-9:00 PM Lap swimming Limited Lap Lanes Lessons Water Fitness Safety Training	7:00-8:00 PM Lap swimming Varied Lap Lanes Water Fitness Safety Training		

This Pool Use Schedule may be changed to accommodate special events or holiday activities. MLK will be closed on May 27, June 19th, and July 4th. Entry to MLK indoor Swim Center does not include entry to MLK Outdoor Pool. CLOSED 8/18 to 9/2 Re- open 9/3



MONTGOMERY COUNTY
Recreation

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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.	Hydrotherapy Pools <i>Adults Only: 14-17 if accompanied by an adult.</i> Due to frequent cleaning and maintenance that these pools require, only one may be available for use during the following hours:	Admission Fees for Non-Passholders (For Each Entry) <table border="1"> <thead> <tr> <th></th> <th>County Resident</th> <th>Non-County Resident</th> </tr> </thead> <tbody> <tr> <td>Children (1-17 years old)</td> <td>\$5.00</td> <td>\$20.00</td> </tr> <tr> <td>Adults (18-54 years old)</td> <td>\$7.00</td> <td>\$20.00</td> </tr> <tr> <td>Seniors (55 years & older)</td> <td>\$6.00</td> <td>\$20.00</td> </tr> </tbody> </table>		County Resident	Non-County Resident	Children (1-17 years old)	\$5.00	\$20.00	Adults (18-54 years old)	\$7.00	\$20.00	Seniors (55 years & older)	\$6.00	\$20.00
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General Recreational Time Monday & Wednesday 12:00 PM - 2:00 PM Saturday 1:00 PM - 3:00 PM Modified Recreational Time Tuesday, Thursday, & Friday 12:00 PM - 2:00 PM	Monday & Wednesday 6:15 AM - 8:00 PM Tuesday & Thursday 6:15 AM - 9:00 PM Friday 6:15 AM - 8:00 PM Saturday 1:00 PM - 3:00 PM	Please Note: The management reserves the right to alter the pool schedule when it is deemed necessary.												
Weight & Exercise Room <i>Adults Only: 14-17 if accompanied by an adult.</i> Youths (14-17) must have a permission slip on file. Youths need to keep their copy with them while using the weight room.	Lap Swim Lap Lanes are roped off at either 25 yards or 25 meter 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.	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 must be attired in appropriate footwear. Appropriate footwear must be changed upon entering the pool area. Footwear must be clean of debris Children under 12 years old must be accompanied in the pool area and cared for by an adult at all times Proof of county residence is required to receive in county rates.												
Diving Boards Monday-Wednesday 1:00 PM - 2:00 PM Saturday 1:00 PM - 3:00 PM	Monday-Friday 6:15 AM - 3:30 PM Varied Lanes Monday-Thursday 3:30 PM - 7:00 PM Limited Lanes Tuesday & Thursday 7:00 PM - 9:00 PM Varied Lanes Monday & Wednesday 7:00 PM - 8:00 PM Varied Lanes Friday 6:15 AM - 8:00 PM Varied Lanes Saturday 1:00 PM - 3:00 PM Limited Lanes	Groups of 10 or more must call the facility ahead of time to schedule with a manager's approval. Lockers are available - BRING A LOCK TO SECURE YOUR BELONGINGS!												
Entry to MLK Swim Center does not include entry to MLK Outdoor Pool.	Deep Water Lanes Monday & Wednesday 6:15 AM - 7:00 AM 1 DWR 9:00 AM - 12:00 PM 1 DWR 2:00 PM - 8:00 PM 1 DWR Tuesday, Thursday 6:15 AM - 9:00 AM 1 DWR 10:00 AM - 7:00 PM 1 DWR Friday 6:15 AM - 11:00 AM 1 DWR 12:00 PM - 8:00 PM 1 DWR Saturday 1:00 PM - 3:00 PM 1 DWR	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. Children who are not completely toilet trained must wear rubber pants. For more information, visit us online at: www.mocorec.com												