

## Martin Luther King, Jr. Indoor Swim Center

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

Recreation 2025/2026 Pool Use Schedule - November 17, 2025 to February 15, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		9:00am-2:00pm	9:00am-1:00pm			
	Varied Lap Lanes Availab	Swim Lessons	Swim Lessons			
		Swim and Dive Teams	Swim and Dive Teams			
		Safety Training	Safety Training			
Varied Lap Lanes	Available - Water Fitness	Water Fitness Classes	Water Fitness Classes			
		Recreational Swim				
		NO Lap Lanes	NO Lap Lanes			
Varied La	p Lanes Available - Water	Available	Available			
		Recreational Swim	Recreational Swim			
	Varied Lap L	2:00pm-5:00pm	1:00pm-4:00pm			
	Swim Team 1					
		3:00pm-7:30pm			Varied Lap Lanes	Varied Lap Lanes
		NO Lap Lanes Available			Available	Available
Recreational Swim	Late Lap Swim	Recreational Swim	Late Lap Swim	Recreational Swim	Deep Water Running	Deep Water Running
7:30pm-8:30pm	7:30pm-9:30pm	7:30pm-8:30pm	7:30pm-9:30pm	7:30pm-9:00pm		
Varied Lap Lanes		Varied Lap Lanes			Diving Boards Available	Diving Boards Available
Available	Varied Lap Lanes	Available	Varied Lap Lanes	Varied Lap Lanes		
Swim Lessons	Available	Swim Lessons	Available	Available		Afternoon Lap Swm
Deep Water Running	Water Fitness Classes	Deep Water Running	Water Fitness Classes	Deep Water Running		4:00pm-5:00pm
NO Diving Boards	Swim Lessons	NO Diving Boards	Swim Lessons	NO Diving Boards		
Late Lap Swim	Deep Water Running	Late Lap Swim	Deep Water Running			Varied Lap Lanes
8:30pm-10:00pm		8:30pm-10:00pm				Available
Varied Lap Lanes		Varied Lap Lanes				Water Fitness Classes
Available		Available				Deep Water Running
Masters Swim		Masters Swim				
Deep Water Running		Deep Water Running				

Pool Use Schedule may be changed to accommodate special events or holiday activities.

MLK Indoor Swim Center will be **CLOSED:** Thanksgiving, Christmas Day, New Year's Day, & Easter.

Swim Meets: November 29. December 6, 13 & 20. January 10, 17, 24 & 31. February 14.

NO Deep Water Running during Deep Water Aerobics Classes (See Aerobics Schedule)



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Recreational Swim			Hydrotherapy Pool		Admission Fees for I	Non-Passholders		
General swimming for all ages with the following facilities open: Lap Lanes,			Adults Only: 14-17 if accompanied by an adult.		(For Each Entry)			
Diving Boards, Teach Pool, Exercise Room, and Hydrotherapy Spa. Avalibility and usage subject to change by management.			Monday & Wednesday	6:15am - 10:00pm		County Resident	Non-County	
and adage subject to change by management.		Tuesday & Thursday	6:15am - 9:30pm			Resident		
Recreational Swim			Friday	6:15am - 9:00pm	Children (1-17 years old)	\$5.00	\$20.00	
Monday & Wednesday 11:30am - 2:00p		11:30am - 2:00pm	Saturday	2:00pm - 5:00pm	Adults (18-54 years old)	\$7.00	\$20.00	
		7:30pm - 8:30pm	Sunday	1:00pm - 5:00pm	Seniors (55 years & older)	\$6.00	\$20.00	
Tuesday & Thursday 11:30am - 2:00pm		Lap Swim		Please Note:				
Friday 11:30am - 2:00pm 7:30pm - 9:00pm		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.		The management reserves the right to alter the pool schedule when it is deemed necessary.				
Saturday 2:00pm - 5:00pm				Proper Bathing Suits Required! NO CUTOFFS OR GYM SHORTS! Shorts,				
Sunday		1:00pm - 4:00pm	Monday & Wednesday	6:15am - 3:00pm 7:30pm - 10:00pm	t-shirts, and undergarments do not qualify as bathing suit attire.			
Weight & Exercise Room			Tuesday & Thursday			mming apparel.		
Adults Only: 14-17	if accompanied by an adult.			7:30pm - 9:30pm				
Youths (14-17) must have a permission slip on file. Youths need to keep their copy with them while using the weight room.			Friday	6:15am - 3:00pm 7:30pm - 9:00pm	Children under 12 years old must be accompanied in the pool area and cared for by an adult 16+ in swimming attire at all times.			
Monday & Wednesda	ay	6:15am - 10:00pm	Saturday	2:00pm - 5:00pm				
Tuesday & Thursday	,	6:15am - 9:30pm	Sunday	1:00pm - 5:00pm	An ACCESS Card is require	d for everyone entering th	ne facility.	
Friday		6:15am - 9:00pm	Deep Water Runnir	ng				
Saturday	Weight room open from	8:00am - 5:00pm	Monday & Wednesday	6:15am - 3:00pm	Groups of 10 or more must call the facility ahead of time to sched		me to schedule with a	
Sunday	2:00pm - 5:00pm <b>ONLY</b> during Saturday swim meets	9:00am - 5:00pm		7:30pm-10:00pm	manager's approval.			
<b>Diving Boards</b>			Tuesday & Thursday	6:15am - 3:00pm	Lockers are available - BRII	IG A LOCK TO SECURE	YOUR BELONGINGS!	
Monday - Friday		CLOSED		7:30pm-9:30pm				
Saturday 2:00pm - 5:00pm		2:00pm - 5:00pm	Friday	6:15am - 3:00pm	The use of cameras, video cameras or any device containing camera			
Sunday		1:00pm - 4:00pm		7:30pm-9:00pm	equipment of any kind is pro areas at all times.	hibited in all locker rooms	s, bathrooms and changin	
		Saturday	2:00pm - 5:00pm					
Entry to MLK Indoor Swim Center does not include entry to MLK Outdoor Pool			Sunday	1:00pm - 5:00pm	Children who are not completely toilet trained must wear rubber pants.			
					For more information, visit us online at: www.mocorec.com			

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