



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

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

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.

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



Martin Luther King, Jr. Indoor Swim Center

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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 Spa. Availability and usage subject to change by management.

Recreational Swim

Monday & Wednesday	11:30am - 2:00pm 7:30pm - 8:30pm
Tuesday & Thursday	11:30am - 2:00pm
Friday	11:30am - 2:00pm 7:30pm - 9:00pm
Saturday	2:00pm - 5:00pm
Sunday	1:00pm - 4:00pm

Weight & Exercise Room

Adults Only: 14-17 if accompanied by an adult.

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	6:15am - 10:00pm
Tuesday & Thursday	6:15am - 9:30pm
Friday	6:15am - 9:00pm
Saturday	Weight room open from 2:00pm - 5:00pm ONLY during Saturday swim meets
Sunday	9:00am - 5:00pm

Diving Boards

Monday - Friday	CLOSED
Saturday	2:00pm - 5:00pm
Sunday	1:00pm - 4:00pm

Entry to MLK Indoor Swim Center does not include entry to MLK Outdoor Pool

Hydrotherapy Pool

Adults Only: 14-17 if accompanied by an adult.

Monday & Wednesday	6:15am - 10:00pm
Tuesday & Thursday	6:15am - 9:30pm
Friday	6:15am - 9:00pm
Saturday	2:00pm - 5:00pm
Sunday	1:00pm - 5:00pm

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.

Monday & Wednesday	6:15am - 3:00pm 7:30pm - 10:00pm
Tuesday & Thursday	6:15am - 3:00pm 7:30pm - 9:30pm
Friday	6:15am - 3:00pm 7:30pm - 9:00pm
Saturday	2:00pm - 5:00pm
Sunday	1:00pm - 5:00pm

Deep Water Running

Monday & Wednesday	6:15am - 3:00pm 7:30pm-10:00pm
Tuesday & Thursday	6:15am - 3:00pm 7:30pm-9:30pm
Friday	6:15am - 3:00pm 7:30pm-9:00pm
Saturday	2:00pm - 5:00pm
Sunday	1:00pm - 5:00pm

Admission Fees for Non-Passholders

(For Each Entry)

	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

Please Note:

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.

All patrons within the pool area must be attired in swimming apparel.

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.

An ACCESS Card is required for everyone entering the facility.

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!**

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

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

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