

Draper Recreation Center - LAP POOL SCHEDULE (Sunday, January 7, 2024)

| | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 |
|----------|--------------|--------------|--------------|--------------|-----------|--------|--------|--------|
| 5:00 AM | | | | | | | | |
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| 9:00 AM | | | | | | | | |
| 9:30 AM | | | | | | | | |
| 10:00 AM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Open Swim | | | |
| 10:30 AM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | | | | |
| 11:00 AM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | | | | |
| 11:30 AM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | | | | |
| 12:00 PM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | | | | |
| 12:30 PM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | | | | |
| 1:00 PM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | | | | |
| 1:30 PM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | | | | |
| 2:00 PM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | | | | |
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25 Yard Lap Swimming

POOL HOURS and OPTIONS are LIMITED. For the most up-to-date options, check with the front desk and/or call ahead. 385-468-1995. This schedule is subject to change without notice

Draper Recreation Center - LAP POOL SCHEDULE (Monday, January 8, 2024)

| | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 |
|----------|---------------------------------------------------|-------------------------|-------------------------|-------------------------|------------------------------------------------|------------------|------------------|--------------|
| 5:00 AM | Riverton | Riverton | Riverton | Riverton | Riverton | Adult Swim Group | Adult Swim Group | Lap Swimming |
| 5:30 AM | | | | | | | | Lap Swimming |
| 6:00 AM | | | | | | | | Lap Swimming |
| 6:30 AM | Lap Swimming | | | | | | | |
| 7:00 AM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming |
| 7:30 AM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming |
| 8:00 AM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming |
| 8:30 AM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming |
| 9:00 AM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | "Aqua H.E.A.T." Aquatic Group Fitness Class | | | |
| 9:30 AM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | | | | |
| 10:00 AM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | "3-2-1 Go!" Aquatic Group Fitness Class | | | |
| 10:30 AM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | | | | |
| 11:00 AM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming |
| 11:30 AM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming |
| 12:00 PM | Draper Ducks | Draper Ducks | Draper Ducks | Draper Ducks | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming |
| 12:30 PM | | | | | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming |
| 1:00 PM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming |
| 1:30 PM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming |
| 2:00 PM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming |
| 2:30 PM | Closed For Swim Meet | | | | | | | |
| 3:00 PM | | | | | | | | |
| 3:30 PM | | | | | | | | |
| 4:00 PM | | | | | | | | |
| 4:30 PM | | | | | | | | |
| 5:00 PM | | | | | | | | |
| 5:30 PM | Draper Ducks (Beginner) | Draper Ducks (Beginner) | Draper Ducks (Beginner) | Draper Ducks (Beginner) | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming |
| 6:00 PM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming |
| 6:30 PM | Draper Ducks (Advanced) | Draper Ducks (Advanced) | Draper Ducks (Advanced) | Draper Ducks (Advanced) | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming |
| 7:00 PM | | | | | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming |
| 7:30 PM | Tsunami "HIIT Fit" Aquatic Group Fitness Class | | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming |
| 8:00 PM | | | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming |
| 8:30 PM | | | | | | | | |
| 9:00 PM | | | | | | | | |
| 9:30 PM | | | | | | | | |
| 10:00 PM | | | | | | | | |

25 Yard Lap Swimming

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Draper Recreation Center - LAP POOL SCHEDULE (Tuesday, January 9, 2024)

| | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 | |
|----------|-------------------------|-------------------------|-------------------------|-------------------------|-----------------------------------------------------|---------------|--------------|--------------|----------------------|
| 5:00 AM | Riverton | Riverton | Riverton | Riverton | Riverton | Lap Swimming | Lap Swimming | Lap Swimming | 25 Yard Lap Swimming |
| 5:30 AM | | | | | | Lap Swimming | Lap Swimming | Lap Swimming | |
| 6:00 AM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | | |
| 6:30 AM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | | |
| 7:00 AM | Corner Canyon | Corner Canyon | Corner Canyon | Corner Canyon | Corner Canyon | Lap Swimming | Lap Swimming | Lap Swimming | |
| 7:30 AM | | | | | | Lap Swimming | Lap Swimming | Lap Swimming | |
| 8:00 AM | | | | | | Lap Swimming | Lap Swimming | Lap Swimming | |
| 8:30 AM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | | |
| 9:00 AM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | "Shallow Cardio" Aquatic Group Fitness Class | | | | |
| 9:30 AM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | | | | | |
| 10:00 AM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | "Shallow Deep Combo" Aquatic Group Fitness Class | | | | |
| 10:30 AM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | | | | | |
| 11:00 AM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | |
| 11:30 AM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | |
| 12:00 PM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | |
| 12:30 PM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | |
| 1:00 PM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | |
| 1:30 PM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | |
| 2:00 PM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | |
| 2:30 PM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | |
| 3:00 PM | Corner Canyon | Corner Canyon | Corner Canyon | Corner Canyon | Corner Canyon | Corner Canyon | Lap Swimming | Lap Swimming | |
| 3:30 PM | | | | | | | Lap Swimming | Lap Swimming | |
| 4:00 PM | | | | | | | Lap Swimming | Lap Swimming | |
| 4:30 PM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | | |
| 5:00 PM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | | |
| 5:30 PM | Draper Ducks (Beginner) | Draper Ducks (Beginner) | Draper Ducks (Beginner) | Draper Ducks (Beginner) | Swim Lessons | Lap Swimming | Lap Swimming | Lap Swimming | |
| 6:00 PM | | | | | | Lap Swimming | Lap Swimming | Lap Swimming | |
| 6:30 PM | Draper Ducks (Advanced) | Draper Ducks (Advanced) | Draper Ducks (Advanced) | Draper Ducks (Advanced) | | Lap Swimming | Lap Swimming | Lap Swimming | |
| 7:00 PM | | | | | | Lap Swimming | Lap Swimming | Lap Swimming | |
| 7:30 PM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | | Lap Swimming | Lap Swimming | Lap Swimming | |
| 8:00 PM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | | Lap Swimming | Lap Swimming | Lap Swimming | |
| 8:30 PM | | | | | | | | | |
| 9:00 PM | | | | | | | | | |
| 9:30 PM | | | | | | | | | |
| 10:00 PM | | | | | | | | | |

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Draper Recreation Center - LAP POOL SCHEDULE (Wednesday, January 10, 2024)

| | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 | |
|----------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------------------------------------------|------------------|------------------|--------------|----------------------|
| 5:00 AM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Adult Swim Group | Adult Swim Group | Lap Swimming | 25 Yard Lap Swimming |
| 5:30 AM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | | | Lap Swimming | |
| 6:00 AM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | | | Lap Swimming | |
| 6:30 AM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | | | Lap Swimming | |
| 7:00 AM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | |
| 7:30 AM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | |
| 8:00 AM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | |
| 8:30 AM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | |
| 9:00 AM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | "Cardio Strength Interval" Aquatic Group Fitness Class | | | | |
| 9:30 AM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | | | | | |
| 10:00 AM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | "Every Minute on the Minute" Aquatic Group Fitness Class | | | | |
| 10:30 AM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | | | | | |
| 11:00 AM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | |
| 11:30 AM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | |
| 12:00 PM | Draper Ducks | Draper Ducks | Draper Ducks | Draper Ducks | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | |
| 12:30 PM | | | | | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | |
| 1:00 PM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | |
| 1:30 PM | Riverton | Riverton | Riverton | Riverton | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | |
| 2:00 PM | | | | | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | |
| 2:30 PM | | | | | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | |
| 3:00 PM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | |
| 3:30 PM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | |
| 4:00 PM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | |
| 4:30 PM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | |
| 5:00 PM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | |
| 5:30 PM | Draper Ducks (Beginner) | Draper Ducks (Beginner) | Draper Ducks (Beginner) | Draper Ducks (Beginner) | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | |
| 6:00 PM | | | | | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | |
| 6:30 PM | Draper Ducks (Advanced) | Draper Ducks (Advanced) | Draper Ducks (Advanced) | Draper Ducks (Advanced) | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | |
| 7:00 PM | | | | | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | |
| 7:30 PM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | |
| 8:00 PM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | |
| 8:30 PM | | | | | | | | | |
| 9:00 PM | | | | | | | | | |
| 9:30 PM | | | | | | | | | |
| 10:00 PM | | | | | | | | | |

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Draper Recreation Center - LAP POOL SCHEDULE (Thursday, January 11, 2024)

| | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 | |
|----------|-------------------------|-------------------------|-------------------------|-------------------------|-----------------------------------------------------|---------------|--------------|--------------|----------------------|
| 5:00 AM | Riverton | Riverton | Riverton | Riverton | Riverton | Lap Swimming | Lap Swimming | Lap Swimming | 25 Yard Lap Swimming |
| 5:30 AM | | | | | | Lap Swimming | Lap Swimming | Lap Swimming | |
| 6:00 AM | | | | | | Lap Swimming | Lap Swimming | Lap Swimming | |
| 6:30 AM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | | |
| 7:00 AM | Corner Canyon | Corner Canyon | Corner Canyon | Corner Canyon | Corner Canyon | Lap Swimming | Lap Swimming | Lap Swimming | |
| 7:30 AM | | | | | | Lap Swimming | Lap Swimming | Lap Swimming | |
| 8:00 AM | | | | | | Lap Swimming | Lap Swimming | Lap Swimming | |
| 8:30 AM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | | |
| 9:00 AM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | "Shallow Cardio" Aquatic Group Fitness Class | | | | |
| 9:30 AM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | | | | | |
| 10:00 AM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | "Shallow Deep Combo" Aquatic Group Fitness Class | | | | |
| 10:30 AM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | | | | | |
| 11:00 AM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | |
| 11:30 AM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | |
| 12:00 PM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | |
| 12:30 PM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | |
| 1:00 PM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | |
| 1:30 PM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | |
| 2:00 PM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | |
| 2:30 PM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | |
| 3:00 PM | Corner Canyon | Corner Canyon | Corner Canyon | Corner Canyon | Corner Canyon | Corner Canyon | Lap Swimming | Lap Swimming | |
| 3:30 PM | | | | | | | Lap Swimming | Lap Swimming | |
| 4:00 PM | | | | | | | Lap Swimming | Lap Swimming | |
| 4:30 PM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | | |
| 5:00 PM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | | |
| 5:30 PM | Draper Ducks (Beginner) | Draper Ducks (Beginner) | Draper Ducks (Beginner) | Draper Ducks (Beginner) | Swim Lessons | Lap Swimming | Lap Swimming | Lap Swimming | |
| 6:00 PM | | | | | | Lap Swimming | Lap Swimming | Lap Swimming | |
| 6:30 PM | Draper Ducks (Advanced) | Draper Ducks (Advanced) | Draper Ducks (Advanced) | Draper Ducks (Advanced) | | Lap Swimming | Lap Swimming | Lap Swimming | |
| 7:00 PM | | | | | | Lap Swimming | Lap Swimming | Lap Swimming | |
| 7:30 PM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | | Lap Swimming | Lap Swimming | Lap Swimming | |
| 8:00 PM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | | Lap Swimming | Lap Swimming | Lap Swimming | |
| 8:30 PM | | | | | | | | | |
| 9:00 PM | | | | | | | | | |
| 9:30 PM | | | | | | | | | |
| 10:00 PM | | | | | | | | | |

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Draper Recreation Center - LAP POOL SCHEDULE (Friday, January 12, 2024)

| | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 | |
|----------|---------------|---------------|---------------|---------------|--------------------------------------------|------------------|------------------|--------------|----------------------|
| 5:00 AM | Riverton | Riverton | Riverton | Riverton | Riverton | Adult Swim Group | Adult Swim Group | Lap Swimming | 25 Yard Lap Swimming |
| 5:30 AM | | | | | | | | Lap Swimming | |
| 6:00 AM | | | | | | | | Lap Swimming | |
| 6:30 AM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | | | Lap Swimming | |
| 7:00 AM | Corner Canyon | Corner Canyon | Corner Canyon | Corner Canyon | Corner Canyon | Lap Swimming | Lap Swimming | Lap Swimming | |
| 7:30 AM | | | | | | Lap Swimming | Lap Swimming | Lap Swimming | |
| 8:00 AM | | | | | | Lap Swimming | Lap Swimming | Lap Swimming | |
| 8:30 AM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | |
| 9:00 AM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | "Tabata" Aquatic Group Fitness Class | | | | |
| 9:30 AM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | | | | | |
| 10:00 AM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | "Aqua Burn" Aquatic Group Fitness Class | | | | |
| 10:30 AM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | | | | | |
| 11:00 AM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | |
| 11:30 AM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | |
| 12:00 PM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | |
| 12:30 PM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | |
| 1:00 PM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | |
| 1:30 PM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | |
| 2:00 PM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | |
| 2:30 PM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | |
| 3:00 PM | Corner Canyon | Corner Canyon | Corner Canyon | Corner Canyon | Corner Canyon | Corner Canyon | Lap Swimming | Lap Swimming | |
| 3:30 PM | | | | | | | Lap Swimming | Lap Swimming | |
| 4:00 PM | | | | | | | Lap Swimming | Lap Swimming | |
| 4:30 PM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | |
| 5:00 PM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | |
| 5:30 PM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | |
| 6:00 PM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | |
| 6:30 PM | | | | | | | | | |
| 7:00 PM | | | | | | | | | |
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| 9:30 PM | | | | | | | | | |
| 10:00 PM | | | | | | | | | |

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Draper Recreation Center - LAP POOL SCHEDULE (Saturday, January 13, 2024)

| | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 |
|----------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| 5:00 AM | | | | | | | | |
| 5:30 AM | | | | | | | | |
| 6:00 AM | | | | | | | | |
| 6:30 AM | | | | | | | | |
| 7:00 AM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming |
| 7:30 AM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming |
| 8:00 AM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming |
| 8:30 AM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming |
| 9:00 AM | Swim Labs | Lap Swimming | Swim Lessons | Swim Lessons | Swim Lessons | Lap Swimming | Lap Swimming | Lap Swimming |
| 9:30 AM | | Lap Swimming | | | | Lap Swimming | Lap Swimming | |
| 10:00 AM | | Lap Swimming | | | | Lap Swimming | Lap Swimming | |
| 10:30 AM | | Lap Swimming | | | | Lap Swimming | Lap Swimming | |
| 11:00 AM | | Lap Swimming | | | | Lap Swimming | Lap Swimming | |
| 11:30 AM | | Lap Swimming | | | | Lap Swimming | Lap Swimming | |
| 12:00 PM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | Open Swim | | | |
| 12:30 PM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | | | | |
| 1:00 PM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | | | | |
| 1:30 PM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | | | | |
| 2:00 PM | Swim Labs | Lap Swimming | Lap Swimming | Lap Swimming | | | | |
| 2:30 PM | | Lap Swimming | Lap Swimming | Lap Swimming | | | | |
| 3:00 PM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | | | | |
| 3:30 PM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | | | | |
| 4:00 PM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | | | | |
| 4:30 PM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | | | | |
| 5:00 PM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | | | | |
| 5:30 PM | Lap Swimming | Lap Swimming | Lap Swimming | Lap Swimming | | | | |
| 6:00 PM | | | | | | | | |
| 6:30 PM | | | | | | | | |
| 7:00 PM | | | | | | | | |
| 7:30 PM | | | | | | | | |
| 8:00 PM | | | | | | | | |
| 8:30 PM | | | | | | | | |
| 9:00 PM | | | | | | | | |
| 9:30 PM | | | | | | | | |
| 10:00 PM | | | | | | | | |

25 Yard Lap Swimming

v. 1.4.2024

POOL HOURS and OPTIONS are LIMITED. For the most up-to-date options, check with the front desk and/or call ahead. 385-468-1995. This schedule is subject to change without notice