

Draper Recreation Center - LAP POOL SCHEDULE (Sunday, December 17, 2023)

	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								
7:30 AM								
8:00 AM								
8:30 AM								
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				
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM								
5:00 PM								
5:30 PM								
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

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, December 18, 2023)

	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								
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	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	Open Swim			
5:00 PM	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				
6:00 PM					Lap Swimming				
6:30 PM	Draper Ducks (Advanced)	Draper Ducks (Advanced)	Draper Ducks (Advanced)	Draper Ducks (Advanced)	Lap Swimming				
7:00 PM					Lap Swimming				
7:30 PM	Tsunami "HIIT Fit" Aquatic Group Fitness Class		Lap Swimming	Lap Swimming	Lap Swimming				
8:00 PM			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 (Tuesday, December 19, 2023)

	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	Lap Swimming	
6:30 AM	Lap Swimming	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	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	Open Swim		
5:00 PM	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			
6:00 PM						Lap Swimming			
6:30 PM	Draper Ducks (Advanced)	Draper Ducks (Advanced)	Draper Ducks (Advanced)	Draper Ducks (Advanced)		Lap Swimming			
7:00 PM						Lap Swimming			
7:30 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming		Lap Swimming			
8:00 PM	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, December 20, 2023)

	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	Adult Swim Group	25 Yard Lap Swimming	
5:30 AM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming					
6:00 AM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming					
6:30 AM	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	"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	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	Open Swim				
5:00 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming					
5:30 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming					
6:00 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming					
6:30 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming					
7:00 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming					
7:30 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming					
8:00 PM	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, December 21, 2023)

	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	Lap Swimming	Lap Swimming	Lap Swimming	25 Yard Lap Swimming
5:30 AM	Lap Swimming	Lap Swimming	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	Lap Swimming	Lap Swimming	
6:30 AM	Lap Swimming	Lap Swimming	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	"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	Open Swim		
5:00 PM	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			
6:00 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming			
6:30 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Private Rental	Lap Swimming			
7:00 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming			
7:30 PM	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									

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Draper Recreation Center - LAP POOL SCHEDULE (Friday, December 22, 2023)

	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	Adult Swim Group	25 Yard Lap Swimming
5:30 AM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming				
6:00 AM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming				
6:30 AM	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	"Tabata" Aquatic Group Fitness Class				
9:30 AM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	"Aqua Burn" Aquatic Group Fitness Class				
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	"Aqua Burn" Aquatic Group Fitness Class				
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	Open Swim			
5:00 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming				
5:30 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming				
6:00 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming				
6:30 PM									
7:00 PM									
7:30 PM									
8:00 PM									
8:30 PM									
9:00 PM									
9:30 PM									
10:00 PM									

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Draper Recreation Center - LAP POOL SCHEDULE (Saturday, December 23, 2023)

	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	25 Yard 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	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	
9:30 AM		Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	
10:00 AM		Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	
10:30 AM		Lap Swimming	Lap Swimming	Lap Swimming	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	
11:30 AM		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	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									

v. 12.14.2023

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