

Lap Lane Schedule

As of December 4th 2025

Monday	
Time	# Open Lanes
5:30 am–8:30 pm	3

Tuesday	
Time	# Open Lanes
5:30 am–8:30 am	3
8:30 am–10:45 am	1
10:45 am–3 pm	3
3 pm–6 pm	0
6 pm–8:30 pm	1

Wednesday	
Time	# Open Lanes
5:30 am–8:30 pm	3

Thursday	
Time	# Open Lanes
5:30 am–8:30 am	3
8:30 am–10:45 am	1
10:45 am–3 pm	3
3 pm–6 pm	0
6 pm–8:30 pm	1

Friday	
Time	# Open Lanes
5:30 am–9 am	3
9 am–10 am	1
10 am–7:30pm	3

Saturday	
Time	# Open Lanes
7 am–8:30 am	3
8:30 am–12 pm	0
12 pm–5:30 pm	3

Sunday	
Time	# Open Lanes
9 am–2:30 pm	3

Lane availability subject to change. Contact front desk or check website for updates and event closures.



Holladay Lions Rec Center
1661 E Murray Holladay Rd.
Salt Lake City, Utah 84117