

# Lap Lane Schedule

As of June 1 2026

| Monday          |              |
|-----------------|--------------|
| Time            | # Open Lanes |
| 5:30 am – 9 am  | 3            |
| 9 am – 12 pm    | 2            |
| 12 pm – 8:30 pm | 3            |

| Tuesday           |              |
|-------------------|--------------|
| Time              | # Open Lanes |
| 5:30 am – 8:30 am | 3            |
| 8:30 am – 12 pm   | 0            |
| 12:00 pm – 8 pm   | 3            |
| 8 pm – 8:30 pm    | 1            |

| Wednesday       |              |
|-----------------|--------------|
| Time            | # Open Lanes |
| 5:30 am – 9 am  | 3            |
| 9 am – 12 pm    | 2            |
| 12 pm – 8:30 pm | 3            |

| Thursday          |              |
|-------------------|--------------|
| Time              | # Open Lanes |
| 5:30 am – 8:30 am | 3            |
| 8:30 am – 12 pm   | 0            |
| 12:00 pm – 8 pm   | 3            |
| 8 pm – 8:30 pm    | 1            |

| Friday            |              |
|-------------------|--------------|
| Time              | # Open Lanes |
| 5:30 am – 2:30 pm | 3            |
| 2:30 pm – 4 pm    | 1            |
| 4 pm – 7:30 pm    | 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