

HLRC Gym Schedule

May 2026
Closed May 25

Basketball	
Open Gym Times	
Monday	1 pm–5 pm (Open Gym after 5/15)
Tuesday	1 pm–5 pm
Wednesday	1 pm–9 pm
Thursday	1 pm–5 pm (1–9 pm after 5/15)
Friday	1 pm–8 pm
Saturday	Closed (Open Gym after 5/23)
Sunday	12 pm–3 pm

Drop-In Pickleball	
Open Gym Times	
Monday	5:30 am–12 pm
Tuesday	5:30 am–12 pm
Wednesday	5:30 am–12 pm
Thursday	5:30 am–12 pm
Friday	5:30 am–12 pm
Sunday	9 am–12 pm

CLOSED GYM TIMES	
<i>The following times are CLOSED for youth sports, leagues and special events.</i>	
Tuesday 5 pm–9 pm	Women's Basketball
Saturday	Spring Basketball
Monday & Thursday 5 pm–8 pm	Spring Basketball practice

My County Rec Activities	
<i>My County Rec Activities located in various locations</i>	
Craft Nights (Located in Party Room)	Tuesdays 4:30 pm–6 pm
Try-it Track and field	May 20 5:30 pm–6:30 pm
Kids Game Night	May 21 5 pm–6:30 pm

Gym Schedule subject to change.
Please contact the front desk for updates.



Holladay Lions Rec Center
1661 E. Murray Holladay Rd.
SLC, Utah 84117
(385) 468-1700