Lap Swimming | Water Walking | Rental Swim Team | Splash and Swim | County Program

Salt Lake City Sports Complex Indoor Pool Schedule

(Shallow) Lanes (Deep) — 10 9 8 7 6 5 4 3 2 1 0

Time	Sunday, 1/12/2025	Monday, 1/13/2025	Tuesday, 1/14/2025	Wednesday, 1/15/2025	Thursday, 1/16/2025	Friday, 1/17/2025	Saturday, 1/18/2025	Time
5:00-6:00 AM	Building Closed	AFS 3 Lanes 5:30-7	AFS 3 Lanes 5:30-7	AFS 3 Lanes 5:30-7	AFS 3 Lanes 5:30-7	AFS 3 Lanes 5:30-7	Building Closed	5:00-6:00 AM
6:00-7:00 AM		Rental 2 Lanes 6-7:30 Rental 3 Lanes 6-7:30am	Rental 2 Lanes 6-7:30 Rental 3 Lanes 6-7:30am	Rental 2 Lanes 6-7:30 Rental 3 Lanes 6-7:30am		Rental 2 Lanes 6-7:30 Rental 3 Lanes 6-7:30am		6:00-7:00 AM
7:00-8:00 AM		AFS 3 Lanes 7-8 AM						7:00-8:00 AM
8:00-9:00 AM		Water Aerobics 4 Lanes 8:30-9:30AM		Water Aerobics 4 Lanes 8:30-9:30AM		Water Aerobics 4 Lanes 8:30-9:30AM	Adult Fitness Swimming 8-10:00 5 lanes	8:00-9:00 AM
9:00-10:00 AM								9:00-10:00 AM
10:00-11:00 AM	US Army 2 lanes Water Aerobics 5 Lanes 10:30-11:30AM	Water Aerobics 4 Lanes 10-11AM	Water Aerobics 4 Lanes 10-11AM	Water Aerobics 4 Lanes 10-11AM	Water Aerobics 4 Lanes 10-11AM		Rental 3-5 Lanes 9-11 AM	10:00-11:00 AM
11:00-12:00 PM	AFS 11:30-12:30 6 lanes US Army	IAFS		IAFS		IAFS		11:00-12:00 PM
12:00-1:00 PM		AFS 12-1 6 Lanes	AFS 12-1 6 Lanes	AFS 12-1 6 Lanes	AFS 12-1 6 Lanes	AFS 12-1 6 Lanes		12:00-1:00 PM
1:00-2:00 PM						Rental 6 Lanes 1:00-2:30pm		1:00-2:00 PM
2:00-3:00 PM								2:00-3:00 PM
3:00-4:00 PM		Rental 6 Lanes 3:15-4:15pm Rental 3 Lanes 3:30-5:00	Rental 6 Lanes 3:15-4:15pm Rental 3 Lanes 3:30-5:00	Rental 3 Lanes 3:30-5:00 Rental 3 Lanes 3:45-5:15 Rental 3 Lanes 3:45-5:15	HIGH SCHOOL SWIM MEET 6 Lanes 3-6pm	Rental 3 Lanes 3:30-5:00		3:00-4:00 PM
4:00-5:00 PM		Rental 6 Lanes 4:15-5:15pm	Rental 6 Lanes 4:15-5:15pm			Rental 5 lanes 4-5:30pm		4:00-5:00 PM
5:00-6:00 PM	Pool Closed to Public	Rental 5-5:30 Rental 4 lanes 5:15-6:45 STAT 4 lanes 5:15 - 6:30 PM	Rental 5:00-6:30 STAT 4 lanes 5:15 - 6:30 PM	Rental 5:00-6:30 STAT 4 lanes 5:15 - 6:30 PM		Rental 5:00-6:30		5:00-6:00 PM
6:00-7:00 PM		AFS 4 Lanes 6:30-7:30	Water Aerobics 4 lanes 6:30-7:30 PM	Rental 5 lanes 6:30-8pm AFS 4 Lanes 6:30-7:30	Water Aerobics 4 lanes 6:30-7:30 PM	AFS 4 Lanes 6:30-7:30		6:00-7:00 PM
7:00-8:00 PM		Adult Water Polo 7:30 PM-9:00 PM 6 lanes			Adult Water Polo 7:30 PM-9:00 PM 6 lanes			7:00-8:00 PM
8:00-9:00 PM							Pool Closed to Public	8:00-9:00 PM
9:00-10:00 PM		Pool Closed to Public	Pool Closed to Public	Pool Closed to Public	Pool Closed to Public	Pool Closed to Public		9:00-10:00 PM
10:00-11:00 PM								10:00-11:00 PM