SALT LAKE COUNTY
PARKS & RECREATION

SLC Sports Complex Lap Lane Schedule

Week of 1/8/23

SUNDAY

- Building Closed
- Water Aerobics 5 Lanes 10:30-11:30am
- AFS 11:30-12:30 6 lanes
- ST
- Pool Closed to Public

MONDAY

- AFS 3 Lanes 5-6:30
- Swim Team 4 Lanes 6:30-8
- Water Aerobics 4 Lanes 8:30-9:30am
- IAFS
- AFS 12-1 6 Lanes
- Swim Team 3 Lanes 3:30-5pm
- Swim Team 5 Lanes 3:45-5:15pm
- Swim Team 4 Lanes 5-6:30pm
- STAT 4 lanes 5:15 - 6:30 PM
- AFS 4 lanes 6:30-7:30
- Swim Team 4 Lanes 6:30-8:30
- Adult Water Polo 7:30pm-9:00pm 6 lanes

TUESDAY

- AFS 3 Lanes 5:30-7
- AFS 3 Lanes 7-8am
- Water Aerobics 4 Lanes 10-11am
- AFS 12-1 6 Lanes
- Swim Team 3 Lanes 3:30-5pm
- Swim Team 5 Lanes 3:45-5:15pm
- Swim Team 4 Lanes 5-6:30pm
- STAT 4 lanes 5:15 - 6:30 PM
- Water Aerobics 4 lanes 6:30-7:30
- Swim Team 6 Lanes 6:30-8

WEDNESDAY

- AFS 3 Lanes 5-6:30
- Swim Team 4 Lanes 6:30-8
- Water Aerobics 4 Lanes 8:30-9:30am
- Water Aerobics 4 Lanes 10-11am
- IAFS
- AFS 12-1 6 Lanes
- Swim Team 3 Lanes 3:30-5pm
- Swim Team 5 Lanes 4:15-5:15
- Swim Team 4 Lanes 5-6:30pm
- STAT 4 lanes 5:15 - 6:30 PM
- AFS 4 lanes 6:30-7:30
- Swim Team 6 Lanes 6:30-8:30

THURSDAY

- AFS 3 Lanes 5:30-7
- Water Aerobics 4 Lanes 10-11am
- AFS 12-1 6 Lanes
- **Swim Meet Pool Closed to Lap Swim 3-5:30pm**
- Swim Team 4 Lanes 5:30-6:30pm
- STAT 4 Lanes 5:30-6:30pm
- Swim Team 6 Lanes 6:30-8
- Water Aerobics 4 lanes 6:30-7:30

FRIDAY

- AFS 3 Lanes 5-6:30
- Swim Team 5 Lanes 6:30-8
- Water Aerobics 4 Lanes 8:30-9:30am
- IAFS
- AFS 12-1 6 Lanes
- Swim Team 3 Lanes 3:30-5pm
- Swim Team 3-6 Lanes 3:45-5:15
- AFS 4 lanes 6:30-7:30

SATURDAY

- Building Closed
- Adult Fitness Swimming 8-10:00 5 lanes
- Swim Team 4-5 Lanes 9-11am
- ST
- Pool Closed to Public

Swim Teams | **AFS (Adult Fitness Swim)** | **Open Lap Lanes** | **STAT** | **Water Walking** | **Water Aerobics**

Schedule is subject to change without prior notice