INDOOR POOL
Week of 10/29/23

Salt Lake City Sports Complex
385-468-1925

Pool hours and lanes are LIMITED
For up-to-date hours and availability please call ahead

Sunday

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

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

Monday

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

- AFS 3 Lanes 5-7pm
- 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
- STAT 4 lanes 5:15 - 6:30 PM
- AFS 4 Lanes 6:30-7:30
- Adult Water Polo 7:30pm-9:00pm 6 lanes
- Pool Closed to Public

Tuesday

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

- 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
- S L
- STAT 4 lanes 5:15 - 6:30 PM
- Water Aerobics 4 lanes 6:30-7:30 PM
- Pool Closed to Public

Wednesday

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

- AFS 3 Lanes 5-7pm
- 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 5 Lanes 4:15-5:15
- Swim Team 3 Lanes 3:30-5pm
- STAT 4 lanes 5:15 - 6:30 PM
- Swim Team 3-4 Lanes 5-6:30
- Swim Team 3 Lanes 6:30-8pm
- AFS 4 Lanes 6:30-7:30
- Pool Closed to Public

Thursday

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

- AFS 3 Lanes 5:30-7
- 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
- S L
- Swim Team 4 Lanes 5-6:30
- Swim Team 2-3 Lanes 6:30-8pm
- STAT 4 lanes 5:15 - 6:30 PM
- Water Aerobics 4 lanes 6:30-7:30 PM
- U of U Water Polo 4 lanes 7:30-9 PM
- Pool Closed to Public

Friday

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

- AFS 3 Lanes 5-7pm
- Swim Team 5 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 5-6 Lanes 3:45-5:15
- Swim Team 3-4 Lanes 5-6:30
- AFS 4 Lanes 6:30-7:30
- Pool Closed to Public

Saturday

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

- Building Closed
- Adult Fitness Swimming 8-9:30am 5 lanes
- Swim Team 9-11:00am 3-4 Lanes
- Pool Closed to Public

Time

5:00-6:00 AM
6:00-7:00 AM
7:00-8:00 AM
8:00-9:00 AM
9:00-10:00 AM
10:00-11:00 AM
11:00-12:00 PM
12:00-1:00 PM
1:00-2:00 PM
2:00-3:00 PM
3:00-4:00 PM
4:00-5:00 PM
5:00-6:00 PM
6:00-7:00 PM
7:00-8:00 PM
8:00-9:00 PM
9:00-10:00 PM
10:00-11:00 PM

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming
Water Walking	Water Walking	Water Walking	Water Walking	Water Walking	Water Walking	Water Walking	Water Walking
Swim Team	Swim Team	Swim Team	Swim Team	Swim Team	Swim Team	Swim Team	Swim Team
No lanes available	No lanes available	No lanes available	No lanes available	No lanes available	No lanes available	No lanes available	No lanes available
Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics
STAT	STAT	STAT	STAT	STAT	STAT	STAT	STAT
Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons

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Schedule is subject to change without prior notice

SALT LAKE COUNTY
PARKS & RECREATION