

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

Salt Lake City Sports Complex Indoor Pool Schedule

Time	Wednesday, 2/19/2025										Thursday, 2/20/2025										Friday, 2/21/2025										Saturday, 2/22/2025										Sunday, 2/23/2025										Monday, 2/24/2025										Tuesday, 2/25/2025										Time										
	Shallow Lanes					Deep					Shallow Lanes					Deep					Shallow Lanes					Deep					Shallow Lanes					Deep					Shallow Lanes					Deep																																			
	10	9	8	7	6	5	4	3	2	1	0	10	9	8	7	6	5	4	3	2	1	0	10	9	8	7	6	5	4	3	2	1	0	10	9	8	7	6	5	4	3	2	1	0	10	9	8	7	6	5	4	3	2	1	0	10	9	8	7	6	5	4	3	2	1	0	10	9	8	7		6	5	4	3	2	1	0			
5:00-6:00 AM	Building Closed										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	Building Closed										Building Closed										AFS 3 Lanes 7-8 AM										Rental 2 Lanes 6-7:30, Rental 3 Lanes 6-7:30am										AFS 3 Lanes 5:30-7										Rental 2 Lanes 6-7:30, Rental 3 Lanes 6-7:30am										AFS 3 Lanes 5:30-7										Building Closed										6:00-7:00 AM
7:00-8:00 AM	Building Closed										Building Closed										AFS 3 Lanes 7-8 AM										Rental 2 Lanes 6-7:30, Rental 3 Lanes 6-7:30am										AFS 3 Lanes 5:30-7										Rental 2 Lanes 6-7:30, Rental 3 Lanes 6-7:30am										AFS 3 Lanes 5:30-7										Building Closed										7:00-8:00 AM
8:00-9:00 AM	Building Closed										Building Closed										AFS 3 Lanes 7-8 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 8-10:30 5 lanes										8:00-9:00 AM										
9:00-10:00 AM	Building Closed										Building Closed										AFS 3 Lanes 7-8 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 8-10:30 5 lanes										9:00-10:00 AM										
10:00-11:00 AM	Building Closed										Building Closed										Water Aerobics 4 Lanes 10-11AM										Water Aerobics 4 Lanes 10-11AM										Water Aerobics 4 Lanes 10-11AM										Water Aerobics 4 Lanes 10-11AM										Water Aerobics 4 Lanes 10-11AM										10:00-11:00 AM										
11:00-12:00 PM	Building Closed										Building Closed										Water Aerobics 4 Lanes 10-11AM										Water Aerobics 4 Lanes 10-11AM										Water Aerobics 4 Lanes 10-11AM										Water Aerobics 4 Lanes 10-11AM										Water Aerobics 4 Lanes 10-11AM										11:00-12:00 PM										
12:00-1:00 PM	Building Closed										Building Closed										Water Aerobics 4 Lanes 10-11AM										Water Aerobics 4 Lanes 10-11AM										Water Aerobics 4 Lanes 10-11AM										Water Aerobics 4 Lanes 10-11AM										Water Aerobics 4 Lanes 10-11AM										12:00-1:00 PM										
1:00-2:00 PM	Building Closed										Building Closed										Water Aerobics 4 Lanes 10-11AM										Water Aerobics 4 Lanes 10-11AM										Water Aerobics 4 Lanes 10-11AM										Water Aerobics 4 Lanes 10-11AM										Water Aerobics 4 Lanes 10-11AM										1:00-2:00 PM										
2:00-3:00 PM	Building Closed										Building Closed										Water Aerobics 4 Lanes 10-11AM										Water Aerobics 4 Lanes 10-11AM										Water Aerobics 4 Lanes 10-11AM										Water Aerobics 4 Lanes 10-11AM										Water Aerobics 4 Lanes 10-11AM										2:00-3:00 PM										
3:00-4:00 PM	Building Closed										Building Closed										Water Aerobics 4 Lanes 10-11AM										Water Aerobics 4 Lanes 10-11AM										Water Aerobics 4 Lanes 10-11AM										Water Aerobics 4 Lanes 10-11AM										Water Aerobics 4 Lanes 10-11AM										3:00-4:00 PM										
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