SALT LAKE COUNTY
PARKS & RECREATION

# SLC Sports Complex Lap Lane Schedule

**Week of 3/12/23**

| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|---|
| | (Shallow) Lanes (Deep) | (Shallow) Lanes (Deep) | (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 AM | Building Closed | | | | | | Building Closed |
| 5:30 AM | | 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 | |
| 6:00 AM | | Swim Team 2 Lanes 6-7:30a | | | | Swim Team 2 Lanes 6-7:30a | |
| 6:30 AM | | | | | | | |
| 7:00 AM | | | AFS 3 Lanes 7-8am | | | | |
| 7:30 AM | | | | | | | |
| 8:00 AM | | | | | | | Adult Fitness Swimming 8-9:30am 5 lanes |
| 8:30 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 | |
| 9:00 AM | | | | | Lanes Closed | | Swim Team 3 Lanes 9-11am |
| 9:30 AM | | | | | | | |
| 10:00 AM | | | Water Aerobics 4 Lanes 10-11am | Water Aerobics 4 Lanes 10-11am | Water Aerobics 4 Lanes 10-11am | | |
| 10:30 AM | Water Aerobics 5 Lanes 10:30-11:30am | | | | Lanes Closed | | |
| 11:00 AM | | | | | | | |
| 11:30 AM | AFS 11:30-12:30 6 lanes | IAFS | | IAFS | | IAFS | |
| 12:00 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 | |
| 12:30 PM | | | | | | | |
| 1:00 PM | | | | | | | |
| 1:30 PM | | | | | | | |
| 2:00 PM | | | | | | | |
| 2:30 PM | | | | | | | |
| 3:00 PM | | | | | | | |
| 3:30 PM | | | | | | | |
| 4:00 PM | Pool Closed to Public | | | | | | |
| 4:30 PM | | | | | | | |
| 5:00 PM | | Swim Team 3-4 Lanes 4-6:30 | Swim Team 4 Lanes 5-6:30pm | STAT 4 lanes 5:15 - 6:30 PM | Swim Team 4 Lanes 5-6:30pm | Swim Team 5 Lanes 4-6:30 | |
| 5:30 PM | | STAT 4 lanes 5:15 - 6:30 PM | STAT 4 lanes 5:15 - 6:30 PM | | | | |
| 6:00 PM | | | | Swim Team 3-4 Lanes 4-6:30 | STAT 4 Lanes 5:30-6:30pm | | |
| 6:30 PM | | AFS 4 lanes 6:30-7:30 | Water Aerobics 4 lanes 6:30-7:30 | AFS 4 lanes 6:30-7:30 | Water Aerobics 4 lanes 6:30-7:30 | AFS 4 lanes 6:30-7:30 | |
| 7:00 PM | | | | | | | |
| 7:30 PM | | Adult Water Polo 7:30pm-9:00pm 6 lanes | | | | | |
| 8:00 PM | | | | | | | Pool Closed to Public |
| 8:30 PM | | | | | | | |

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

***Schedule is subject to change without prior notice***