SALT LAKE COUNTY
PARKS & RECREATION

SLC Sports Complex Lap Lane Schedule

Week of 3/26/23

	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							
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							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						
11:00 AM			Lanes Closed				
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		STAT 4 lanes 5:15 - 6:30 PM	STAT 4 lanes 5:15 - 6:30 PM	STAT 4 lanes 5:15 - 6:30 PM			
5:30 PM						STAT 4 Lanes 5:30-6:30pm	
6:00 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
6:30 PM							
7:00 PM		Adult Water Polo 7:30pm-9:00pm 6 lanes					
7:30 PM							
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