SALT LAKE COUNTY
PARKS & RECREATION

SLC Sports Complex Lap Lane Schedule

Week of 4/2/23

SUNDAY

- 5:00 AM – 4:00 PM: Building Closed
- 10:30-11:30am: Water Aerobics 5 Lanes 10:30-11:30am
- 11:30-12:30 6 lanes: AFS 11:30-12:30 6 lanes
- 4:00 PM – 8:30 PM: Pool Closed to Public

MONDAY

- 5:00 AM – 4:00 PM: Building Closed
- 6-7:30a: Swim Team 2 Lanes 6-7:30a
- 5:30-7: AFS 3 Lanes 5:30-7
- 8:30-9:30am: Water Aerobics 4 Lanes 8:30-9:30am
- 11:30-12:30: IAFS
- 12-1: AFS 12-1 6 Lanes
- 4-6:30: Swim Team 3-4 Lanes 4-6:30
- 5:15 - 6:30 PM: STAT 4 lanes 5:15 - 6:30 PM
- 6:30-7:30: AFS 4 lanes 6:30-7:30
- 7:30-8:00: Adult Water Polo 7:30pm-9:00pm 6 lanes

TUESDAY

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

WEDNESDAY

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

THURSDAY

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

FRIDAY

- 6-7:30a: Swim Team 2 Lanes 6-7:30a
- 5:30-7: AFS 3 Lanes 5:30-7
- 8:30-9:30am: Water Aerobics 4 Lanes 8:30-9:30am
- 11:30-12:30: IAFS
- 12-1: AFS 12-1 6 Lanes
- 4-6:30: Swim Team 5 Lanes 4-6:30
- 6:30-7:30: AFS 4 lanes 6:30-7:30

SATURDAY

- 5:00 AM – 4:00 PM: Building Closed
- 8-9:30am: Adult Fitness Swimming 8-9:30am 5 lanes
- 9-11am: Swim Team 3 Lanes 9-11am
- 8:00 PM – 8:30 PM: 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