

	Sunday										Monday										Tuesday										Wednesday										Thursday										Friday										Saturday										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																																																					
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											Water Aerobics 4 Lanes 8:30-9:30AM																				Water Aerobics 4 Lanes 8:30-9:30AM																				STAT 3 Lanes 8-9am										Water Aerobics 4 Lanes 8:30-9:30AM										STAT 5 Lanes 8:30-9:30am																				8:00-9:00 AM																																								
Pool Closed for Maintenance																					Water Aerobics 4 Lanes 10-11AM																				Water Aerobics 4 Lanes 10-11AM																				Water Aerobics 4 Lanes 10-11AM																																																		10:00-11:00 AM																				
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Lap Swimming	Lap Swimming										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										Water Walking										Water Walking										Water Walking																																								
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Schedule is subject to change without prior notice

Salt Lake City Sports Complex

Sunday									Monday									Tuesday									Wednesday									Thursday									Friday									Saturday									Times
East			Lanes			West			East			Lanes			West			East			Lanes			West			East			Lanes			West			East			Lanes			West																					
1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	
Building Closed									Pool Closed									Pool Closed									Pool Closed									Pool Closed									Pool Closed									5:00 AM									
									Swim Team 2-5 Lanes 7-10am									Swim Team 2-5 Lanes 7-10am									Swim Team 2-5 Lanes 7-10am									Swim Team 2-5 Lanes 7-10am									Swim Team 2-5 Lanes 7-10am									Swim Team 2-5 Lanes 7-10am									6:00-7:00 AM
Building Closed									Swim Team 3-4 Lanes 9-11am									Swim Lessons									Swim Lessons									Swim Lessons									Swim Lessons									Swim Lessons									7:00-8:00 AM
									Swim Team 4 Lanes 8:30-10:30am									Swim Team 8-10am 3 Lanes									Adult Fitness Swimming 4 lanes 8:00-9:30am									Swim Team 3-4 Lanes 10am-12pm									Swim Team 8-10am 3 Lanes									8:00-9:00 AM									
Adult Fitness Swim 11:30-12:30pm 4 lanes									IAFS									IAFS									IAFS									IAFS									IAFS									9:00-10:00 AM									
Splash and Swim									Adult Fitness Swim 12:00-1:00pm 5 lanes									Adult Fitness Swim 12:00-1:00pm 5 lanes									Adult Fitness Swim 12:00-1:00pm 5 lanes									Adult Fitness Swim 12:00-1:00pm 5 lanes									Adult Fitness Swim 12:00-1:00pm 5 lanes									10:00-11:00 AM									
Splash and Swim									Swim Team 4 Lanes 1:30-3pm									Swim Team 4 Lanes 1:30-3pm									Swim Team 4 Lanes 2-4pm									Swim Team 2-3 Lanes 3-6pm									Swim Team 2-3 Lanes 3-6pm									11:00-12:00 PM									
Splash and Swim									Swim Team 2-3 Lanes 3-6pm									Swim Team 2-3 Lanes 3-6pm									Swim Team 2-3 Lanes 3-6pm									Swim Team 2-3 Lanes 3-6pm									Swim Team 2-3 Lanes 3-6pm									12:00-1:00 PM									
Building Closed									Team 2 Lanes 4-5:30pm									Team 2 Lanes 4-5:30pm									Team 2 Lanes 4-5:30pm									Team 2 Lanes 4-5:30pm									Team 2 Lanes 4-5:30pm									1:00-2:00 PM									
Building Closed									Adult Fitness Swim 6:30-7:30pm 4 lanes									Adult Fitness Swim 6:30-7:30pm 4 lanes									Adult Fitness Swim 6:30-7:30pm 4 lanes									Adult Fitness Swim 6:30-7:30pm 4 lanes									Adult Fitness Swim 6:30-7:30pm 4 lanes									2:00-3:00 PM									
Building Closed									Building Closed									Building Closed									Building Closed									Building Closed									Building Closed									3:00-4:00 PM									
Lap Swimming									Lap Swimming									Lap Swimming									Lap Swimming									Lap Swimming									Lap Swimming									4:00-5:00 PM									
Swim Team									Swim Team									Swim Team									Swim Team									Swim Team									Swim Team									5:00-6:00 PM									
No lanes available									No lanes available									No lanes available									No lanes available									No lanes available									No lanes available									6:00-7:00 PM									
Adult Fitness Swimming									Adult Fitness Swimming									Adult Fitness Swimming									Adult Fitness Swimming									Adult Fitness Swimming									Adult Fitness Swimming									7:00-8:00 PM									
Adult Fitness Swimming									Adult Fitness Swimming									Adult Fitness Swimming									Adult Fitness Swimming									Adult Fitness Swimming									Adult Fitness Swimming									8:00-9:00 PM									
Adult Fitness Swimming									Adult Fitness Swimming									Adult Fitness Swimming									Adult Fitness Swimming									Adult Fitness Swimming									Adult Fitness Swimming									9:00-10:00 PM									
Adult Fitness Swimming									Adult Fitness Swimming									Adult Fitness Swimming									Adult Fitness Swimming									Adult Fitness Swimming									Adult Fitness Swimming									10:00-11:00 PM									