

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									
Building Closed								Pool Closed								Pool Closed								Pool Closed								Pool Closed								Pool Closed								5:00 AM																
								Building Closed								AFS 2 lanes 6-7am								AFS 2 lanes 6-7am								AFS 2 lanes 6-7am								AFS 2 lanes 6-7am								AFS 2 lanes 6-7am								Swim Team 5 Lanes 6-8am								6:00-7:00 AM
Building Closed																Swim Team 1-5 Lanes 7-10am								Swim Team 1-5 Lanes 7-10am								Swim Team 1-5 Lanes 7-10am								Swim Team 3 Lanes 7-8:30am								Swim Team 3 Lanes 7-8:30am								Swim Team 4 Lanes 8:30-10:30am								7:00-8:00 AM
								Building Closed								Swim Lessons								Swim Lessons								Swim Lessons								Swim Lessons								Swim Lessons								Swim Lessons								8:00-9:00 AM
Building Closed																IAFS								IAFS								IAFS								IAFS								IAFS								IAFS								IAFS
								Building Closed								Adult Fitness Swim 11:30-12:30pm 4 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								Adult Fitness Swim 12:00-1:00pm 5 lanes								Adult Fitness Swim 12:00-1:00pm 5 lanes
Building Closed																Splash and Swim								Splash and Swim								Splash and Swim								Splash and Swim								Splash and Swim								Splash and Swim								Splash and Swim
								Building Closed								Swim Team 4 Lanes 1:30-3pm								Swim Team 4 Lanes 1:30-3pm								Swim Team 4 Lanes 2-4pm								Swim Team 4 Lanes 1:30-3pm								Swim Team 4 Lanes 1:30-3pm								Swim Team 4 Lanes 1:30-3pm								Swim Team 4 Lanes 1:30-3pm
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Lap Swimming																Lap Swimming								Lap Swimming								Lap Swimming								Lap Swimming								Lap Swimming								Lap Swimming								
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