

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	8
Building Closed								Pool Closed								Pool Closed for Holiday								Pool Closed								Pool Closed								Pool Closed								5:00 AM																
								AFS 2 lanes 6-7am																Swim Team 2-5 Lanes 7-10am								AFS 2 lanes 6-7am								Swim Team 2-5 Lanes 7-10am								AFS 2 lanes 6-7am								Swim Team 5 Lanes 6-8am								6:00-7:00 AM
Building Closed								Swim Lessons								Swim Lessons								Swim Lessons								Swim Lessons								Swim Team 4 Lanes 8:30-10:30am								Swim Team 8-10am 3 Lanes								Adult Fitness Swimming 4 lanes 8:00-9:30am								7:00-8:00 AM
								Adult Fitness Swim 11:30-12:30pm 4 lanes								IAFS								IAFS								IAFS								IAFS								Swim Team 3-4 Lanes 10am-12pm								8:00-9:00 AM								
Building Closed								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								Swim Team 4 Lanes 1:30-3pm								Swim Team 2-3 Lanes 3-6pm								9:00-10:00 AM
								Splash and Swim								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 2-4pm								Swim Team 4 Lanes 2-4pm								Swim Team 2-3 Lanes 3-6pm								10:00-11:00 AM
Building Closed								Swim Team 2-3 Lanes 3-6pm								Swim Team 4 Lanes 2-4pm								Swim Team 4 Lanes 2-4pm								Swim Team 4 Lanes 2-4pm								Swim Team 4 Lanes 2-4pm								Swim Team 2-3 Lanes 3-6pm								11:00-12:00 PM								
								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								Swim Team 4 Lanes 3-6pm								12:00-1:00 PM								
Building Closed								Building Closed								Building Closed								Building Closed								Building Closed								Building Closed								Building Closed								1:00-2:00 PM								
								Building Closed								Building Closed								Building Closed								Building Closed								Building Closed								Building Closed								Building Closed								2:00-3:00 PM
Lap Swimming								Lap Swimming								Lap Swimming								Lap Swimming								Lap Swimming								Lap Swimming								Lap Swimming								3:00-4:00 PM								
Swim Team								Swim Team								Swim Team								Swim Team								Swim Team								Swim Team								Swim Team								4:00-5:00 PM								
No lanes available								No lanes available								No lanes available								No lanes available								No lanes available								No lanes available								No lanes available								5:00-6:00 PM								
Adult Fitness Swimming								Adult Fitness Swimming								Adult Fitness Swimming								Adult Fitness Swimming								Adult Fitness Swimming								Adult Fitness Swimming								Adult Fitness Swimming								6:00-7:00 PM								
Adult Fitness Swimming								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								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								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								Adult Fitness Swimming								10:00-11:00 PM								