

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															
																AFS 2 lanes 6-7am								AFS 2 lanes 6-7am								AFS 2 lanes 6-7am								AFS 2 lanes 6-7am				6:00-7:00 AM																			
																								AFS 2 lanes 7-8am								AFS 2 lanes 7-8am																7:00-8:00 AM															
																																								Adult Fitness Swimming 4 lanes 8:00-9:00am								8:00-9:00 AM															
																Swim Lessons								Swim Lessons								Swim Lessons								Swim Lessons																9:00-10:00 AM							
Adult Fitness Swim 11:30-12:30pm 4 lanes								IAFS								Adult Fitness Swim 12:00-1:00pm 5 lanes								IAFS								Adult Fitness Swim 12:00-1:00pm 5 lanes								IAFS																11:00-12:00 PM							
								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																12:00-1:00 PM							
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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																6:00-7:00 PM															
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Sunday										Monday										Tuesday										Wednesday										Thursday										Friday										Saturday										Time																																			
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\*Schedule is subject to change without prior notice\*