

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								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				AFS 2 lanes 6-7am				AFS 2 lanes 6-7am				AFS 2 lanes 6-7am				6:00-7:00 AM																												
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								Adult Fitness Swimming 4 lanes 8:00-9:00am								Adult Fitness Swimming 4 lanes 8:00-9:00am								Adult Fitness Swimming 4 lanes 8:00-9:00am								Adult Fitness Swimming 4 lanes 8:00-9:00am								Adult Fitness Swimming 4 lanes 8:00-9:00am								8:00-9:00 AM																
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Adult Fitness Swim 11:30-12:30pm 4 lanes								IAFS								IAFS								IAFS								IAFS								IAFS								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								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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Schedule is subject to change without prior notice