

	Sunday										Monday										Tuesday										Wednesday										Thursday										Friday										Saturday										Time									
	(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		
Building Closed	Building Closed																																																																						5:00-6:00 AM									
											AFS 4 lanes 6am-7am										AFS 4 lanes 6am-7am										AFS 4 lanes 6am-7am										AFS 4 lanes 6am-7am										6:00-7:00 AM																													
																AFS 4 lanes 7am-8am															AFS 4 lanes 7am-8am																				7:00-8:00 AM																													
											Water Aerobics 5 Lanes 8:30-9:30AM															Water Aerobics 5 Lanes 8:30-9:30AM										Water Aerobics 5 Lanes 8:30-9:30AM										Adult Fitness Swimming 8-10:00 5 lanes					8:00-9:00 AM																													
															Water Aerobics 4 Lanes 10-11AM										Water Aerobics 4 Lanes 10-11AM										Water Aerobics 4 Lanes 10-11AM																				9:00-10:00 AM																									
										Water Aerobics 4 Lanes 10:30-11:30AM																																													10:00-11:00 AM																									
																																																												11:00-12:00 PM																				
																																																																	12:00-1:00 PM															
																																																																						1:00-2:00 PM										
																																																																											2:00-3:00 PM					
																																																																																3:00-4:00 PM
Pool Closed to Public																Swim Team 3-5 Lanes 4-6pm					Swim Team 5 Lanes 3:45-5pm										Swim Team 3-5 Lanes 4-6pm					Swim Team 5 Lanes 3:45-5pm										Swim Team 3-5 Lanes 4-6pm					Swim Team 5 Lanes 3:45-5pm										4:00-5:00 PM																			
											Swim Team 4-5 Lanes 5-6:30					STAT 4 lanes 5:15 - 6:30 PM										Swim Team 4-5 Lanes 5-6:30					STAT 4 lanes 5 - 6:30 PM										Swim Team 4-5 Lanes 5-6:30					STAT 4 lanes 5 - 6:30 PM										5:00-6:00 PM																								
																Swim Team 4-5 Lanes 6:30-8pm					Water Aerobics 4 lanes 6:30-7:30 PM										Swim Team 4-5 Lanes 6:30-8pm					AFS 4 Lanes 6:30-7:30										Swim Team 4-5 Lanes 6:30-8pm					Water Aerobics 4 lanes 6:30-7:30 PM										6:00-7:00 PM																			
											Adult Water Polo 7:30pm-9:00pm 6 lanes										Swim Team 3 Lanes 7:30-9pm															Swim Team 3 Lanes 7:30-9pm																									7:00-8:00 PM																			
											Pool Closed to Public					Pool Closed to Public					Pool Closed to Public					Pool Closed to Public					Pool Closed to Public					Pool Closed to Public					Pool Closed to Public					Pool Closed to Public					Pool Closed to Public					Pool Closed to Public					8:00-9:00 PM																			
											Pool Closed to Public					Pool Closed to Public					Pool Closed to Public					Pool Closed to Public					Pool Closed to Public					Pool Closed to Public					Pool Closed to Public					Pool Closed to Public					Pool Closed to Public					Pool Closed to Public					Pool Closed to Public					9:00-10:00 PM														
											Pool Closed to Public					Pool Closed to Public					Pool Closed to Public					Pool Closed to Public					Pool Closed to Public					Pool Closed to Public					Pool Closed to Public					Pool Closed to Public					Pool Closed to Public					Pool Closed to Public					Pool Closed to Public					Pool Closed to Public					10:00-11:00 PM									
											Lap Swimming					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					Water Walking														
											Swim Team					Swim Team					Swim Team					Swim Team					Swim Team					Swim Team					Swim Team					Swim Team					Swim Team					Swim Team					Swim Team																			
										No lanes available					No lanes available					No lanes available					No lanes available					No lanes available					No lanes available					No lanes available					No lanes available					No lanes available					No lanes available					No lanes available																				
										Water Aerobics					Water Aerobics					Water Aerobics					Water Aerobics					Water Aerobics					Water Aerobics					Water Aerobics					Water Aerobics					Water Aerobics					Water Aerobics					Water Aerobics					Water Aerobics															
										STAT					STAT					STAT					STAT					STAT					STAT					STAT					STAT					STAT					STAT					STAT					STAT															

Schedule is subject to change without prior notice

INDOOR POOL
Week of 9/17/23

Salt Lake City Sports Complex
385-468-1925

Pool hours and lanes are LIMITED
For up-to-date hours and availability please call ahead

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															
								Building Closed								OUTDOOR CLOSED								OUTDOOR CLOSED								OUTDOOR CLOSED								OUTDOOR CLOSED								OUTDOOR CLOSED								6:00-7:00 AM							
																OUTDOOR CLOSED								OUTDOOR CLOSED								OUTDOOR CLOSED								OUTDOOR CLOSED								7:00-8:00 AM															
																OUTDOOR CLOSED								OUTDOOR CLOSED								OUTDOOR CLOSED								OUTDOOR CLOSED								8:00-9:00 AM															
																OUTDOOR CLOSED								OUTDOOR CLOSED								OUTDOOR CLOSED								OUTDOOR CLOSED								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								Adult Fitness Swim 12:00-1:00pm 5 lanes								10:00-11:00 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								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								12:00-1:00 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								1:00-2:00 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								2:00-3:00 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								3:00-4:00 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								4:00-5:00 PM															
Building Closed								Outdoor Closed								Outdoor Closed								Outdoor Closed								Outdoor Closed								Outdoor Closed								5:00-6:00 PM															
Building Closed								Outdoor Closed								Outdoor Closed								Outdoor Closed								Outdoor Closed								Outdoor Closed								Outdoor Closed								6:00-7:00 PM							
Building Closed								Building Closed								Building Closed								Building Closed								Building Closed								Building Closed								Building Closed								7:00-8:00 PM							
Building Closed								Building Closed								Building Closed								Building Closed								Building Closed								Building Closed								Building Closed								8:00-9:00 PM							
Building Closed								Building Closed								Building Closed								Building Closed								Building Closed								Building Closed								Building Closed								9:00-10:00 PM							
Building Closed								Building Closed								Building Closed								Building Closed								Building Closed								Building Closed								Building Closed								10:00-11:00 PM							
Lap Swimming								Lap Swimming								Lap Swimming								Lap Swimming								Lap Swimming								Lap Swimming																							
Swim Team								Swim Team								Swim Team								Swim Team								Swim Team								Swim Team																							
No lanes available								No lanes available								No lanes available								No lanes available								No lanes available								No lanes available																							
Adult Fitness Swimming								Adult Fitness Swimming								Adult Fitness Swimming								Adult Fitness Swimming								Adult Fitness Swimming								Adult Fitness Swimming																							