

	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	10	9	8	7	6	5	4	3	2
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																																
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Pool Closed to Public											Swim Team 5 Lanes 3:45-5pm										Swim Team 5 Lanes 3:45-5pm										Swim Team 5 Lanes 3:45-5pm										Swim Team 5 Lanes 3:45-5pm										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										Swim Team 4-5 Lanes 5-6:30					STAT 4 lanes 5 - 6:30 PM										5:00-6:00 PM																
																AFS 4 Lanes 6:30-7:30										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					Water Aerobics 4 lanes 6:30-7:30 PM										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																																													7:00-8:00 PM																
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											Lap Swimming					Lap Swimming					Lap Swimming					Lap Swimming					Lap Swimming					Lap Swimming					Lap Swimming					Lap Swimming					Lap Swimming					Lap Swimming					Lap Swimming					Lap Swimming																					
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Schedule is subject to change without prior notice

INDOOR POOL
Week of 9/24/23

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																										
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Building Closed								Pool Closed								Pool Closed								Pool Closed								Pool Closed								Pool Closed								Pool Closed								5:00 AM								
								OUTDOOR CLOSED								OUTDOOR CLOSED								OUTDOOR CLOSED								OUTDOOR CLOSED								OUTDOOR CLOSED								OUTDOOR CLOSED								6:00-7:00 AM								
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Adult Fitness Swim 11:30-12:30pm 4 lanes								I AFS								I AFS								I AFS								I AFS								I AFS								I AFS								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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