INDOOR POOL
Week of 8/18/24

Salt Lake City Sports Complex
385-468-1925

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

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00-6:00 AM	Building Closed						Building Closed
6:00-7:00 AM							
7:00-8:00 AM			Pool Closed (Outdoor Open)		Pool Closed (Outdoor Open)		
8:00-9:00 AM		Water Aerobics 4 Lanes 8:30-9:30AM		Water Aerobics 4 Lanes 8:30-9:30AM		Water Aerobics 4 Lanes 8:30-9:30AM	
9:00-10:00 AM							
10:00-11:00 AM	Water Aerobics 4 Lanes 10:30-11:30AM	Pool Closed (Outdoor Open)	Water Aerobics 4 Lanes 10-11AM	Water Aerobics 4 Lanes 10-11AM	Water Aerobics 4 Lanes 10-11AM	Pool Closed (Outdoor Open)	
11:00-12:00 PM			Pool Closed (Outdoor Open)	Pool Closed (Outdoor Open)	Pool Closed (Outdoor Open)		
12:00-1:00 PM							
1:00-2:00 PM							
2:00-3:00 PM							
3:00-4:00 PM							
4:00-5:00 PM	Pool Closed to Public	Swim Team 2 4 Lanes 5:30-6:30 STAT 4 lanes 5 - 6:30 PM Adult Water Polo 7:30pm-9:00pm 6 lanes	Swim Team 4 Lanes 4-5:30pm Swim Team 2 4 Lanes 5:30-6:30 STAT 4 lanes 5 - 6:30 PM Water Aerobics 4 lanes 6:30-7:30 PM	Swim Team 4 Lanes 4-5:30pm Swim Team 2 4 Lanes 5:30-6:30 STAT 4 lanes 5 - 6:30 PM	Swim Team 4 Lanes 4-5:30pm Swim Team 2 4 Lanes 5:30-6:30 STAT 4 lanes 5 - 6:30 PM Water Aerobics 4 lanes 6:30-7:30 PM Adult Water Polo 7:30pm-9:00pm 6 lanes		
5:00-6:00 PM							
6:00-7:00 PM							Pool Closed to Public
7:00-8:00 PM							
8:00-9:00 PM							
9:00-10:00 PM		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
	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
	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
	STAT	STAT	STAT	STAT	STAT	STAT	STAT

Schedule is subject to change without prior notice

SALT LAKE COUNTY PARKS & RECREATION