

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 (Indoor Open)								Pool Closed								Pool Closed								Pool Closed (Indoor Open)								Pool Closed								5:00 AM															
																Pool Closed (Indoor Open)																								6:00-7:00 AM																							
																Pool Closed (Indoor Open)																								Adult Fitness Swimming 3 lanes 8:00-9:30am								7:00-8:00 AM															
																Pool Closed (Indoor Open)																								Pool Closed (Indoor Open)								8:00-9:00 AM															
Adult Fitness Swim 11:30-12:30pm 4 lanes								IAFS								IAFS								IAFS								IAFS								9:00-10:00 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								10:00-11:00 AM																							
Pool Closed								Pool Closed								Pool Closed								Pool Closed								Pool Closed								11:00-12:00 PM																							
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Lap Swimming								Lap Swimming								Lap Swimming								Lap Swimming								Lap Swimming								Lap Swimming																							
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															
Adult Fitness Swimming								Adult Fitness Swimming								Adult Fitness Swimming								Adult Fitness Swimming								Adult Fitness Swimming								Adult Fitness Swimming								Adult Fitness Swimming															