SALT LAKE COUNTY
PARKS & RECREATION

SLC Sports Complex Lap Lane Schedule

Week of 2/5/23

SUNDAY

Time	Lanes 10 (Shallow)	9	8	7	6	5	4	3	2	1	0 (Deep)
5:00 AM	Building Closed										
5:30 AM											
6:00 AM											
6:30 AM											
7:00 AM											
7:30 AM											
8:00 AM											
8:30 AM											
9:00 AM											
9:30 AM											
10:00 AM				ST							
10:30 AM							Water Aerobics 5 Lanes 10:30-11:30am				
11:00 AM											
11:30 AM					AFS 11:30-12:30 6 lanes						
12:00 PM											
12:30 PM										ST	
1:00 PM											
1:30 PM											
2:00 PM											
2:30 PM											
3:00 PM											
3:30 PM											
4:00 PM	Pool Closed to Public										
4:30 PM											
5:00 PM											
5:30 PM											
6:00 PM											
6:30 PM											
7:00 PM											
7:30 PM											
8:00 PM											
8:30 PM											

MONDAY

Time	Lanes 10 (Shallow)	9	8	7	6	5	4	3	2	1	0 (Deep)
5:00 AM								AFS 3 Lanes 5-6:30			
5:30 AM											
6:00 AM											
6:30 AM											
7:00 AM											
7:30 AM											
8:00 AM											
8:30 AM								Water Aerobics 4 Lanes 8:30-9:30am			
9:00 AM											
9:30 AM											
10:00 AM											
10:30 AM											
11:00 AM											
11:30 AM								IAFS			
12:00 PM						AFS 12-1 6 Lanes					
12:30 PM											
1:00 PM											
1:30 PM											
2:00 PM											
2:30 PM											
3:00 PM											
3:30 PM		Swim Team 3 Lanes 3:30-5pm				Swim Team 5 Lanes 3:45-5:15pm					
4:00 PM											
4:30 PM											
5:00 PM		Swim Team 4 Lanes 5-6:30pm						STAT 4 lanes 5:15 - 6:30 PM			
5:30 PM											
6:00 PM											
6:30 PM			Swim Team 4 Lanes 6:30-8:30					AFS 4 lanes 6:30-7:30			
7:00 PM											
7:30 PM						Adult Water Polo 7:30pm-9:00pm 6 lanes					
8:00 PM											
8:30 PM											

TUESDAY

Time	Lanes 10 (Shallow)	9	8	7	6	5	4	3	2	1	0 (Deep)
5:00 AM								AFS 3 Lanes 5:30-7			
5:30 AM											
6:00 AM								AFS 3 Lanes 7-8am			
6:30 AM											
7:00 AM											
7:30 AM											
8:00 AM											
8:30 AM											
9:00 AM											
9:30 AM											
10:00 AM			Water Aerobics 4 Lanes 10-11am								
10:30 AM											
11:00 AM											
11:30 AM											
12:00 PM						AFS 12-1 6 Lanes					
12:30 PM											
1:00 PM											
1:30 PM											
2:00 PM											
2:30 PM											
3:00 PM											
3:30 PM			Swim Team 3 Lanes 3:30-5pm					Swim Team 5 Lanes 3:45-5:15pm			
4:00 PM											
4:30 PM											
5:00 PM			Swim Team 4 Lanes 5-6:30pm					STAT 4 lanes 5:15 - 6:30 PM			
5:30 PM											
6:00 PM											
6:30 PM			Swim Team 6 Lanes 6:30-8					Water Aerobics 4 lanes 6:30-7:30			
7:00 PM											
7:30 PM											
8:00 PM											
8:30 PM											

WEDNESDAY

Time	Lanes 10 (Shallow)	9	8	7	6	5	4	3	2	1	0 (Deep)
5:00 AM								AFS 3 Lanes 5-6:30			
5:30 AM											
6:00 AM											
6:30 AM											
7:00 AM											
7:30 AM											
8:00 AM											
8:30 AM								Water Aerobics 4 Lanes 8:30-9:30am			
9:00 AM											
9:30 AM											
10:00 AM			Water Aerobics 4 Lanes 10-11am								
10:30 AM											
11:00 AM											
11:30 AM								IAFS			
12:00 PM							AFS 12-1 6 Lanes				
12:30 PM											
1:00 PM											
1:30 PM											
2:00 PM											
2:30 PM											
3:00 PM											
3:30 PM			Swim Team 3 Lanes 3:30-5pm					Swim Team 5 Lanes 4:15-5:15			
4:00 PM											
4:30 PM											
5:00 PM			Swim Team 4 Lanes 5-6:30pm					STAT 4 lanes 5:15 - 6:30 PM			
5:30 PM											
6:00 PM											
6:30 PM			Swim Team 6 Lanes 6:30-8:30					AFS 4 lanes 6:30-7:30			
7:00 PM											
7:30 PM											
8:00 PM											
8:30 PM											

THURSDAY

Time	Lanes 10 (Shallow)	9	8	7	6	5	4	3	2	1	0 (Deep)
5:00 AM									AFS 3 Lanes 5:30-7		
5:30 AM											
6:00 AM											
6:30 AM											
7:00 AM											
7:30 AM											
8:00 AM											
8:30 AM											
9:00 AM											
9:30 AM											
10:00 AM			Water Aerobics 4 Lanes 10-11am								
10:30 AM											
11:00 AM											
11:30 AM											
12:00 PM								AFS 12-1 6 Lanes			
12:30 PM											
1:00 PM											
1:30 PM											
2:00 PM											
2:30 PM											
3:00 PM											
3:30 PM			Swim Team 3 Lanes 3:45-5					Swim Team 5 Lanes 3:45-5:15			
4:00 PM											
4:30 PM											
5:00 PM			Swim Team 4 Lanes 5-6:30pm								
5:30 PM									STAT 4 Lanes 5:30-6:30pm		
6:00 PM											
6:30 PM			Swim Team 6 Lanes 6:30-8						Water Aerobics 4 lanes 6:30-7:30		
7:00 PM											
7:30 PM											
8:00 PM											
8:30 PM											

FRIDAY

Time	Lanes 10 (Shallow)	9	8	7	6	5	4	3	2	1	0 (Deep)
5:00 AM								AFS 3 Lanes 5-6:30			
5:30 AM											
6:00 AM							Swim Team 3 Lanes 6:30-				
6:30 AM											
7:00 AM											
7:30 AM											
8:00 AM											
8:30 AM								Water Aerobics 4 Lanes 8:30-9:30am			
9:00 AM											
9:30 AM											
10:00 AM											
10:30 AM											
11:00 AM											
11:30 AM								IAFS			
12:00 PM							AFS 12-1 6 Lanes				
12:30 PM											
1:00 PM											
1:30 PM											
2:00 PM											
2:30 PM											
3:00 PM											
3:30 PM			Swim Team 3 Lanes 3:30-5pm					Swim Team 3-6 Lanes 3:45-5:15			
4:00 PM											
4:30 PM											
5:00 PM											
5:30 PM											
6:00 PM											
6:30 PM								AFS 4 lanes 6:30-7:30			
7:00 PM											
7:30 PM											
8:00 PM											
8:30 PM											

SATURDAY

Time	Lanes 10 (Shallow)	9	8	7	6	5	4	3	2	1	0 (Deep)
5:00 AM	Building Closed										
5:30 AM											
6:00 AM											
6:30 AM											
7:00 AM											
7:30 AM											
8:00 AM											Adult Fitness Swimming 8-9:30am 5 lanes
8:30 AM											
9:00 AM											
9:30 AM			Swim Team 4-5 Lanes 9-11am								
10:00 AM											
10:30 AM											
11:00 AM											
11:30 AM											
12:00 PM											
12:30 PM											
1:00 PM											
1:30 PM											
2:00 PM											
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3:00 PM											
3:30 PM											
4:00 PM											
4:30 PM											
5:00 PM											
5:30 PM											
6:00 PM											
6:30 PM											
7:00 PM											
7:30 PM											
8:00 PM	Pool Closed to Public										
8:30 PM											

Swim Teams | **AFS (Adult Fitness Swim)** | **Open Lap Lanes** | **STAT** | **Water Walking** | **Water Aerobics** | **Lifeguard Training**

Schedule is subject to change without prior notice