

Lap Swimming

Water Walking

Rental Swim Team

Splash and Swim

County Program

Salt Lake City Sports Complex Indoor Pool Schedule

Time	Sunday, 9/1/2024										Monday, 9/2/2024										Tuesday, 9/3/2024										Wednesday, 9/4/2024										Thursday, 9/5/2024										Friday, 9/6/2024										Saturday, 9/7/2024										Time																														
	(Shallow) Lanes (Deep)										(Shallow) Lanes (Deep)										(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																							
5:00-6:00 AM	Building Closed										LABOR DAY: Pool Open at 10am										Water Walking										Water Walking										Water Walking										Water Walking										Water Walking										Water Walking										5:00-6:00 AM																				
6:00-7:00 AM																					Water Walking										Water Walking										Water Walking										Water Walking										Water Walking										Water Walking										Water Walking										6:00-7:00 AM										
7:00-8:00 AM																					Water Walking										Water Walking										Water Walking										Water Walking										Water Walking										Water Walking										Water Walking										Water Walking										7:00-8:00 AM
8:00-9:00 AM																					Water Walking										Water Walking										Water Walking										Water Walking										Water Walking										Water Walking										Water Walking										Water Walking										Water Walking
9:00-10:00 AM	Water Walking										Water Walking										Water Walking										Water Walking										Water Walking										Water Walking										Water Walking										Water Walking										Water Walking										Water Walking										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)										Pool Closed (Outdoor Open)										Pool Closed (Outdoor Open)										Pool Closed (Outdoor Open)										10:00-11:00 AM										
11:00-12:00 PM	Water Aerobics 4 Lanes 10:30-11:30AM										Pool Closed (Outdoor Open)										Pool Closed (Outdoor Open)										Pool Closed (Outdoor Open)										Pool Closed (Outdoor Open)										Pool Closed (Outdoor Open)										Pool Closed (Outdoor Open)										Pool Closed (Outdoor Open)										Pool Closed (Outdoor Open)										11:00-12:00 PM										
12:00-1:00 PM	Water Aerobics 4 Lanes 10:30-11:30AM										Pool Closed (Outdoor Open)										Pool Closed (Outdoor Open)										Pool Closed (Outdoor Open)										Pool Closed (Outdoor Open)										Pool Closed (Outdoor Open)										Pool Closed (Outdoor Open)										Pool Closed (Outdoor Open)										Pool Closed (Outdoor Open)										12:00-1:00 PM										
1:00-2:00 PM	Water Aerobics 4 Lanes 10:30-11:30AM										Pool Closed (Outdoor Open)										Pool Closed (Outdoor Open)										Pool Closed (Outdoor Open)										Pool Closed (Outdoor Open)										Pool Closed (Outdoor Open)										Pool Closed (Outdoor Open)										Pool Closed (Outdoor Open)										Pool Closed (Outdoor Open)										1:00-2:00 PM										
2:00-3:00 PM	Water Aerobics 4 Lanes 10:30-11:30AM										Pool Closed (Outdoor Open)										Pool Closed (Outdoor Open)										Pool Closed (Outdoor Open)										Pool Closed (Outdoor Open)										Pool Closed (Outdoor Open)										Pool Closed (Outdoor Open)										Pool Closed (Outdoor Open)										Pool Closed (Outdoor Open)										2:00-3:00 PM										
3:00-4:00 PM	Water Aerobics 4 Lanes 10:30-11:30AM										Pool Closed (Outdoor Open)										Pool Closed (Outdoor Open)										Pool Closed (Outdoor Open)										Pool Closed (Outdoor Open)										Pool Closed (Outdoor Open)										Pool Closed (Outdoor Open)										Pool Closed (Outdoor Open)										Pool Closed (Outdoor Open)										3:00-4:00 PM										
4:00-5:00 PM	Pool Closed to Public										LABOR DAY: Pool Closed AT 2:00 PM										Water Aerobics 4 Lanes 10-11AM										Water Aerobics 4 Lanes 10-11AM										Water Aerobics 4 Lanes 10-11AM										Water Aerobics 4 Lanes 10-11AM										Pool Closed (Outdoor Open)										Pool Closed (Outdoor Open)										Pool Closed (Outdoor Open)										Pool Closed (Outdoor Open)										4:00-5:00 PM
5:00-6:00 PM																					Water Aerobics 4 Lanes 10-11AM										Water Aerobics 4 Lanes 10-11AM										Water Aerobics 4 Lanes 10-11AM										Water Aerobics 4 Lanes 10-11AM										Pool Closed (Outdoor Open)										Pool Closed (Outdoor Open)										Pool Closed (Outdoor Open)										Pool Closed (Outdoor Open)										5:00-6:00 PM
6:00-7:00 PM																					Water Aerobics 4 Lanes 10-11AM										Water Aerobics 4 Lanes 10-11AM										Water Aerobics 4 Lanes 10-11AM										Water Aerobics 4 Lanes 10-11AM										Pool Closed (Outdoor Open)										Pool Closed (Outdoor Open)										Pool Closed (Outdoor Open)										Pool Closed (Outdoor Open)										6:00-7:00 PM
7:00-8:00 PM																					Water Aerobics 4 Lanes 10-11AM										Water Aerobics 4 Lanes 10-11AM										Water Aerobics 4 Lanes 10-11AM										Water Aerobics 4 Lanes 10-11AM										Pool Closed (Outdoor Open)										Pool Closed (Outdoor Open)										Pool Closed (Outdoor Open)										Pool Closed (Outdoor Open)										7:00-8:00 PM
8:00-9:00 PM	Water Aerobics 4 Lanes 10-11AM										Water Aerobics 4 Lanes 10-11AM										Water Aerobics 4 Lanes 10-11AM										Water Aerobics 4 Lanes 10-11AM										Pool Closed (Outdoor Open)										Pool Closed (Outdoor Open)										Pool Closed (Outdoor Open)										Pool Closed (Outdoor Open)										Pool Closed (Outdoor Open)										8:00-9:00 PM										
9:00-10:00 PM	Water Aerobics 4 Lanes 10-11AM										Water Aerobics 4 Lanes 10-11AM										Water Aerobics 4 Lanes 10-11AM										Water Aerobics 4 Lanes 10-11AM										Pool Closed (Outdoor Open)										Pool Closed (Outdoor Open)										Pool Closed (Outdoor Open)										Pool Closed (Outdoor Open)										Pool Closed (Outdoor Open)										9:00-10:00 PM										
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