

Lap Swimming

Water Walking

Rental Swim Team

Splash and Swim

County Program

Salt Lake City Sports Complex Indoor Pool Schedule

Time	Sunday, 9/8/2024										Monday, 9/9/2024										Tuesday, 9/10/2024										Wednesday, 9/11/2024										Thursday, 9/12/2024										Friday, 9/13/2024										Saturday, 9/14/2024										Time																				
	(Shallow) Lanes (Deep)										(Shallow) Lanes (Deep)										(Shallow) Lanes (Deep)										(Shallow) Lanes (Deep)										(Shallow) Lanes (Deep)										(Shallow) Lanes (Deep)																																								
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5:00-6:00 AM	Building Closed										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										5:00-6:00 AM																				
6:00-7:00 AM											Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										6:00-7:00 AM										
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9:00-10:00 AM	Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										9:00-10:00 AM										
10:00-11:00 AM	Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										10:00-11:00 AM										
11:00-12:00 PM	Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										11:00-12:00 PM										
12:00-1:00 PM	Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										12:00-1:00 PM										
1:00-2:00 PM	Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										1:00-2:00 PM										
2:00-3:00 PM	Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										2:00-3:00 PM										
3:00-4:00 PM	Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										3:00-4:00 PM										
4:00-5:00 PM	Pool Closed to Public										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										4:00-5:00 PM																				
5:00-6:00 PM											Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										5:00-6:00 PM
6:00-7:00 PM											Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										6:00-7:00 PM
7:00-8:00 PM											Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										7:00-8:00 PM
8:00-9:00 PM	Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										8:00-9:00 PM
9:00-10:00 PM	Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										9:00-10:00 PM
10:00-11:00 PM	Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										10:00-11:00 PM