

Lap Swimming

Water Walking

Rental Swim Team

Splash and Swim

County Program

Salt Lake City Sports Complex Indoor Pool Schedule

Time	Sunday, 9/22/2024										Monday, 9/23/2024										Tuesday, 9/24/2024										Wednesday, 9/25/2024										Thursday, 9/26/2024										Friday, 9/27/2024										Saturday, 9/28/2024										Time																																								
	(Shallow) Lanes (Deep)					(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										Lap Swimming										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										Lap Swimming										6:00-7:00 AM																				
7:00-8:00 AM											Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										Lap Swimming										7:00-8:00 AM																				
8:00-9:00 AM											Lap Swimming										Lap Swimming										Pool Closed (Outdoor Open)										Lap Swimming										Pool Closed (Outdoor Open)										Lap Swimming										Lap Swimming										Lap Swimming										8:00-9:00 AM																				
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										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										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										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										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										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										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										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										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										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										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										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										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										Lap Swimming										10:00-11:00 PM										

Building Closed

Pool Closed (Outdoor Open)

Pool Closed (Outdoor Open)

Building Closed
University Game Day

Water Aerobics
4 Lanes
10:30-11:30AM

Water Aerobics
4 Lanes
10-11AM

Water Aerobics
4 Lanes
10-11AM

Water Aerobics
4 Lanes
10-11AM

Water Aerobics
4 Lanes
8:30-9:30AM

Water Aerobics
4 Lanes
8:30-9:30AM

Water Aerobics
4 Lanes
8:30-9:30AM

Rental
6 Lanes
3:45-5:15pm

Rental
6 Lanes
3:45-5:15pm

Rental
6 Lanes
3:45-5:15pm

Rental
6 Lanes
3:45-5:15pm

Rental
4 lanes
5:15-6:45

STAT
4 lanes
5:15 - 6:30 PM

Rental
1-3 Lanes
5-6:30

STAT
4 lanes
5:15 - 6:30 PM

Rental
1-3 Lanes
5-6:30

STAT
4 lanes
5:15 - 6:30 PM

Rental
1-3 Lanes
5-6:30

STAT
4 lanes
5:15 - 6:30 PM

Rental
1-3 Lanes
5-6:30

AFS
4 Lanes
6:30-7:30

Water Aerobics
4 lanes
6:30-7:30 PM

Rental
5 lanes
6:30-8pm

AFS
4 Lanes
6:30-7:30

Water Aerobics
4 lanes
6:30-7:30 PM

AFS
4 Lanes
6:30-7:30

Adult Water Polo
6 lanes
7:30 PM-9:00 PM

Rental
4 lanes
7:30-9:00pm

Adult Water Polo
6 lanes
7:30 PM-9:00 PM

Pool Closed to Public

Pool Closed to Public

Pool Closed to Public

Pool Closed to Public

Pool Closed to Public

Pool Closed to Public