

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								Pool Closed								Pool Closed								Pool Closed								Pool Closed								5:00 AM															
								Building Closed								AFS 2 lanes 6-7am								AFS 2 lanes 6-7am								AFS 2 lanes 6-7am								AFS 2 lanes 6-7am								Swim Team 5 Lanes 6am-8am								6:00-7:00 AM							
																Swim Team 2-5 Lanes 7-10am								Swim Team 2-5 Lanes 7-10am								Swim Team 2-5 Lanes 7-10am								Swim Team 1 Lane 7-								7:00-8:00 AM															
																3 lanes 8:30am-10am								3 lanes 8:30am-10am								3 lanes 8:30am-10am								Adult Fitness Swimming 3 lanes 8:00-9:30am								8:00-9:00 AM															
Adult Fitness Swim 11:30-12:30pm 4 lanes								IAFS								Adult Fitness Swim 12:00-1:00pm 5 lanes								IAFS								Swim Team 3 Lanes 10-11:30am								U of U 10am-12pm 4 Lanes								Swim Team 3-4 Lanes 9-11am								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								U of U 10am-12pm 4 Lanes								10:00-11:00 AM															
Splash and Swim								Swim Team 4 Lanes 1:45pm-4:45pm								Swim Team 4 Lanes 1:45pm-4:45pm								Swim Team 4 Lanes 1:45pm-4:45pm								Swim Team 4 Lanes 1:45pm-4:45pm								Swim Team 4 Lanes 1:45pm-4:45pm								11:00-12:00 PM															
Building Closed								YAFS 3 Lanes 5pm-6pm								YAFS 3 Lanes 5pm-6pm								YAFS 3 Lanes 5pm-6pm								YAFS 3 Lanes 5pm-6pm								YAFS 3 Lanes 5pm-6pm								12:00-1:00 PM															
Building Closed								Adult Fitness Swim 6:30-7:30pm 4 lanes								Adult Fitness Swim 6:30-7:30pm 4 lanes								Adult Fitness Swim 6:30-7:30pm 4 lanes								Adult Fitness Swim 6:30-7:30pm 4 lanes								Adult Fitness Swim 6:30-7:30pm 4 lanes								1:00-2:00 PM															
Building Closed								Building Closed								Building Closed								Building Closed								Building Closed								Building Closed								2:00-3:00 PM															
Lap Swimming								Lap Swimming								Lap Swimming								Lap Swimming								Lap Swimming								Lap Swimming								3:00-4:00 PM															
Swim Team								Swim Team								Swim Team								Swim Team								Swim Team								Swim Team								4:00-5:00 PM															
No lanes available								No lanes available								No lanes available								No lanes available								No lanes available								No lanes available								5:00-6:00 PM															
Adult Fitness Swimming								Adult Fitness Swimming								Adult Fitness Swimming								Adult Fitness Swimming								Adult Fitness Swimming								Adult Fitness Swimming								6:00-7:00 PM															
Adult Fitness Swimming								Adult Fitness Swimming								Adult Fitness Swimming								Adult Fitness Swimming								Adult Fitness Swimming								Adult Fitness Swimming								Adult Fitness Swimming								7:00-8:00 PM							
Adult Fitness Swimming								Adult Fitness Swimming								Adult Fitness Swimming								Adult Fitness Swimming								Adult Fitness Swimming								Adult Fitness Swimming								Adult Fitness Swimming								8:00-9:00 PM							
Adult Fitness Swimming								Adult Fitness Swimming								Adult Fitness Swimming								Adult Fitness Swimming								Adult Fitness Swimming								Adult Fitness Swimming								Adult Fitness Swimming								9:00-10:00 PM							
Adult Fitness Swimming								Adult Fitness Swimming								Adult Fitness Swimming								Adult Fitness Swimming								Adult Fitness Swimming								Adult Fitness Swimming								Adult Fitness Swimming								10:00-11:00 PM							