

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	8
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								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 2-5 Lanes 7-10am								7:00-8:00 AM																
																2 lanes 8:30am-10am								2 lanes 8:30am-10am								2 lanes 8:30am-10am								2 lanes 8:30am-10am								Adult Fitness Swimming 3 lanes 8:00-9:30am		8:00-9:00 AM														
Building Closed																																																9:00-10:00 AM																
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																																																																12:00-1:00 PM
								Adult Fitness Swim 11:30-12:30pm 4 lanes								IAFS								Adult Fitness Swim 12:00-1:00pm 5 lanes								IAFS								Adult Fitness Swim 12:00-1:00pm 5 lanes								1:00-2:00 PM																
								Splash and Swin								Swim Team 4 Lanes 1:45pm-4:45pm						Splash and Swin								Swim Team 4 Lanes 1:45pm-4:45pm						Splash and Swin								2:00-3:00 PM																				
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								YAFS 3 Lanes 5pm-6pm								YAFS 3 Lanes 5pm-6pm								YAFS 3 Lanes 5pm-6pm								YAFS 3 Lanes 5pm-6pm								4:00-5:00 PM																								
								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								5:00-6:00 PM																								
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