

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