Lap Swimming | Water Walking | Rental Swim Team | Splash and Swim | County Program

Salt Lake City Sports Complex Indoor Pool Schedule

Time	Sunday, 12/29/2024 (Shallow) Lanes (Deep)	Monday, 12/30/2024 (Shallow) Lanes (Deep)	Tuesday, 12/31/2024 (Shallow) Lanes (Deep)	Wednesday, 1/1/2025 (Shallow) Lanes (Deep)	Thursday, 1/2/2025 (Shallow) Lanes (Deep)	Friday, 1/3/2025 (Shallow) Lanes (Deep)	Saturday, 1/4/2025 (Shallow) Lanes (Deep)
5:00-6:00 AM	Building Closed	AFS 3 Lanes 5:30-7	AFS 3 Lanes 5:30-7	NEW YEAR'S DAY Facility Closed	AFS 3 Lanes 5:30-7	AFS 3 Lanes 5:30-7	Building Closed
6:00-7:00 AM							
7:00-8:00 AM			AFS 3 Lanes 7-8 AM				
8:00-9:00 AM		Water Aerobics 4 Lanes 8:30-9:30AM				Water Aerobics 4 Lanes 8:30-9:30AM	Adult Fitness Swimming 8-10:00 5 lanes
9:00-10:00 AM		Rental 3-5 lanes 9:00-11:45	Water Aerobics 4 Lanes 10-11AM; Rental 3-5 lanes 9:00-11:45		Water Aerobics 4 Lanes 10-11AM; Rental 3-5 lanes 9:00-11:45	Rental 3-5 lanes 9:00-11:45	Rental 3-5 Lanes 9:00-12
10:00-11:00 AM	Water Aerobics 5 Lanes 10:30-11:30AM	IAFS				IAFS	
11:00-12:00 PM	AFS 11:30-12:30 6 lanes	AFS 12-1 6 Lanes	AFS 12-1 6 Lanes		AFS 12-1 6 Lanes	AFS 12-1 6 Lanes	
12:00-1:00 PM							
1:00-2:00 PM							
2:00-3:00 PM							
3:00-4:00 PM		Rental 3 Lanes 3:30-5:00; Rental 3 Lanes 3:45-5:15; Rental 3 Lanes 3:45-5:15			Rental 3 Lanes 3:30-5:00; Rental 3 Lanes 3:45-5:15; Rental 3 Lanes 3:45-5:15	Rental 3 Lanes 3:30-5:00; Rental 3 Lanes 3:45-5:15; Rental 3 Lanes 3:45-5:15	
4:00-5:00 PM	Pool Closed to Public	Rental 5-6:30; STAT 4 lanes 5:15 - 6:30 PM	NEW YEAR'S EVE Pool Closed to Public		Swim Lessons; Rental 1-3 lanes 5:00-6:30; STAT 4 lanes 5:15 - 6:30 PM	Rental 1-3 lanes 5:00-6:30	
5:00-6:00 PM		AFS 4 Lanes 6:30-7:30			Water Aerobics 4 lanes 6:30-7:30 PM	AFS 4 Lanes 6:30-7:30	
6:00-7:00 PM		Adult Water Polo 7:30 PM-9:00 PM 6 lanes			Adult Water Polo 7:30 PM-9:00 PM 6 lanes		
7:00-8:00 PM							
8:00-9:00 PM		Pool Closed to Public			Pool Closed to Public	Pool Closed to Public	Pool Closed to Public
9:00-10:00 PM							
10:00-11:00 PM							