INDOOR POOL
Week of 7/14/24

Salt Lake City Sports Complex
385-468-1925

Pool hours and lanes are LIMITED
For up-to-date hours and availability please call ahead

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00-6:00 AM	Building Closed						Building Closed
6:00-7:00 AM							
7:00-8:00 AM							
8:00-9:00 AM		Water Aerobics 4 Lanes 8:30-9:30AM		Water Aerobics 4 Lanes 8:30-9:30AM		Water Aerobics 4 Lanes 8:30-9:30AM	Swim Team 6 Lanes 8-9:30am; STAT 4 Lanes 8:30-9:30am
9:00-10:00 AM							
10:00-11:00 AM	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		
11:00-12:00 PM							
12:00-1:00 PM							
1:00-2:00 PM							
2:00-3:00 PM			Swim Team 2 Lanes 2pm-3pm		Swim Team 2 Lanes 2pm-3pm		
3:00-4:00 PM							
4:00-5:00 PM	Pool Closed to Public		Swim Lessons		Swim Lessons; Swim Team 4 Lanes 4pm-5:30pm	Swim Team 4 Lanes 4pm-5:30pm	
5:00-6:00 PM		STAT 5 lanes 5 - 6:30 PM	STAT 5 lanes 5 - 6:30 PM	STAT 5 lanes 5 - 6:30 PM	STAT 5 lanes 5 - 6:30 PM		
6:00-7:00 PM			Water Aerobics 4 lanes 6:30-7:30 PM		Water Aerobics 4 lanes 6:30-7:30 PM		
7:00-8:00 PM		Adult Water Polo 7:30pm-9:00pm 6 lanes			Adult Water Polo 7:30pm-9:00pm 6 lanes		
8:00-9:00 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
9:00-10:00 PM							
10:00-11:00 PM							
	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming
	Water Walking	Water Walking	Water Walking	Water Walking	Water Walking	Water Walking	Water Walking
	Swim Team	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	No lanes available
	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics
	STAT	STAT	STAT	STAT	STAT	STAT	STAT

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Schedule is subject to change without prior notice

SALT LAKE COUNTY
PARKS & RECREATION