

Dimple Dell Gym Schedules

Effective: 6/9/2025

East Gym	
Open Gym Times	
Monday	12–10 pm
Tuesday	12–10 pm
Wednesday	12–5:30 pm
Thursday	12–10 pm
Friday	12–8 pm
Saturday	7 am–8:30 am 3:30 pm–8 pm
Sunday	No Open Gym
Open Pickleball Play	
Mon–Fri	5:30 am–8 am
Sunday	10 am–3 pm

West Gym	
Open Gym Times	
Monday	No Open Gym
Tuesday	5:30 am–8 am
Wednesday	No Open Gym
Thursday	5:30 am–8 am
Friday	No Open Gym
Saturday	7 am–8:30 am 3:30 pm–6 pm
Sunday	No Open Gym
Open Badminton Play	
Mon/Wed/Fri	5:30–8 am
Tuesday	7–10 pm
Saturday	6–8 pm
Sunday	10 am–3 pm

Auxiliary Gym	
Open Gym Times	
Monday	5:30–9 am 1 pm–3:30 pm 7:30 pm–10 pm
Tuesday	5:30–9 am 10 am–10 pm
Wednesday	5:30–9 am 11 am–10 pm
Thursday	5:30–8 am 10 am–10 pm
Friday	5:30–9 am 11 am–2 pm 5 pm–8pm
Saturday	7 am–8 pm
Sunday	10 am–3 pm

SL SALT LAKE
COUNTY
PARKS & RECREATION

Dimple Dell Rec Center
10670 S 1000 E
Sandy, UT 84094
(385) 468-3355

Gym Schedule subject to change. Please contact the front desk for updates.