

Indoor Pool Availability

8/31/25 –
9/6/25

Sunday		
Time	# Walk Lanes	# Lap Lanes
10 am–10:30 am	2	9
10:30 am–11:30 am	2	4
11:30 am–4 pm	2	9

Monday		
Time	# Walk Lanes	# Lap Lanes
CLOSED FOR LABOR DAY		

Tuesday		
Time	# Walk Lanes	# Lap Lanes
5 am–7 am	2	6
4 pm–6:30 pm	2	3
6:30 pm–7:30 pm	2	4
7:30 pm–9 pm	2	9

Wednesday		
Time	# Walk Lanes	# Lap Lanes
5 am–7 am	2	6
4 pm–6:30 pm	2	3
6:30 pm–7:30 pm	2	5
7:30 pm–9 pm	2	9

Thursday		
Time	# Walk Lanes	# Lap Lanes
5 am–7 am	2	6
4 pm–6:30 pm	2	3
6:30 pm–7:30 pm	2	4
7:30 pm–9 pm	2	3

Friday		
Time	# Walk Lanes	# Lap Lanes
5 am–7 am	2	6
4 pm–5:30 pm	2	2
5:30 pm–7:30 pm	2	5
7:30 pm–9 pm	2	9

Saturday		
Time	# Walk Lanes	# Lap Lanes
CLOSED FOR UNIVERSITY FOOTBALL		

Lane availability changes weekly depending on programs, lane rentals, and staffing levels. Please call ahead to confirm lane availability.

Aqua Aerobics will be held in the indoor pool, even during closed lap swimming times. See Drop-In Class schedule for details.

Indoor Lap Lanes are unavailable from 7 am–4 pm Monday - Friday, but the outdoor pool is open, please see the Outdoor Pool Availability Schedule

The indoor pool has 11 total lanes.

Please contact us to discuss any accommodations.

Minimum 2 lifeguards required to open.

Staff shortages will result in the closure of the 5 lanes on the South end (deep end). Exception for deep water aerobics, which will result in the closure of the 6 lanes on the North end (shallow end).



SLC Sports Complex

645 S Guardsman Way
Salt Lake City, UT 84108

Outdoor Pool Availability

8/31/25 –
9/6/25

Sunday		
Time	# Walk Lanes	# Lap Lanes
10 am–11:30 am	1	7
11:30 am–12 pm	1	3
12 pm–12:30 pm	1	2
12:30 pm–4 pm	1	6
Open Swim 12–4pm	1 Lane + Leisure Area	

Monday		
Time	# Walk Lanes	# Lap Lanes
12pm-1pm	1	1
1 pm–4 pm	6	7
Open Swim 12–4pm	1 Lane + Leisure Area	

Tuesday		
Time	# Walk Lanes	# Lap Lanes
7am-12pm	1	7
12pm-1pm	1	2
1pm-4pm	1	7

Wednesday		
Time	# Walk Lanes	# Lap Lanes
7 am–11:30 am	1	7
11:30 am–12 pm	1	4
12pm-1pm	1	2
1 pm–4 pm	1	7

Thursday		
Time	# Walk Lanes	# Lap Lanes
7am-12pm	1	7
12pm-1pm	1	2
1pm-4pm	1	7

Friday		
Time	# Walk Lanes	# Lap Lanes
7 am–11:30 am	1	7
11:30 am–12 pm	1	4
12pm-1pm	1	2
1 pm–4 pm	1	7

Saturday*		
Time	# Walk Lanes	# Lap Lanes
CLOSED FOR UNIVERSITY FOOTBALL		

Lane availability changes weekly depending on programs, lane rentals, and staffing levels. Please call ahead to confirm lane availability.

***Please note: Saturday opening time will change weekly with sunrise.**

The outdoor pool has 8 total lanes.

Please contact us to discuss any accommodations.

Minimum 3 lifeguards to open.

Staff shortages may require closing the outdoor pool and opening the indoor pool.



SLC Sports Complex

645 S Guardsman Way
Salt Lake City, UT 84108