

Lap Lane Schedule

As of February 1st 2026

Monday

Time	# Open Lanes
5:30 am–8:30 pm	3

Tuesday

Time	# Open Lanes
5:30 am–8:30 am	3
8:30 am–12 pm	1
12:00 pm–3 pm	3
3 pm–8 pm	0
8 pm–8:30 pm	1

Wednesday

Time	# Open Lanes
5:30 am–8:30 pm	3

Thursday

Time	# Open Lanes
5:30 am–8:30 am	3
8:30 am–10:45 am	1
10:45 am–3 pm	3
3 pm–8 pm	0
8 pm–8:30 pm	1

Friday

Time	# Open Lanes
5:30 am–9 am	3
9 am–10 am	1
10 am–2:30 pm	3
2:30 pm–4 pm	1
4 pm–7:30 pm	3

Saturday

Time	# Open Lanes
7 am–8:30 am	3
8:30 am–12 pm	0
12 pm–5:30 pm	3

Sunday

Time	# Open Lanes
9 am–2:30 pm	3

Lane availability subject to change. Contact front desk or check website for updates and event closures.



Holladay Lions Rec Center
 1661 E Murray Holladay Rd.
 Salt Lake City, Utah 84117