

# Indoor Pool Availability

Updated 12/24/25

Sunday		
Time	# Walk Lanes	# Lap Lanes
10 am–10:30 am	2	9
10:30 am–12:30 am	2	3-4
12:30 am–4 pm	2	9

Monday		
Time	# Walk Lanes	# Lap Lanes
5 am–1 pm*	1-2	3-9
1 pm–3:30 pm	2	9
3:30 pm–5 pm	1	1
5 pm–7:30 pm	1	2
7:30 pm–9 pm	2	3

Tuesday		
Time	# Walk Lanes	# Lap Lanes
5 am–1 pm*	1-2	3-9
1 pm–3:30 pm	2	9
3:30 pm–6:30 pm	1	1-2
6:30 pm–7:30 pm	2	4
7:30 pm–9 pm	2	9

Wednesday		
Closed at 1pm on 12/24/25 and 2pm on 12/31/25		
Time	# Walk Lanes	# Lap Lanes
5 am–1 pm*	1-2	3-9
1 pm–3:30 pm	2	9
3:30 pm–5 pm	1	1
5 pm–7:30 pm	1	2
7:30 pm–9 pm	2	9

Thursday		
Closed on 12/25/25 and 01/01/26		
Time	# Walk Lanes	# Lap Lanes
5 am–1 pm*	1-2	3-9
1 pm–3:30 pm	2	9
3:30 pm–6:30 pm	1	1-2
6:30 pm–7:30 pm	2	4
7:30 pm–9 pm	2	3

Friday		
Time	# Walk Lanes	# Lap Lanes
5 am–1 pm*	1-2	3-9
1 pm–3:30 pm	2	9
3:30 pm–5:30 pm	1	1-2
5:30 pm–7:30 pm	2	5-7
7:30 pm–9 pm	2	9

Saturday		
Time	# Walk Lanes	# Lap Lanes
6 am–8 am	2	9
8 am–12:30 pm	2	4
12:30 pm–8 pm	2	9

The indoor pool has 11 total lanes. Please contact us to discuss any accommodations.

Minimum 2 lifeguards required to open half, and 3 lifeguards required to open the full pool. 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

\*Lanes Vary: We will have a minimum of 1 water walk and 3 lap lanes available during the times marked with an asterisk, EXCEPT Wednesdays from 6:30–7am. There will be 1 shared walking/lap lane available at this time. Lane availability changes weekly depending on programs, lane rentals, and staffing levels. Please call ahead or review the drop-in schedule to see when reduced lanes will be available.