

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 |
| 11 am–12:30 pm | 2 | 9 |

*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.

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

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