

INDOOR POOL

Salt Lake City Sports Complex
Steiner Aquatic Center

Effective Labor day
Hot tub closed every Thursday at 8:00 pm for maintenance.

Sunday												Monday												Tuesday												Wednesday												Thursday												Friday												Saturday												Time			
(Shallow) Lanes (Deep)						(Shallow) Lanes (Deep)						(Shallow) Lanes (Deep)						(Shallow) Lanes (Deep)						(Shallow) Lanes (Deep)						(Shallow) Lanes (Deep)						(Shallow) Lanes (Deep)																																																			
North						South						North						South						North						South						North						South																																													
11	10	9	8	7	6	5	4	3	2	1	11	10	9	8	7	6	5	4	3	2	1	10.5	10	9	8	7	6	5	4	3	2	1	10.5	10	9	8	7	6	5	4	3	2	1	11	10	9	8	7	6	5	4	3	2	1	10.5	10	9	8	7	6	5	4	3	2	1	10.5	10	9	8	7	6	5	4	3	2	1	10.5	10	9	8	7	6	5		4	3	2
Many Lanes												Open Swim Group												Open Swim Group												Open Swim Group												Open Swim Group												Open Swim Group												5 - 5:30am															
Few Lanes																																																																								5:30 - 6am															
No Lanes												Deep Aerobics												Deep Aerobics												Deep Aerobics												Deep Aerobics												Water Aerobics												6 - 6:30am															
												Shallow Water Aerobics												Water Aerobics												Shallow Water Aerobics												Water Aerobics												Shallow Water Aerobics												6:30 - 7am															
												Low Impact												Aqua Zumba												Low Impact												Aqua Zumba												Water Walk												7 - 7:30am															
Swim Utah												Water Walk																								Water Walk																								Water Walk												7:30 - 8am															
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Splash and Swim																																																																								8:30 - 9am															
Water Polo																																																																								9 - 9:30am															
Diving Boards																																																																								9:30 - 10am															
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												Highland Sept10-21												Highland Sept10-21												Highland Sept10-21												Highland Sept10-21												Highland Sept10-21												3:30 - 4pm															
												Legends												Legends												Legends												Legends												Legends												4 - 4:30pm															
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																								Deep Water Aerobics																								Deep Water Aerobics																								5 - 5:30pm															
Many Lanes																																																																								5:30 - 6pm															
Few Lanes												Adult Water Polo												Splash & Swim/lessons												Splash & Swim/lessons												Splash & Swim/lessons												Masters												6 - 6:30pm															
No Lanes																																																																								6:30 - 7pm															
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THIS SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME WITHOUT PRIOR NOTICE OR WARNING !!!!!