

INDOOR POOL

Salt Lake City Sports Complex
Steiner Aquatic Center

Effective November
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)				(Shallow) Lanes (Deep)				(Shallow) Lanes (Deep)																																																																																																																
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Many Lanes												Open Swim Group												East												Open Swim Group												Open Swim Group												Open Swim Group																								5 - 5:30am																																																												
Few Lanes												East												Masters																								Masters																																				5:30 - 6am																																																												
No Lanes												Deep Aerobics																								Deep Aerobics																								Deep Aerobics												Water Aerobics												Masters												6 - 6:30am																																																
												Shallow Water Aerobics												Water Aerobics												Shallow Water Aerobics												Water Aerobics												Shallow Water Aerobics												Lessons												Swim Utah												East High												6:30 - 7am																																				
												Low Impact												Aqua Zumba												Low Impact												Aqua Zumba												Water Walk												Lessons												Swim Utah												East High												7 - 7:30am																																				
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Many Lanes												Row-Hall												East High												Row-Hall												East High												Row-Hall												East High												Row-Hall												East High												5:30 - 6pm																																				
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THIS SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME WITHOUT PRIOR NOTICE OR WARNING !!!!!