

Aquatic Drop-In Schedule

Updated 10/16/25

Adult Fitness Swimming		
Day	Time	Instructor
Sunday	11:30 am–12:30pm	Tom
Monday	5:30 am–7 am	Courtney McKenzie
	11:30 am–12 pm (Intro)	Will
	12 pm–1 pm	Will
	6:30 pm–7:30 pm	Shannon
Tuesday	5:30 am–7 am	Courtney McKenzie
	12 pm–1 pm	Will
Wednesday	5:30 am–7 am	Courtney McKenzie
	11:30 am–12 pm (Intro)	Will
	12 pm–1 pm	Will
	6:30 pm–7:30 pm	Shannon
Thursday	5:30 am–7 am	Jeannie McKenzie Courtney
	12 pm–1 pm	Will
Friday	5:30 am–7 am	Courtney McKenzie
	11:30 am–12pm (Intro)	Will
	12 pm–1 pm	Will
	6:30 pm–7:30 pm	Laura
Saturday	8 am–9:30 am	Kleo

Adult Fitness Swimming is a group swim workout led by a coach. The intro group is designed for new swimmers, but all skill levels are welcome in both groups.

Aqua Aerobics			
Day	Time	Depth	Instructor
Sunday	10:30 am–11:30 am	Shallow	Mattie
Monday	8:30 am–9:30 am	Deep	Myrna
Tuesday	10 am–11 am	Shallow	Myrna
	6:30 pm–7:30 pm	Deep	Mattie
Wednesday	8:30 am–9:30 am	Deep	Self-Directed
	10 am–11 am	Shallow	Myrna
Thursday	10 am–11 am	Shallow	Myrna
	6:30 pm–7:30 pm	Deep	Mattie
Friday	8:30 am–9:30 am	Deep	Self-Directed

Adult Water Polo		
Day	Time	Instructor
Monday	7:30 pm–9 pm	Aldo
Thursday	7:30 pm–9 pm	Self-directed

Aqua Aerobics is a low-impact fitness class held in either the shallow or deep end of the indoor pool. Classes focus on cardio, using floating belts and “weights” to provide resistance in the water.

Adult Water Polo is a drop-in, exhibition-style water polo game.



SLC Sports Complex

645 S Guardsman Way
Salt Lake City, UT 84108

Some sessions for drop-in programs do not have an instructor and space is provided for self-directed exercise.