

HLRC Gym Schedule

May 2025

Leagues & Youth Sports		
-CLOSED- Gym Times		
Monday	Youth Basketball Team Practices	5pm - 9pm (Only ½ Gym)
Tuesday	Women's Basketball League	5pm - 9pm
Wednesday	Youth Basketball Team Practices	5pm - 9pm (Only ½ Gym)
Thursday	Youth Basketball Team Practices	5pm - 9pm (Only ½ Gym)
Friday	Youth Volleyball Practices	3:30pm-8pm (Only May 2 & 9)
Saturday	Youth Volleyball League	7:30am - 12pm
	Youth Basketball League	12pm - 6pm

Basketball	
Open Gym Times	
Monday	12pm - 9pm (May 5 & 12: ½ Gym)
Tuesday	12pm - 5pm
Wednesday	12pm - 9pm (May 7 & 14: ½ Gym)
Thursday	12pm - 9pm (May 1, 8, & 15 ½ Gym)
Friday	12pm - 8pm (May 2 & 9 GYM CLOSED 3:30pm-8pm)
Saturday	None
Sunday	12pm - 3pm

Drop-In Pickleball	
Open Gym Times	
Monday	5:30am - 12pm
Tuesday	5:30am - 12pm
Wednesday	5:30am - 12pm
Thursday	5:30am - 12pm
Friday	5:30am - 12pm
Saturday	None
Sunday	9am - 12pm



Holladay Lions Rec Center

1661 E. Murray Holladay Rd.
SLC, Utah 84117
(385) 468-1700

Gym Schedule subject to change.
Please contact the front desk for updates.