

# HLRC Gym Schedule

September 2025

**HLRC will be CLOSED  
Sept 1 & Sept 23–25**

Leagues & Youth Sports	
-CLOSED- Gym Times	
Women's basketball league	Tuesdays 5–9 pm
Youth basketball practice	M,W, Th 5–9 pm
Youth volleyball practice	Fridays 4–8 pm
Youth basketball & volleyball games	Saturdays All day

MCRP Activities	
-CLOSED- Gym Times	
Youth Survival Simulation	Sept 6 12-4pm

Basketball	
Open Gym Times	
Monday	12 pm–9 pm
Tuesday	12 pm–5 pm
Wednesday	12 pm–9 pm
Thursday	12 pm–9 pm
Friday	12 pm–5 pm
Saturday	No Open Gym
Sunday	12 pm–3 pm

Drop-In Pickleball	
Open Gym Times	
Monday	5:30 am–12 pm
Tuesday	5:30 am–12 pm
Wednesday	5:30 am–12 pm
Thursday	5:30 am–12 pm
Friday	5:30 am–12 pm
Saturday	No Open Gym
Sunday	9 am–12 pm



**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.