

Lap Lane Schedule

As of December 4th 2025

Monday

Time	# Open Lanes
5:30 am-8:30 pm	3

Tuesday

Time	# Open Lanes
5:30 am-8:30 am	3
8:30 am-12:00 pm	1
12:00 pm-3 pm	3
3 pm-6 pm	0
6 pm-8:30 pm	1

Wednesday

Time	# Open Lanes
5:30 am-8:30 pm	3

Thursday

Time	# Open Lanes
5:30 am-8:30 am	3
8:30 am-10:45 am	1
10:45 am-3 pm	3
3 pm-6 pm	0
6 pm-8:30 pm	1

Friday

Time	# Open Lanes
5:30 am-9 am	3
9 am-10 am	1
10 am- 2:30 pm	3
2:30 pm-4:00 pm	1
4:00pm-7:30pm	3

Saturday

Time	# Open Lanes
7 am-8:30 am	3
8:30 am-12 pm	0
12 pm-5:30 pm	3

Sunday

Time	# Open Lanes
9 am-2:30 pm	3

Lane availability subject to change. Contact front desk or check website for updates and event closures.



Holladay Lions Rec Center
1661 E Murray Holladay Rd.
Salt Lake City, Utah 84117