

# 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