Detroit Lakes Community and Cultural Center Pool Schedule March 11th-March 17th, 2024 dlccc.org



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									Lap Po	ool - 8 Lan	es - La	ane 1:	by w	atersli	de; Lo	ane 8:	by diving	g board							
Time	Monday - Mar 11				Tuesday - Mar 12				Wednesday - Mar 13			Thursday - Mar 14			Friday - Mar 15			Saturday -Mar 16			Sunday - Mar 17		Time		
	1 2 3 4 5 6 7 8			7 8	1 2 3 4 5 6 7 8			1 2 3 4 5 6 7 8			1 2 3 4 5 6 7 8			1 2 3 4 5 6 7 8			1 2 3 4 5 6 7 8			1 2	3 4				
6:00-7:00a	Lap Swim			Law Conins * Conins Eit			оГ:+	Lan Curim			Lan Curim*		SwimFit		Lan Curim		Pool closed						6:00-7:00a		
7:00-8:00a					Lap Swim*		SwimFit		Lap Swim			Lap Swim*		SWIIIIFIL		Lap Swim			Lap - 18yrs and older only						7:00-8:00a
8:00-8:30a	Lap Swim					wim	vim				Lap Sv		wim		Rocki	ockin' to the		Law Cooling				Dealaland		8:00-8:30a	
8:30-9:00a	au a la sul lan Cuins*				Lau Coolua *		WaterInMotion Lap Swim*			Cilian Caralian Calash		Lan Curim*		Oldies Lap Swim*		Lap Swim			Pool closed			8:30-9:00a			
9:00-9:30a	Silver Sheal	Silver Sneakers Splash Lap Swim*		/1111*	Silver Sneakers Splash Lap Swim*		Lap Swim			Silver Sneakers Splash		Lap Swim*		Lap Swim								9:00-9:30a			
9:30-10:00a	Onon	Lan Cur	im	Onon	Onon	Lanc	·im	Open	Onon	Lan Curim	Onon	Onon	Land	Swim	Open	Onen	Lan Curin	Onon							9:30-10:00a
10:00-11:00a	Open	Lap Sw	1111	Open	Open	Lap S	wiiii	Open	Open	Lap Swim	Open	Open	Lap	SWIIII	Open	Open	Lap Swim	Open				Lap -	18yrs ar	nd older only	10:00-11:00a
11:00-11:30a	Lap - 18yrs and older only		only	Lap - 18yrs and older only			Lap - 18yrs and older only			Lap - 18yrs and older only		Lap - 18yrs and older only			Lan					11:00-11:30a					
11:30-12:00p																		Open	Lap Swim	Open				11:30-12:00p	
12:00-12:30p	Open	Lap Sw	im	Open	Open	Lap S	Swim	Open	Open	Lap Swim	Open	Open	Lap S	Swim	Open	Open	Lap Swim	Open		JWIIII		0	Lap	0	12:00-12:30p
12:30-2:00p	,																					Open	Swim	Open	12:30-2:00p
2:00-4:00p	Lap - 18yrs and older only		Lap - 18yrs and older only		Lap - 18yrs and older only			Lap - 18yrs and older only			Lap - 18yrs and older only									2:00-4:15p					
4:00-5:00p					Open		Ор	en		_		Oper	ı	Ор	en										4:15-5:00p
5:00-5:30p	0	Lap S	0		(4-5:30	D) <u> </u>	(4-5:	:30)	0	Lap		(4-5:3	0) 등	(4-5:	:30)		Lap		Lap -	18yrs a	nd older only	Lap -	18yrs ar	d older only	5:00-5:30p
5:30-6:30p	Oper	Swim O	Open		WS 0			Open Swim		Open							Open							5:30-6:30p	
6:30-7:00p	3			Swim Lessons		3		Swim Lessons Swi		Swim L	wim Lessons		ja j			Pool	clored		Dool Closed		6:30-7:00p				
7:00-8:00p	Lap - 18yrs and older only		Lessons			Lan 19yrs and older only			LESSONS						Pool closed			Pool Closed			7:00-8:00p				
8:00-9:30p			JIIIY	Lap - 18yrs and older only			Lap - 18yrs and older only			Lap - 18yrs and older only			Lap - 18yrs and older only								8:00-9:30p				

Leisure Pool - Zero Entry to slide area										
Time	Monday - Mar 11	Tuesday - Mar 12	Wednesday - Mar 13	Thursday - Mar 14	Friday - Mar 15	Saturday -Mar 16	Sunday - Mar 17	Time		
6:00-7:00a						Pool Closed		6:00-7:00a		
7:00a-7:30a	Adults Only	Adults Only		7:00a-7:30a						
7:30-8:00a	Addits Offig	Addits Offiy		Addits Offiy	Addits Only		Pool Closed	7:30-8:30a		
8:00-9:00a								8:30-9:00a		
9:00-11:00a	Open	Open	Open	Open	Open			9:00-10:00a		
11:00-11:30a	Adults Only (11-11:30am)		Lap - 18yrs and older only	10:00-11:00a						
11:30a-12:00p								11:00a-12:00p		
12:00-12:30p	Open	Open	Open	Open	Open	Open		12:00-12:30p		
12:30-2:00p							Open	12:30-2:00p		
2:00-4:00p	Adults Only			2:00-4:00p						
4:00-4:30p		Open (4-5:30)		Open (4-5:30)				4:00-5:00p		
4:30-5:30p	Open	Open (4-3.50)	Open	Open (4-3.50)		Lap - 18yrs and older only	Lap - 18yrs and older only	5:00-5:30p		
5:30-6:30p	Open	Swim Lessons	Open	Swim Lessons	Open			5:30-6:30p		
6:30-7:00p		Swilli Lessolis		Swilli Lessolis		Pool Closed	Pool Closed	6:30-7:00p		
7:00-8:00p	Adulta Only	Adulta Only	Adults Only	Adults Only		Fooi closed	Poor closed	7:00-8:00p		
8:00-9:30p	Adults Only	Adults Only	Adults Only	Adults Only	Lap - 18yrs and older only			8:00-9:30p		

Lap Swim:	These lanes are used for lap swimming only during selected times. * Reservations are suggested during these times.
Open:	Areas are for open swim time, if there are swim lessons or fitness classes going on then the slide and diving board will be closed.
Adults Only:	Adult only swim time; if there is no lifeguard on duty adult must sign waiver at the front desk before entering the pool area.
Swim Lessons:	During swim lesson time slots there is NO Open Swim.
Fitness Classes:	During fitness classes there is Open Swim in leisure pool, but the waterslide and/or diving board will remain closed until class has ended.

Guarded Pool Hours
M-Th 6a-11a; 11:30-2p; 4-7p
Fri 6a-11a; 11:30-2p; 4-8p
Sat 7:30a-5p
Sun 11a-5p
18yrs+ allowed during unguarded hours; Pool is not open for 24/7 access

DL Community Center Pool Information

Pool Rules

- 1. All posted pool rules must be followed.
- 2. Children 8 and younger must be actively supervised by an adult.
- 3. A shower is required before entering the pool.
- 4. No running.
- 5. Glass is not allowed in the pool area.
- 6. Spitting or spouting is not allowed in the pool.
- 7. To swim in the deep end, you must be able to swim 1 length of the pool without stopping. Lifeguards have the right to test swimmers if they feel they do not meet this
- 8. Diving is only allowed in the deep end of the pool.
- 9. Kick boards are not allowed to be used by anyone other than lap swimmers & class participants.
- 10. Cut off jean or other frayed shorts are not allowed in the pool.
- 11. Swim diapers are required for any pool patron who is not potty trained per the State Health Department.
- 12. No water wings or other blow up inflatable devices allowed in any of the pool area.
- 13. Coast Guard approved life jackets are allowed as long as parent is within arms' reach of the child in the pool.

Spa Rules

- 1. All posted spa rules must be followed.
- 2. No children under the age of 4 are allowed in the spa.
- 3. Time limited to 15 minutes at a time.
- 4. Pregnant women should not use the spa.
- 5. No swimming, floating or submerging of the head is allowed in the spa.
- 6. No pool toys are allowed in the spa.
- 7. "Sharing of seat space" is not allowed in the spa.

Waterslide Rules

- 1. All posted waterslide rules must be followed.
- 2. The waterslide is a single rider slide; you can not start at the top of the slide before the person has exited the bottom of the slide.
- 3. Sliders must exit the slide feet first.
- 4. No extra swimming or lingering is allowed in the slide landing area.
- 5. Sliders must know how to swim.
- 6. Sliders must be at least 42 inches tall to ride the slide; the front desk or lifeguards will help check this height.
- 7. Individuals jeopardizing the safety of themselves or another slider will lose slide privileges.
- 8. No lifejackets allowed on slide

Diving Board Rules

- 1. All posted diving board rules must be followed.
- 2. Single bounce only allowed on the diving board.
- 3. Forward dives, jumps, pencil dives, 1 somersault, cannon balls and belly flops allowed on the board.
- 4. No back dives, reverse dives or 1 ½ somersaults allowed on the board unless diver is accompanied by an approved coach.

Pool Facts

25 yds x 8 lanes Deepest point is 12.0 ft Pool length is 25 yds; a mile swim is 70 lengths **Aquatics Department Contact Information** Sallie Eikren, Aquatic Director/Wellness Coordinator 218.844.4221 Ext. 113 sallie@dlccc.org



