

**THE CENTER**  
— of DETROIT LAKES —  
Fitness & Aquatics

[illegible]

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	Adults Only	Adults Only	Adults Only	Adults Only	Adults Only	Pool Closed	Pool Closed	6:00-7:00a
7:00a-7:30a						7:00a-7:30a		
7:30-8:00a						7:30-8:30a		
8:00-9:00a						8:30-9:00a		
9:00-11:00a	Open	Open	Open	Open	Open	Open	Lap - 18yrs and older only	9:00-10:00a
11:00-11:30a	Adults Only (11-11:30am)	Adults Only (11-11:30am)	Adults Only (11-11:30am)	Adults Only (11-11:30am)	Adults Only (11-11:30am)			10:00-11:00a
11:30a-12:00p	Open	Open	Open	Open	Open			Open
12:00-12:30p								
12:30-2:00p						12:30-2:00p		
2:00-4:00p	Adults Only	Adults Only	Adults Only	Adults Only	Adults Only	Open	Open	
4:00-4:30p	Open	Open (4-5:30)	Open	Open (4-5:30)	Open			4:00-5:00p
4:30-5:30p								Lap - 18yrs and older only
5:30-6:30p		Swim Lessons		Swim Lessons				5:30-6:30p
6:30-7:00p		Adults Only		Adults Only		Adults Only	Adults Only	Pool Closed
7:00-8:00p	7:00-8:00p							
8:00-9:30p	8:00-9:30p							

**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*

Pool Schedule is subject to change  
Please see reverse side for pool rules and guidelines

## **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

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