# Detroit Lakes Community and Cultural Center Pool Schedule April 22nd-28th, 2024 dlccc.org



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Lap Pool - 8 Lanes - Lane 1: by waterslide; Lane 8: by diving board																																			
Time	Monday - Apr 22				Tuesday - Apr 23				Wednesday - Apr 24				Thursday - Apr 25				Friday - Apr 26				0,	Saturda	y -Apr 27	Sunday - Apr 28		Time									
	1 2	3 4	5 6 7	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	5 6 7 8									
6:00-7:00a	Lap Swim			Lap Swim* SwimFit			. F:+	Lan Curim			Lap Swim*		Cont	SwimFit		Lan Curim		Pool closed						6:00-7:00a											
7:00-8:00a					Lap Swilli Sw		SWIII	IFIL	Lap Swim			Lap Swiiii		SWIIIIFIL		Lap Swim									7:00-8:00a										
8:00-8:30a	Lap Swim					Lap S	Swim		- WaterInMotion Lap Swim		*	Lap		Swim		Rockin' to the Oldies Lap Swim*		Lap Swim				Dool	8:00-8:30a												
8:30-9:00a	Ciliana Cana	Silver Sneakers Splash Lap Swim*		Silver Sneakers Splash Lap		Lap Swim*		WaterInMotion L		Lap Sw	vim.	Silver Sneakers Splash		Lan Curim*				2MIIII.				Pool closed		8:30-9:00a											
9:00-9:30a	Silver Snea					Lap Sv	VIIII ·	Lap Swim		Silver Sheakers Splash		Lap Swim*		Lap Swim						9:00-9:30a															
9:30-10:00a	Open	Lan Su	vim (	Open	Open	Lap S	Swim	Open	Open	Lang	wim	Open	Open	Lan	Swim	Onon	Onon	Lap Sv	vim	Open	Swim Lessons		Swim Lessons				9:30-10:00a								
10:00-11:00a	Open	Lap 3v	Lap Swim Open		Lapen Lap		Swiiii Open		Open	Lap 3	p Swim Oper		Open	Lap	SWIIII	Open O	Open	Lap 3v	wiiii Open					Lap -	18yrs a	nd older only	10:00-11:00a								
11:00-11:30a	Da Lap - 18yrs and older only			only	Lap - 18yrs and older only			Lap - 18yrs and older only			Lap - 18yrs and older only			Lap -	Lap - 18yrs and older only		Lan					11:00-11:30a													
11:30-12:00p																											Lap Swim					11:30-12:00p			
12:00-12:30p	Open	Lap Sv	vim (	Open	Open	Lap S	Swim	Open	Open	Lap S	wim	Open	Open	Lap	Swim	Open	Open	Lap Sv	vim	Open	0	JWIIII		Onon	Lap	Onon	12:00-12:30p								
12:30-2:00p																					Open		Open	Open	Swim	Open	12:30-2:00p								
2:00-4:00p	Lap -	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		One			٦			Onor		0.	202											4:15-5:00p								
5:00-5:30p	One	Lap s	One	_	Open	Lag	Оре	211	Onon	Lap S	050		Oper		O,	oen		Lag			Lap - 18yrs a		ind older only	Lap -	18yrs ar	nd older only	5:00-5:30p								
5:30-6:30p	Ope	Swim	Ope	11	Continu	Swim	Cvvi		Open	Swim	Оре	511	Constant	S	C.	uima	Oper	Lap Swim	Оре	en							5:30-6:30p								
6:30-7:00p		5											Swim Lessons	im Si	Swii			٦			Swim Lessor	الله الله		vim		Ξ̈́				Pocl	closed		Pool (	locad	6:30-7:00p
7:00-8:00p	Lap - 18yrs and older only		Lessoris		Lessons		lan 1	I Ours an	urs and older		Lessoi	13	Les	sons						Pool closed			Pool Closed		7:00-8:00p										
8:00-9:30p			лпу	Lap - 18yrs and older only			Lap - 18yrs and older only			Lap - 18yrs and older only			Lap - 18yrs and older only								8:00-9:30p														
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	Leisure Pool - Zero Entry to slide area											
Time	Monday - Apr 22	Tuesday - Apr 23	Wednesday - Apr 24	Thursday - Apr 25	Friday	- Apr 26	Saturday -Apr 27	Sunday - Apr 28	Time			
6:00-7:00a							Pool Closed		6:00-7:00a			
7:00a-7:30a	Adults Only	Adults Only	Adults Only	Adults Only	Adult	ts Only			7:00a-7:30a			
7:30-8:00a	Adults Offiy	Addits Offiy		Addits Only	Addit	ts Offiy	Adults Only	Pool Closed	7:30-8:30a			
8:00-9:00a									8:30-9:00a			
9:00-11:00a	Open	Open	Open	Open	Open	Swim Lessons	Swim Lessons		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)			Lap - 18yrs and older only	10:00-11:00a			
11:30a-12:00p					Open				11:00a-12:00p			
12:00-12:30p	Open	Open	Open	Open			Open	Open	12:00-12:30p			
12:30-2:00p							Орен		12:30-2:00p			
2:00-4:00p	Adults Only	Adults Only	Adults Only	Adults Only	Adults Only				2:00-4:00p			
4:00-4:30p		Open		Open	Open  Adults Only				4:00-5:00p			
4:30-5:30p	Open	Орен	Open	Ореп			Lap - 18yrs and older only	Lap - 18yrs and older only	5:00-5:30p			
5:30-6:30p	Open		Ореп						5:30-6:30p			
6:30-7:00p		Swim Lessons		Swim Lessons			Dool Closed	Deel Classed	6:30-7:00p			
7:00-8:00p	Adulta Only		Adulta Only				Pool Closed	Pool Closed	7:00-8:00p			
8:00-9:30p	Adults Only	Adults Only	Adults Only	Adults 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



