

DLCCC POOL SCHEDULE - update 02/03/2021

2/8/2021-2/28/2021

Sunfish Schedule: Mon-Thurs 4:30-5:30p, lap lanes 1-5 will be used;
Dive Team: Mon-Fri 4-6p, lap lanes 6-8 will be used.

**Capacity during this time is 35 people -
 Reservations Required for anyone to be in the
 pool. Swim meets are Feb. 9, 16, & 25, pool and
 hot tub will be closed. There is NO Open Swim
 during swim lessons.**

LANE SET-UP:	Lane 1: by waterslide	Lane 8: by diving board
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Monday/Wednesday								
Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6	Ln 7	Ln 8
6:00a	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
7:30a	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
8:30a	Aqua Fusion (Mondays) / Zumba (Wednesdays)							
9:30a	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
11:30a	OPEN			gap lane	LAP	LAP	LAP	LAP
1:00p				gap lane	LAP	LAP	LAP	LAP
2:00p	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
4:00	Swim lessons 4-4:45/Sunfish 4:30-5:30				Dive Team 4-6p/ Swim Lessons			
5:30p	Swim lessons			gap lane	LAP			
6:15p	Swim lessons			gap lane	LAP	LAP	LAP	LAP
8:00p	CLOSED							

Tuesday/Thursday								
Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6	Ln 7	Ln 8
6:00a	LAP	LAP	LAP	LAP	SwimFit (6:05a)			
7:00a	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
8:30a	Silver Sneaker Splash							
9:30a	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
11:30a	OPEN			gap lane	LAP	LAP	LAP	LAP
1:00p				gap lane	LAP	LAP	LAP	LAP
2:00p	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
4:00p	Sunfish 4:30-5:30				Dive Team 4-6:00p			
5:45p	WaterInMotion Feb. 11 & 23							
6:30p	OPEN			gap lane	LAP	LAP	LAP	LAP
8:00p	CLOSED							

Friday								
Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6	Ln 7	Ln 8
6:00a	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
8:00a	Rockin' To The Oldies							
9:00a	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
10:00a	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
11:00a	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
11:30a	OPEN			gap lane	LAP	LAP	LAP	LAP
2:00p	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
4:30p	OPEN			gap lane	LAP	Dive Team 4-6p		
6:00p	OPEN			gap lane	LAP	LAP	LAP	LAP
8:00p	CLOSED							

Saturday								
Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6	Ln 7	Ln 8
7:30a	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
8:45a	Swim Lessons	LAP	LAP	LAP	Swim Lessons			
10:00a	Swim Lessons	LAP	LAP	LAP	Swim Lessons			
11:00a	LAP	LAP	LAP	LAP	OPEN			
4:30p	CLOSED							

Sunday								
Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6	Ln 7	Ln 8
12:30p	LAP	LAP	LAP	LAP	OPEN			
1:00p	LAP	LAP	LAP	LAP	OPEN			
3:00p	LAP	LAP	LAP	LAP	OPEN			
4:00p	LAP	LAP	LAP	LAP	OPEN			
4:30p	CLOSED							

Key

Area:	Description	Available for:
Lap	Lap Swim Lane	Lap Swim
Open	Open Swim	All Members
Aqua Fit	Aerobics Class	Adult Members
Lessons	Swim Lessons	Lesson Participants
Masters	Adult Swim Team	Adults
Sunfish	Youth Swim Team	Youth

*Lap lanes may be used for private lessons. Schedule subject to change for special events in the pool.

Guarded Pool Hours
M-F 6:00-11am; 11:30am-2pm; 4-8pm
Sat 7:30am-4:30pm
Sun 12:30pm-4:30pm

See reverse side for pool rules and Aquatics Department contact information.

Sauna is closed due to Covid guidelines.
The waterslide is available during "Open Swim" times



DL Community Center Pool Information

Pool Rules – Covid-19

1. Reservations required to use pool during this time.
2. All posted pool rules must be followed.
3. **Children 13 and younger must be actively supervised by an adult.**
4. A shower is required before entering the pool.
5. No running.
6. Glass is not allowed in the pool area.
7. Spitting or spouting is not allowed in the pool.
8. 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 requirement.
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. A regular diaper is not acceptable.
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 – Covid-19

1. All posted spa rules must be followed.
2. Max of 2 people allowed at one time, sit in marked spots.
3. No children under the age of 13 are allowed in the spa.
4. Time limited to 15 minutes at a time.
5. Pregnant women should not use the spa.
6. No swimming, floating or submerging of the head is allowed in the spa.
7. No pool toys are allowed in the spa.
8. "Sharing of seat space" is not allowed in the spa.

Waterslide Rules – Covid-19

1. All posted waterslide rules must be followed.
2. Slide is only available during "Open Swim" times. Not during swim lessons, classes, Sunfish block times.
3. 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.
4. Entrance and Exit to the slide is located on the East side of the pool. (Summit Ave. side)
5. Must maintain distance by using marks on the floor.
6. Sliders must exit the slide feet first.
7. No extra swimming or lingering is allowed in the slide landing area.
8. Sliders must know how to swim.
9. Sliders must be at least 42 inches tall to ride the slide; the front desk or lifeguards will help check this height.
10. Individuals jeopardizing the safety of themselves or another slider will lose slide privileges.
11. **No lifejackets** allowed on slide

Diving Board Rules – Partially open during "Open Swim"

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; Email: sallie@dlccc.org

