

DLCCC POOL SCHEDULE

Jan-22

Swim Meet (Entire pool area is closed): 1/11 & 1/18
Tot Time (ages 6 & under) - Leisure Pool Only -
 Monday-Friday 9-11a & 4-6:30p

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*							
8:00a	(8:15a)Aqua Fusion/(8am)Aqua Zumba						Lap*	
9:30a	Lap							
10:30a	Lap							
11:00a	Lap - 18yrs and older only							
11:30a	Lap				Open			
2:00p	Lap* - 18yrs and older only							
4:00p	Sunfish				Lap*	Dive Team		
5:00p					Lap*	Dive Team		
5:45p	WaterInMotion@(Mon)/Open(Wed)				Lap*	Dive Team		
6:30p	Open				Lap			
7:00p	Lap* - 18yrs and older only							

Tuesday/Thursday Watch for HS Meet schedule								
Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6	Ln 7	Ln 8
6:00a	Lap*				Swim Fit			
8:30a	SilverSneakers Splash						Lap*	
9:30a	Lap							
11:00a	Lap - 18yrs and older only							
11:30a	Lap				Open			
2:00p	Lap - 18yrs and older only							
4:00p	Sunfish				Lap*	Dive Team		
5:00p					Lap*	Dive Team		
5:45p	Water in Motion®				Lap*	Dive Team		
6:30p	Lap				Open			
7:00p	Lap - 18yrs and older only							

Friday								
Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6	Ln 7	Ln 8
6:00a	Lap*							
8:00a	Rockin' to the Oldies						Lap*	
9:00a	Silver Sneakers Splash						Lap*	
10:00a	Lap				Lap			
11:00a	Lap - 18yrs and older only							
11:30a	Lap				Open			
2:00p	Lap - 18yrs and older only							
4:00p	Open			Lap		Dive Team		
6:00p	Lap				Open			
7:00p	Lap - 18yrs and older only							

Saturday								
Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6	Ln 7	Ln 8
7:30a	Open		Lap		Open			
9:00a	Open		Lap		Open			
11:00a	Open		Lap		Open			
1:30p	Open		Lap		Open			
4:30p	Closed							

Sunday								
Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6	Ln 7	Ln 8
12:00p	Lap							
12:30p	Open		Lap		Open			
4:30p	Closed							

Area:	Description	Available for:
Leisure	Zero Entry to Slide	Tots/Swim Lessons
Lap	Lap Swim Lane	Lap Swim/Water Walk/Deep Water Exercise
Open	Open Swim	All Members
Lessons	Swim Lessons	Lesson Participants
Sunfish	Youth Swim Team	Youth

Guarded Pool Hours
M-F 6:00am-11:00am; 11:30am-2:00pm; 4:00pm-7:00pm
Sat 7:30am-4:30pm
Sun 12:30pm-4:30pm
18yrs+ allowed during unguarded hours

See reverse side for pool rules and Aquatics Department contact information.
 The hot tub will be closed for cleaning from 12-4 p.m. on Mondays.
Pool is not open for 24/7 access.

Lap lanes may be used for private lessons.
***Lane reservation is required**



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 requirement.
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.
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

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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