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



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Lap Pool - 8 Lanes - Lane 1: by waterslide; Lane 8: by diving board																										
Time	Monday - Jan 22			Tuesday - Jan 23				Wednesday - Jan 24				Thursday - Jan 25				Friday - Jan 26				Saturday -Jan 27			Sunday - Jan 28			Time
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6:00-7:00a	Lan Curim			Lap Swim* SwimFit		F:+	Lap Swim			Lap Swim* SwimFit			Lap Swim			Pool closed					6:00-7:00a					
7:00-8:00a	Lap Swim		SWIIII			rit	Lap Swilli			Lap Swiiii		SWIIIIFIL		Lap Swiiii			Lap - 18yrs and older only						7:00-8:00a			
8:00-8:30a	Lap Swim		Lap Sv		Swim		Material Maties		Lap Swim			Rockin' to the			Lan Curina			Deal slees			8:00-8:30a					
8:30-9:00a					Law Coo	Law C		WaterInMotion Lap Swim*		Silver Sneakers Splash Lap Swim*		Law C	*	C	Idies Lap Swim*		* Lap Swim			Pool closed			8:30-9:00a			
9:00-9:30a	Silver Snea	Silver Sneakers Splash Lap Swim*		Silver Sneakers Splash Lap Swim*		ım.	Lap Swim					Lap Swim		Swim Lap Swim					9:00-9:30a							
9:30-10:00a	0	Law Coo		0	Lap S			0	1 0			0	l C		0	0	1 C		0	Lessons	Swim	Lessons				9:30-10:00a
10:00-11:00a	Open	pen Lap Swim Open		Open Lap		wim Open		Open Lap S		Swim C	wim Open	Open	Lap S	wiiii	п Ореп	Open	Lap Sv	WIIII	Open		•		Lap -	- 18yrs and older only		10:00-11:00a
11:00-11:30a	Lap - 18yrs and older only		Lap - 18yrs and older only			only	Lap - 18yrs and older only			Lap - 18yrs and older only			Lap - 18yrs and older only								11:00-11:30a					
11:30-12:00p																										11:30-12:00p
12:00-12:30p	Open	Lap Sw	im Open	Open	Lap S	wim	Open	Open	Lap S	Swim C	Open	Open	Lap S	wim	Open	Open	Lap Sv	wim	Open	Daal Class	. d £ C	مدندا المدند	0	Lap	0	12:00-12:30p
12:30-2:00p																				Pool Closed for Sunfish Invite		Open	Swim	Open	12:30-2:00p	
2:00-4:00p	Lap -	Lap - 18yrs and older only		Lap - 18yrs and older only		only	Lap - 18yrs and older only			Lap - 18yrs and older only			Lap - 18yrs and older only									2:00-4:15p				
4:00-5:00p		Sunfish Dive Team (4-6p)		Sunfish Sw		wim lessons/Dive		Sunfish		Dive Team		Sunfish	Swim lessons/Dive		ns/Dive			Dive Team							4:15-5:00p	
5:00-5:30p	Suntis			Suntish	Team (4-6p)		p)	ਰ (4-6n)			o)	Team (4-6p)					(4-	-6p)				Lap - 18yrs and older only			5:00-5:30p	
5:30-6:30p	0	wim	0	Swim	נ	Continu Inc		0	Swim	0		Swim	Li	Continue I		Open	Lap Swim									5:30-6:30p
6:30-7:00p	Oper]]	Open	Lesson	s g	ਭੂ Swim les		Open	ם	Oper	oen -	Lessons	de o	등 Swim le			SWIIII	Open		De delened			2 10 1		6:30-7:00p	
7:00-8:00p	Lap - 18yrs and older only		Lap - 18yrs and older only			ada .	Law 10 and alder and			and the	Lana 10 ma and alder and							Pool closed			Pool Closed			7:00-8:00p		
8:00-8:30p						Lap - 18yrs and older only			Lap - 18yrs and older only			Lap - 18yrs and older only									8:00-8:30p					

Leisure Pool - Zero Entry to slide area										
Time	Monday - Jan 22	Sunday - Jan 28	Time							
6:00-7:00a							Pool Closed		6:00-7:00a	
7:00a-7:30a	Adults Only				7:00a-7:30a					
7:30-8:00a	Adults Offiy	Addits Offiy		Addits Offiy	Addit	S Offig	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)			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			Pool Closed for Sunfish Invite	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	Adult	s Only			2:00-4:00p	
4:00-4:30p					Open				4:00-5:00p	
4:30-5:30p	Open	Swim Lessons	Open	Swim Lessons				Lap - 18yrs and older only	5:00-5:30p	
5:30-6:30p	Open			SWIIII LESSOIIS					5:30-6:30p	
6:30-7:00p							Pool Closed	Pool Closed	6:30-7:00p	
7:00-8:00p	Adults Only	Adulta Only	Adulta Only	Adulta Only	Adults Only		Poor closed		7:00-8:00p	
8:00-8:30p	Adults Only	Adults Only	Adults Only	Adults Only					8:00-8:30p	

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



