

Detroit Lakes Community and Cultural Center Pool Schedule

September 18th - September 24th, 2023

dlccc.org



Lap Pool - 8 Lanes - Lane 1: by waterslide; Lane 8: by diving board

Time	Monday - Sept 18								Tuesday - Sept 19								Wednesday - Sept 20								Thursday - Sept 21								Friday - Sept 22								Saturday - Sept 23								Sunday - Sept 24								Time																
	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	1	2	3	4	5	6	7	8																	
6:00-7:00a	Lap Swim								Lap Swim*				SwimFit				Lap Swim								Lap Swim*				SwimFit				Lap Swim								Pool closed								6:00-7:00a																								
7:00-8:00a	Lap Swim								Lap Swim								Lap Swim								Lap Swim*				SwimFit				Lap Swim								Lap - 18yrs and older only								7:00-8:00a																								
8:00-8:30a	Lap Swim								Lap Swim								WaterInMotion				Lap Swim*				Lap Swim								Rockin' to the Oldies				Lap Swim*				Lap Swim								Pool closed								8:00-8:30a																
8:30-9:00a	Silver Sneakers Splash				Lap Swim*				Silver Sneakers Splash				Lap Swim*				Lap Swim								Silver Sneakers Splash				Lap Swim*				Lap Swim								Lap Swim								Pool closed								8:30-9:00a																
9:00-9:30a	Lap Swim								Lap Swim								Lap Swim								Silver Sneakers Splash				Lap Swim*				Lap Swim								Swim Lessons				Lap Swim				Swim Lessons				Lap - 18yrs and older only								9:00-9:30a												
9:30-10:00a	Open	Lap Swim			Open			Open	Lap Swim			Open			Open	Lap Swim			Open			Open	Lap Swim			Open			Open	Lap Swim			Open			Open	Lap Swim			Open			Lap - 18yrs and older only								9:30-10:00a																						
10:00-11:00a	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								Lap - 18yrs and older only								Lap - 18yrs and older only								10:00-11:00a																
11:00-11:30a	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								Lap - 18yrs and older only								Lap - 18yrs and older only								11:00-11:30a																
11:30-12:00p	Open	Lap Swim			Open			Open	Lap Swim			Open			Open	Lap Swim			Open			Open	Lap Swim			Open			Open	Lap Swim			Open			Open	Lap Swim			Open			Open	Lap Swim			Open			11:30-12:00p																							
12:00-12:30p	Open	Lap Swim			Open			Open	Lap Swim			Open			Open	Lap Swim			Open			Open	Lap Swim			Open			Open	Lap Swim			Open			Open	Lap Swim			Open			Open	Lap Swim			Open			12:00-12:30p																							
12:30-2:00p	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								Lap - 18yrs and older only								Lap - 18yrs and older only								12:30-2:00p																
2:00-4:00p	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								Lap - 18yrs and older only								Lap - 18yrs and older only								2:00-4:15p																
4:00-5:00p	Open	Lap Swim			Dive Team (4-6p)			Swim Lessons	Lap Swim			Dive Team (4-6p)/ WaterInMotion (5:30-6:30)			Open	Lap Swim			Dive Team (4-6p)			Swim Lessons	Lap Swim			Dive Team (4-6p)			Open	Lap Swim			Dive Team (4-6p)			Lap - 18yrs and older only								Lap - 18yrs and older only								4:15-5:00p																					
5:00-5:30p	Open	Lap Swim			Dive Team (4-6p)			Open	Lap Swim			Dive Team (4-6p)			Open	Lap Swim			Dive Team (4-6p)			Open	Lap Swim			Dive Team (4-6p)			Open	Lap Swim			Dive Team (4-6p)			Lap - 18yrs and older only								Lap - 18yrs and older only								5:00-5:30p																					
5:30-6:30p	Open	Lap Swim			Dive Team (4-6p)			Open	Lap Swim			Dive Team (4-6p)			Open	Lap Swim			Dive Team (4-6p)			Open	Lap Swim			Dive Team (4-6p)			Open	Lap Swim			Dive Team (4-6p)			Lap - 18yrs and older only								Lap - 18yrs and older only								5:30-6:30p																					
6:30-7:00p	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								Lap - 18yrs and older only								Lap - 18yrs and older only								Lap - 18yrs and older only								6:30-7:00p								
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8:00-8:30p	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								Lap - 18yrs and older only								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 - Sept 18								Tuesday - Sept 19								Wednesday - Sept 20								Thursday - Sept 21								Friday - Sept 22								Saturday - Sept 23								Sunday - Sept 24								Time																								
	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	Adults Only								Adults Only								Adults Only								Adults Only								Adults Only								Pool Closed								6:00-7:00a																																
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9:00-11:00a	Open								Open								Open								Open								Open								Open								Swim Lessons (8:45-11a)								Lap - 18yrs and older only								9:00-10:00a																
11:00-11:30a	Adults Only								Adults Only								Adults Only								Adults Only								Adults Only								Adults Only								Adults Only								Adults Only								Lap - 18yrs and older only								10:00-11:00a								
11:30a-12:00p	Open								Open								Open								Open								Open								Open								Open								Open								Open								11:00a-12:00p								
12:00-12:30p	Open								Open								Open								Open								Open								Open								Open								Open								Open								12:00-12:30p								
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4:30-5:30p	Open								Swim Lessons								Open								Swim Lessons								Open								Open								Open								Lap - 18yrs and older only								Lap - 18yrs and older only								5:00-5:30p								
5:30-6:30p	Open								Open								Open								Open								Open								Open								Open								Open								Open								5:30-6:30p								
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7:00-8:00p	Adults Only								Adults Only								Adults Only								Adults Only								Adults Only								Adults Only								Adults Only								Adults Only								Adults Only								Adults Only								7:00-8:00p
8:00-8:30p	Adults Only								Adults Only								Adults Only								Adults Only								Adults Only								Adults Only								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

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

218.844.4221 Ext. 113 sallie@dlccc.org