

**Detroit Lakes Community and Cultural Center Pool Schedule**

**March 6 - March 12th, 2023**

dlccc.org



Lap Pool - 8 Lanes - Lane 1: by waterslide; Lane 8: by diving board																																																																																	
Time	Monday - March 6								Tuesday - March 7								Wednesday - March 8								Thursday - March 9								Friday - March 10								Saturday - March 11								Sunday - March 12								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								WaterInMotion								Lap Swim*								Lap Swim								Silver Sneakers Splash								Lap Swim*								Lap Swim								Lap - 18yrs and older only								7:00-8:00a
8:00-8:30a	Lap Swim								Lap Swim								WaterInMotion								Lap Swim*								Lap Swim								Silver Sneakers Splash								Lap Swim*								Lap Swim								Lap Swim								Lap - 18yrs and older only								8:00-8:30a
8:30-9:00a	Aqua Fusion				Lap Swim*				Silver Sneakers Splash				Lap Swim*				Lap Swim				WaterInMotion				Lap Swim*				Silver Sneakers Splash				Lap Swim*				Lap Swim				Lap Swim				Lap - 18yrs and older only				8:30-9:00a																																
9:00-9:30a	Open								Lap Swim								Open								Lap Swim								Open								Lap Swim								Open								Lap Swim								Lap - 18yrs and older only								9:00-9:30a								
9:30-10:00a	Open								Lap Swim								Open								Lap Swim								Open								Lap Swim								Open								Lap Swim								Lap - 18yrs and older only								9:30-10:00a								
10:00-11:00a	Open								Lap Swim								Open								Lap Swim								Open								Lap Swim								Open								Lap Swim								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								Lap - 18yrs and older only								11:00-11:30a																
11:30-12:00p	Open								Lap Swim								Open								Lap Swim								Open								Lap Swim								Open								Lap Swim								Lap - 18yrs and older only								11:30-12:00p								
12:00-12:30p	Open								Lap Swim								Open								Lap Swim								Open								Lap Swim								Open								Lap Swim								Lap - 18yrs and older only								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								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								Lap - 18yrs and older only								2:00-4:00p																
4:00-5:00p	Open								Lap Swim								Open								Lap Swim								Open								Lap Swim								Open								Lap Swim								Lap - 18yrs and older only								4:00-5:00p								
5:00-5:30p	Open								Lap Swim								Open								Lap Swim								Open								Lap Swim								Open								Lap Swim								Lap - 18yrs and older only								5:00-5:30p								
5:30-6:30p	WaterInMotion				Lap Swim				Swim Lessons				Lap Swim*				Swim Lessons				Open				Lap Swim				Open				Swim Lessons				Lap Swim*				Swim Lessons				Pool closed								5:30-6:30p																												
6:30-7:00p	Open								Lap Swim								Swim Lessons								Lap Swim*								Swim Lessons								Open								Lap Swim								Open								Lap - 18yrs and older only								6:30-7:00p								
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Leisure Pool - Zero Entry to slide area																																																																																																									
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9:00-11:00a	Open								Open								Open								Open								Open								Open								Open								Open								Swim Lessons								Pool Closed								9:00-11:00a																								
11:00-11:30a	Adults Only								Adults Only								Adults Only								Adults Only								Adults Only								Adults Only								Adults Only								Adults Only								Adults Only								Adults Only								Adults Only								11:00-11:30a																
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2:00-4:00p	Adults Only								Adults Only								Adults Only								Adults Only								Adults Only								Adults Only								Adults Only								Adults Only								Adults Only								Adults Only								Adults Only								2:00-4:00p																
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5:00-5:30p	Open								Open								Open								Open								Open								Open								Open								Open								Open								Open								Open								Open								5:00-5:30p								
5:30-6:30p	Open								Open								Open								Open								Open								Open								Open								Open								Open								Open								Open								Open								Open								5:30-6:30p
6:30-7:00p	Swim Lessons								Swim Lessons								Swim Lessons								Swim Lessons								Swim Lessons								Swim Lessons								Swim Lessons								Swim Lessons								Swim Lessons								Swim Lessons								Swim Lessons								6:30-7:00p																
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- 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, but the waterslide and/or diving board will remain closed until class has ended.

**Guarded Pool Hours**  
**M-F 6a-11a; 11:30a-2p;4-7p**  
**Sat 7:30a-5p**  
**Sun 12:30-5p**  
**18yrs+ allowed during unguarded hours ; Pool is not open for 24/7**

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](mailto:sallie@dlccc.org)