Detroit Lakes Community and Cultural Center Pool Schedule Jun 30th-July 6th, 2025 dlccc.org



Time	Mon - Jun 30			Tues - Jul 1			Wed - Jul 2			Thur - Jul 3			Fri - Jul 4	Sat - Jul 5				Sun - Jul 6		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* Swi		SwimFit	Lap Swim		Lap Swim* Swin		SwimFit		Pool closed						6:00-7:00a		
7:00-8:00a					SWIIIFIL			111	Edp Swiiii		SWIIIIFIL		Lap - 18yrs and older only					7:00-8:00a		
8:00-8:30a	Swim w/o Lanes Lap Swim		Swim w/o Lanes Lap Swim		Lap Swim	WaterInMotion Lap Swim*		Swim w/o Lanes Lap Swim		Lap Swim		Lan Swim				Pool closed		8:00-8:30a		
8:30-9:00a	Silver Sneakers Splash Lap Swim*		Silver Sneakers Splash					Lap Swim*					Lap Swim				Pool closed		8:30-9:00a	
9:00-9:30a					Lap Swim*	Aqua		Silver Sneakers Splash La		Lap Swim*							9:00-9:30a			
9:30-10:00a	Aqua Fusion			Aqua Fusion			Fusion	La	p Swim											9:30-10:00a
10:00-11:00a	(until 10:30a)			(until 10:30a)													Lap -	18yrs a	nd older only	10:00-11:00a
11:00-11:30a					Lap Swim		l ()nen			Open	pen Lap Swim	()nen	Pool Closed for July 4th	Open	Lap Swim	Open	Onen			11:00-11:30a
11:30-12:00p		Lap Swim						Lap	0										Onen	11:30-12:00p
12:00-12:30p	Open	Swim						Swim	Open									Lap		12:00-12:30p
12:30-2:00p																		Swim	Open	12:30-2:00p
2:00-4:00p																				2:00-4:15p
4:00-5:00p	C (1-1	Lap	0	C C I	<u>ا</u>	0	C C	5	0	C Carl	5	0								4:15-5:00p
5:00-5:30p	Sunfish	ğ	Open	Sunfish	Lap	Open	Sunfish	Lap	Open	Sunfish	Lap	Open		Lap -	18yrs a	nd older only	Lap -	18yrs ar	nd older only	5:00-5:30p
5:30-6:30p	0	Lap	0	0	Lap	0	0	Lap	0	0	Lap	0								5:30-6:30p
6:30-7:00p	Open	Swim	n Open Op	Open	Swim	Open	Open	Swim	Open	Open	Swim	Open		De el el const			Daalo	Name of the same o	6:30-7:00p	
7:00-8:00p	-8:00p			Lan. 10 con and aldered			Lan. 10 cm and aldered					alden and		Pool closed				Pool Closed		7:00-8:00p
8:00-8:30p	8:30p Lap - 18yrs and older only		older only	Lap - 18yrs and older only			Lap - 18yrs and older only			Lap - 18yrs and older only		older only								8:00-8:30p

Leisure	Pool - Zero En	try to slide area
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Time	Mon - Jun 30	Tues - Jul 1	Wed - Jul 2	Thur - Jul 3	Fri - Jul 4	Sat - Jul 5	Sun - Jul 6	Time
6:00-7:00a						Pool Closed		6:00-7:00a
7:00a-7:30a	Adults Only	Adults Only	Adults Only	Adults Only				7:00a-7:30a
7:30-8:00a	Addits Offig	Adults Only	Addits Offiy	Addits Offiy		Adults Only	Pool Closed	7:30-8:30a
8:00-9:30a								8:30-9:30a
9:30-11:00a								9:30-11:00a
11:00-11:30a		Open	Open	Open	Pool Closed for July 4th	Open	Lap - 18yrs and older only	11:00-11:30a
11:30a-12:00p							Open	11:00a-12:00p
12:00-12:30p								12:00-12:30p
12:30-2:00p	Open							12:30-2:00p
2:00-4:00p								2:00-4:00p
4:00-4:30p								4:00-5:00p
4:30-5:30p						Adults Only	Lap - 18yrs and older only	5:00-5:30p
5:30-6:30p						Pool Closed	Pool Closed	5:30-6:30p
6:30-7:00p								6:30-7:00p
7:00-8:00p	Adults Only	Adults Only	Adults Only	Adults Only				7:00-8:00p
8:00-8:30p	Addits Only	Addits Only	Addits Only	Addits 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
Mon-Fri: 6a-11a; 11:30a-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



