### Detroit Lakes Community and Cultural Center Pool Schedule October 20th-October 26th, 2025 dlccc.org



Time	Me	Tu	es - Oc	t 21	Wed - Oct 22			Thur - Oct 23			Fri - Oct 24			Sat - Oct 25			Sun - Oct 26		Time				
	1 2 3 4 5 6 7 8 1				4 5	6 7 8	1 2 3 4 5 6 7 8			1 2 3 4 5 6 7			6 7 8	1 2 3 4 5 6 7 8			1 2 3 4 5 6 7 8			1 2	1 2 3 4 5 6 7 8		
6:00-7:00a	6:00-7:00a			Lap Swim* Swin		C i Eit	Lan Curim			Lap Swim*		SwimFit		Lap Swim		Pool closed						6:00-7:00a	
7:00-8:00a	Lap Swim		SWIIIIFIL			Lap Swim		Lap -	- 18yrs a							nd older only				7:00-8:00a			
8:00-8:30a	Adult Swim La		ap Swim	Adult Swim		Lap Swim	WaterInMetion		Law Coolina*	Adult	Adult Swim		p Swim	Rockin' to the		e Lan Coninci	Lap		Lap		Dool aloned		8:00-8:30a
8:30-9:00a		Silver Sneakers Splash					WaterInMotion	Lap Swim*	Silver Sneakers Splas			*	Oldies		Lap Swim*					Pool closed		8:30-9:00a	
9:00-9:30a	Silver Sneaker			Silver Sneakers Splas		Lap Swim*	Aqua	Lon Curies		Silver Sneakers Spias		h Lap Swim*		Aqua		Law Coolina	Swim	Swim	Swim				9:00-9:30a
9:30-10:00a	Aqua Fusion			Aqua Fusion			Fusion	Fusion	ap Swim		lan (	· · · · · · · · · · · · · · · · · · ·	Adult	Fusio	n	Lap Swim	Lessons	Lan	Lessons			9:30-10:00a	
10:00-11:00a	(until 10:30a)			(until 10:30a)			Adult Swim I	Lap	' Adult Swim		Laps	Swim	Swim			Lap				Lap -	Lap - 18yrs and old		10:00-11:00a
11:00-11:30a			Open 1 10:30a-3p			Open						_	Оре			0		Lap Swim					11:00-11:30a
11:30-12:00p	Open	Lap Swim			Lap Swim								Open			Open						11:30-12:00p	
12:00-12:30p	10:30a-3p	SWIIII		Adult Swim				Swim			Lap Swim								0	0	Lap	0	12:00-12:30p
12:30-2:00p					Adult Swim				Adult	SWIIII	Adu	ult Swim	Adult Swim Lan		Adult Swim	Open		Open	Open	Swim	Open	12:30-2:00p	
2:00-4:00p	Adult Swim (3-4p)		Adult Swim (3-4p)	JWIIII		JWIIII				Swim				SWIIII	Lap Swim								2:00-4:15p
4:00-5:00p	Open Sunfish	HS	Dive Team				0 0	н	S Dive Team						SWIIII								4:15-5:00p
5:00-5:30p	Sunfish	Sunfish		until 6p)		HS Dive	Open Sunfish	n La	(until 6p)			H:	IS Dive	Open			Lap - 18yrs and older only		Lap - 18yrs and older only		5:00-5:30p		
5:30-6:30p		Lap		Sunfish/Swim Lessons		Team/Swim		О	0	Sunfish/S Lessor	wim Lap	Team/Swim				Open							5:30-6:30p
6:30-7:00p	Open	_				Lessons			pen at 6p	203301		Le	Lessons					Daal					6:30-7:00p
7:00-8:00p							Lan 10 yes and als		alder only								Pool		losea	Pool Closed		7:00-8:00p	
8:00-9:30p	0-9:30p Lap -18 yrs and older only		Lap -18 yrs and older		older only	Lap -18 yrs and older only		Lap -18 yrs and older or			der only	Lap -18 yrs and older only								8:00-9:30p			
8:00-9:30p	Lap -18 y	Lap -18 yrs and older only Lap -18 yrs and older only Lap -18 yrs and older only Lap -18 yrs and older						nd older only							8:00-9:30p								

Leisure Pool - Zero Entry to slide area									
Time	Mon - Oct 20	Tues - Oct 21	Wed - Oct 22	Thur - Oct 23	Fri - Oct 24	Sat - Oct 25	Sun - Oct 26	Time	
6:00-7:00a						Pool Closed		6:00-7:00a	
7:00a-7:30a	Adults Only	Adults Only		Adults Only	Adults Only	Adults Only		7:00a-7:30a	
7:30-8:00a	Addits Offig			Addits Offiy	Addits Offiy	Adults Offiy	Pool Closed	7:30-8:30a	
8:00-9:30a						Swim Lessons		8:30-9:30a	
9:30-11:00a			Adults Only			Swiffi Lessons		9:30-11:00a	
11:00-11:30a		Open	Addits Only	Open	Open	Open	Lap - 18yrs and older only	11:00-11:30a	
11:30a-12:00p	Open until 3p						Open	11:00a-12:00p	
12:00-12:30p				Adults Only				12:00-12:30p	
12:30-2:00p		Adults Only			Adults Only			12:30-2:00p	
2:00-4:00p	Adults Only (3-4p)							2:00-4:00p	
4:00-4:30p								4:00-5:00p	
4:30-5:30p		Swim Lessons	Open	Swim Lessons		Adults Only	Lap - 18yrs and older only	5:00-5:30p	
5:30-6:30p	Open				Open	Pool Closed	Pool Closed	5:30-6:30p	
6:30-7:00p								6:30-7:00p	
7:00-8:00p			Adulta Only					7:00-8:00p	
8-00-9-30n	Adults Only	Adults Only	Adults Only	Adults Only	Adults Only			8:00-9:30n	

Adults Only

Adults Only

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.

Adults Only

## **Guarded Pool Hours**

8:00-9:30p

Mon: 6a-3p, 4-8p; Tues: 6a-12p, 4-8p; Wed: 6-8a, 4-7p; Thur: 6a-12p, 4-8p; Fri: 6a-12p, 4p-8p Sat 7:30a-5p Sun 11a-5p

18yrs+ allowed during unguarded hours; Pool is not open for 24/7 access

Adults Only

8:00-9:30p

## **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



