

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

**May 4th- 10th, 2026**

dlccc.org



Time	Mon - May 4								Tues - May 5								Wed - May 6								Thur - May 7								Fri - May 8								Sat - May 9								Sun - May 10								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 (6-7:30a)				Lap Swim								Lap Swim				SwimFit (6-7:30a)				Lap Swim								6:00-7:00a																
7:00-8:00a	Lap Swim								Lap Swim								Lap Swim								Lap Swim								Lap Swim								Lap - 18yrs and older only								7:00-8:00a								
8:00-8:30a	Lap Swim								Lap Swim								Water In Motion				Lap				Lap Swim								Rockin' to the Oldies				Lap				Pool closed								8:00-8:30a								
8:30-9:00a	Silver Sneakers Splash				Lap				Silver Sneakers Splash				Lap				Lap Swim								Silver Sneakers Splash				Lap				Lap Swim								8:30-9:00a																
9:00-9:30a	Silver Sneakers Splash				Lap				Silver Sneakers Splash				Lap				Adult Swim				Lap Swim				Silver Sneakers Splash				Lap				Adult Swim				Lap Swim				9:00-9:30a																
9:30-10:00a	Open				Lap Swim				Aqua Fusion (until 10:30a)				Lap Swim				Open				Adult Swim				Lap Swim				Open				Adult Swim				Lap Swim				9:30-10:00a																
10:00-11:00a	Open				Lap Swim				Aqua Fusion (until 10:30a)				Lap Swim				Open				Adult Swim				Lap Swim				Open				Adult Swim				Lap Swim				Lap - 18yrs and older only	10:00-11:00a															
11:00-11:30a	Open		Lap Swim		Open		Lap Swim		Open		Lap Swim		Open		Lap Swim		Open		Lap Swim		Open		Lap Swim		Open		Lap Swim		Open		Lap Swim		Open		11:00-11:30a																						
11:30-12:00p	Open		Lap Swim		Open		Lap Swim		Open		Lap Swim		Open		Lap Swim		Open		Lap Swim		Open		Lap Swim		Open		Lap Swim		Open		Lap Swim		Open		11:30-12:00p																						
12:00-12:30p	Open		Lap Swim		Open		Lap Swim		Open		Lap Swim		Open		Lap Swim		Open		Lap Swim		Open		Lap Swim		Open		Lap Swim		Open		Lap Swim		Open		12:00-12:30p																						
12:30-2:00p	Open		Lap Swim		Open		Lap Swim		Open		Lap Swim		Open		Lap Swim		Open		Lap Swim		Open		Lap Swim		Open		Lap Swim		Open		Lap Swim		Open		12:30-2:00p																						
2:00-4:00p	Lap -18 yrs and older only (2-4p)								Lap -18 yrs and older only (2-4p)								Lap -18 yrs and older only (2-4p)								Lap -18 yrs and older only (2-4p)								Lap -18 yrs and older only (2-4p)								Lap -18 yrs and older only (2-4p)								2:00-4:15p								
4:00-5:00p	Sunfish 4p-6p				Lap				Open				Sunfish 4p-6p				Lap				Open				Sunfish 4p-6p				Lap				Open				Lap - 18yrs and older only								4:15-5:00p												
5:00-5:30p	Sunfish 4p-6p				Lap				Open				Sunfish 4p-6p				Lap				Open				Sunfish 4p-6p				Lap				Open				Lap - 18yrs and older only								Lap - 18yrs and older only	5:00-5:30p											
5:30-6:30p	Open		Lap Swim		Lap		Open		Swim lessons				Lap				Swim lessons				Deep Water (6-6:45p)				Lap Swim				Swim lessons				Lap				Open				Lap				Open				Pool closed								5:30-6:30p
6:30-7:00p	Open		Lap Swim		Lap		Open		Swim lessons				Lap				Swim lessons				Deep Water (6-6:45p)				Lap Swim				Swim lessons				Lap				Open				Lap				Open				Pool closed								6:30-7:00p
7:00-8:00p	Open		Lap Swim		Lap		Open		Swim lessons				Lap				Swim lessons				Deep Water (6-6:45p)				Lap Swim				Swim lessons				Lap				Open				Lap				Open				Pool closed								7:00-8:00p
8:00-9:30p	Lap -18 yrs and older only								Lap -18 yrs and older only								Lap -18 yrs and older only								Lap -18 yrs and older only								Lap -18 yrs and older only								Lap -18 yrs and older only								Lap -18 yrs and older only								8:00-9:30p

**Leisure Pool - Zero Entry to slide area**

Time	Mon - May 4	Tues - May 5	Wed - May 6	Thur - May 7	Fri - May 8	Sat - May 9	Sun - May 10	Time	
6:00-7:00a	Adults Only	Adults Only	Adults Only	Adults Only	Adults Only	Pool Closed		6:00-7:00a	
7:00a-7:30a						Adults Only		Pool Closed	7:00a-7:30a
7:30-8:00a						Adults Only			7:30-8:30a
8:00-9:30a						Adults Only			8:30-9:30a
9:30-11:00a	Open 9:30a-2p	Open 9:30a-2p	Open 9:30a-2p	Open 9:30a-2p	Open 9:30a-2p	Open		9:30-11:00a	
11:00-11:30a						Lap - 18yrs and older only		11:00-11:30a	
11:30a-12:00p						Open		11:00a-12:00p	
12:00-12:30p						Open		12:00-12:30p	
12:30-2:00p	Adults Only 2p-4p	Adults Only 2p-4p	Adults Only 2p-4p	Adults Only 2p-4p	Adults Only 2p-4p	Open		12:30-2:00p	
2:00-4:00p						Adults Only		2:00-4:00p	
4:00-4:30p						Open		4:00-5:00p	
4:30-5:30p						Open		5:00-5:30p	
5:30-6:30p	Open	Swim Lessons	Open	Swim Lessons	Open	Adults Only		Lap - 18yrs and older only	5:30-6:30p
6:30-7:00p						Pool Closed		6:30-7:00p	
7:00-8:00p		Pool Closed		7:00-8:00p					
8:00-9:30p		Adults Only		8:00-9:30p					

<b>Lap Swim:</b>	These lanes are used for lap swimming only during selected times. * Reservations are suggested during these times.
<b>Open:</b>	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.
<b>Adults Only:</b>	Adult only swim time; if there is no lifeguard on duty adult must sign waiver at the front desk before entering the pool area.
<b>Swim Lessons:</b>	During swim lesson time slots there is NO Open Swim.
<b>Fitness Classes:</b>	During fitness classes there is Open Swim in leisure pool, but the waterslide and/or diving board will remain closed until class has ended.

<b>Guarded Pool Hours</b>		
<b>Mon:</b>	6a-2p, 4p-8p;	<b>Tues:</b> 6a-2p, 4-8p;
<b>Wed:</b>	6-2p, 4-8p;	<b>Thur:</b> 6a-2p, 4-8p
<b>Fri:</b>	6a-2p, 4-8p	<b>Sat</b> 7:30a-5p
<b>Sun</b>	11a-5p	
<b>18yrs+ allowed during unguarded hours ; Pool is not open for 24/7 access</b>		

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

218.844.4571 [sallie@dlccc.org](mailto:sallie@dlccc.org)