Detroit Lakes Community and Cultural Center Pool Schedule
September 28th-October 4th, 2026
dlccc.org

THE CENTER of DETROIT LAKES Fitness Aquatics

Time	Mon - Sep 28	Tues - Sep 29	Wed - Sep 30	Thur - Oct 1	Fri - Oct 2	Sat - Oct 3	Sun - Oct 4	Time
6:00-7:00a	Lap Swim	Lap Swim / SwimFit (6-7:30a)	Lap Swim	Lap Swim / SwimFit (6-7:30a)	Lap Swim	Pool closed	Pool closed	6:00-7:00a
7:00-8:00a						Lap - 18yrs and older only		7:00-8:00a
8:00-8:30a		Lap Swim	Silver Sneakers Splash / Lap	Lap Swim		Swim Lessons 8:45-11a		8:00-8:30a
8:30-9:00a	Silver Sneakers Splash / Lap	Silver Sneakers Splash / Lap		Silver Sneakers Splash / Lap	Rockin' to the Oldies / Lap			8:30-9:00a
9:00-9:30a			Lap Swim					9:00-9:30a
9:30-10:00a	Aqua Fusion / Lap Swim	Aqua Fusion / Lap Swim		Aqua Fusion / Lap Swim	Lap Swim			9:30-10:00a
10:00-11:00a			Lap -18 yrs and older only 10a-2:30p		Lap -18 yrs and older only 10a-4p		Lap - 18yrs and older only	10:00-11:00a
11:00-11:30a	Lap -18 yrs and older only 10a-4p	Lap -18 yrs and older only 10a-4p		Lap -18 yrs and older only 10a-4p		Open / Lap Swim / Open	Open / Lap Swim / Open	11:00-11:30a
11:30-12:00p								11:30-12:00p
12:00-12:30p								12:00-12:30p
12:30-2:00p								12:30-2:00p
2:00-4:00p			Open / Lap Swim / Diving Practice 4-6p / Open					2:00-4:15p
4:00-5:00p	Open / Lap Swim / Diving Practice 4-6p	Swim lessons 4-5p		Swim lessons 4-5p	Open / Lap Swim / Diving Practice 4-6p			4:15-5:00p
5:00-5:30p						Lap - 18yrs and older only	Lap - 18yrs and older only	5:00-5:30p
5:30-6:30p		DLHS Girls Swim Meet		Open / Lap Swim / Open		Pool Closed	Pool Closed	5:30-6:30p
6:30-7:00p	Open				Open			6:30-7:00p
7:00-8:00p								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			8:00-9:30p

Leisure Pool - Zero Entry to slide area

Time	Mon - Sep 28	Tues - Sep 29	Wed - Sep 30	Thur - Oct 1	Fri - Oct 2	Sat - Oct 3	Sun - Oct 4	Time
6:00-7:00a	Adults Only 6a-4p	Adults Only 6a-4p	Adults Only 6a-2:30p	Adults Only 6a-4p	Adults Only 6a-4p	Pool Closed	Pool Closed	6:00-7:00a
7:00a-7:30a						Adults Only		7:00a-7:30a
7:30-8:00a								7:30-8:30a
8:00-9:30a						Swim Lessons 8:45-11a		8:30-9:30a
9:30-11:00a								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								12:30-2:00p
2:00-4:00p			Open 2:30p					2:00-4:00p
4:00-4:30p	Open 4p	Swim lessons 4-5p		Swim lessons 4-5p	Open 4p			4:00-5:00p
4:30-5:30p						Adults Only	Lap - 18yrs and older only	5:00-5:30p
5:30-6:30p		DLHS Girls Swim Meet		Open		Pool Closed	Pool Closed	5:30-6:30p
6:30-7:00p								6:30-7:00p
7:00-8:00p								7:00-8:00p
8:00-9:30p	Adults Only	Adults Only	Adults Only	Adults Only	Adults Only			8:00-9:30p

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, Tue, Thu, Fri: 6a-10a; 4-8p
Wed: 6a-10a; 2:30-8p
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
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