



Ballwin Parks and Recreation

#1 Ballwin Commons Circle, Ballwin, MO 63021

636-227-8950

www.ballwin.mo.us



City of Ballwin Ballfield Lottery

Held at The Pointe

Tuesday, January 28

7 p.m.

Field availability April 7 - July 7

Ballwin residents with valid Ballwin Parks and Recreation ID

Pointe Swim Lessons

VIP \$49 Reg \$59

Tuesday & Thursday

Jan 7 - Jan 30
Feb 11 - Mar 6
Mar 25 - Apr 17

Saturday

Jan 11 - Mar 1
Mar 29 - May 17

	Tues & Thurs	Sat
Parent/Child	4:30 p.m.	10:15 a.m.
Seahorses	6:00 p.m.	11:00 a.m.
Ages 3 - 6		
Tadpoles	4:30 p.m.	9:30 a.m.
Clownfish	5:15 p.m.	10:15 a.m.
Stingray	6:00 p.m.	11:00 a.m.
Ages 7 - 16		
Tadpoles	4:30 p.m.	9:30 a.m.
Clownfish	5:15 p.m.	10:15 a.m.
Stingray	6:00 p.m.	11:00 a.m.
Barracuda		

*Barracuda level is not available Saturday at 9:30 a.m.

The Pointe at Ballwin Commons Membership Specials

Silver Sneakers - memberships are now available for qualified patrons.

January 1 - 31 Annual Membership - Receive 13 months for the price of 12.

North Pointe Aquatic Center Pass - Available at 2004 pricing.

February 1 - 28 Visit Card Special - Purchase a 20 visit water aerobics card or a 20 visit group fitness card and receive 2 free classes.

Personal Training at The Pointe - "Personal, Practical and Professional"

We are here to help: weight loss, yoga, pilates, water fitness, nutrition, sports conditioning, injury prevention training, military bootcamp preparation, enhance everyday function, someone to just push you a little harder...and much more!

Personal Training packages range from 30 minutes to one hour sessions with packages of 1, 5, 10 or 20 training sessions. One hour group sessions are available for 1, 5 or 10 sessions. A group consists of 2-4 people. Visit The Pointe's Welcome Desk for a personal training tri-fold or to sign up.

Group Fitness Classes

Afternoon Abs	Kickboxing	Intense 45
Body Sculpt	Pi-Yo	Bootcamp
Step	Fitball	Total Conditioning
Golden Group Fit	Zumba	Insane Intervals
50+and Fit		

These classes are included in your Pointe membership or with a daily admission.

Specialized Group Fitness Classes

Chair Yoga	Pilates	TRX
Spinning	Yoga	
20 visit swipe card:	VIP	\$90
	Regular	\$120
1 class drop in		\$7

VIP: Ballwin residents with a current Recreation ID card or current Pointe members

Regular: Anyone without a membership or valid ID card

Look for additional programming on our website www.ballwin.mo.us

For additional recreational programming information visit www.ballwin.mo.us

Upside Down Indoor Tri VIP/Reg \$25

Ages: 8 and up
Jan 18 or 19 Sat or Sun The Pointe
Each participant will complete a 15 minute treadmill run, 15 minute Spinner bike, and 10 minute swim in that order. Distance for each participant is calculated to determine the top finishers. Participants can choose to compete on Saturday or Sunday.

Balls n Strikes Holiday Camps VIP/Reg \$50

Ages: 6-12
Jan 20, Feb 17 Mon Balls N Strikes
Join the Balls N Strikes certified instructors as they take you through a series of teaching rotations including hitting, pitching, fielding and game strategies and cageball! Register individually or as a group/team.

Bridge Club VIP/Reg Free

Ages: 16 and up
Jan 21 - May 27 Tue The Pointe
Bring a partner or come and make new friends, however this is not a beginning bridge forum.

Feast & Flick VIP \$5 Reg \$6

Ages: 11-14
Jan 24 Fri The Pointe
Let The Pointe act as your restaurant and movie theater for the night. Friends will enjoy a delicious meal followed by a fun movie.

Lafayette Older Adults Program VIP/Reg \$2

Ages: 55 and up
Jan 27 - May 19 Mon Ballwin Golf Club (LOAP) If your 55 and older and interested in making new friends, hearing great speakers, going on exciting day trips or playing Bingo or cards come join the fun January through May on the second and fourth Mondays of the month starting at 10 a.m. Free coffee, tea, soda, and desserts are provided, bring a sack lunch.

Affordable Health Care Act VIP/Reg Free

Ages: 21 and up
Jan 28 Tue The Pointe
Feb 8 Sat 8 - 9 a.m.
10 - 11 a.m.
The Pointe at Ballwin Commons and Liberty Tax Service has teamed up to offer free seminars to explain and review the Affordable Care Act. No registration is required. Learn information about the impacts of healthcare reform and detailed information about health insurance exchanges.

Lunch and Bingo VIP/Reg \$6

Ages: 21 and up
Jan 29 Feb 5, 19 Mar 5, 19 Wed The Pointe
Join us for lunch, BINGO and prizes! We will play six rounds of Bingo followed by lunch and dessert, and then, play six more. Pre-register by the Sunday prior to the program to avoid a \$2 late fee. Doors open at 10:45am.

Kid's Night Out VIP \$10 Reg \$12

Ages: 7-12
Jan 31, Feb 28, Mar 28 Fri The Pointe
NO PARENTS ALLOWED! We will have a blast playing games, doing crafts and swimming. Pizza and drinks will be provided as a snack. Pre-registration is required.

Swim Club Practice VIP \$55 Reg \$65

Ages: 5-18
Feb 3 - 26 Mon & Wed The Pointe Indoor Pool
Mar 3 - 31
This non-competitive swim program offers swimmers the ability to expand their swimming skills, refine their strokes, and stay in shape. The program is designed for swimmers that can already swim on their own using at least a freestyle stroke for 25 yards.

Water Colors with Chrystal VIP \$115 Reg \$125

Ages: 18 and up
Feb 4 - 25, Mar 4 - 25 Tues The Pointe
Join Chrystal Jackson as she brings out the unique artist in you. Bring any materials you have to the first class and we'll discuss what is needed for the following classes.

Day Camp Open House Saturday, March 1 10 a.m. - 2 p.m.

The Pointe at Ballwin Commons

Learn what exciting activities and field trips are planned for the 2014 summer. This is the first day to register.

Homeschool P.E. VIP/Reg \$20

Ages: 7-10
Feb 5 - 26 Wed Mar 5 - 26 The Pointe
This program provides home school students the opportunity to participate in sports, fitness, health and wellness. Monthly fees vary based on the number of weeks. A \$5 discount is available for each additional child if you register two or more from the same household.

Daddy Daughter Dance VIP \$20 Reg \$25

Ages: 3 and up
Feb 8 Sat Ballwin Golf Club
Find your dancing shoes! The sweetheart in your life is ready for a special evening! Dads, once you have asked your date(s), join us at the Ballwin Golf Club for dinner, dancing, crafts and an unforgettable time. Each participant needs to register separately. Registration deadline is February 4.

Volleyball League Coed VIP \$125 Reg \$135

Ages: 16 and up
Feb 7 - Apr 11 Fri The Pointe
Matches will consist of three games with a one hour time limit. Each team will be scheduled for eight matches and a playoff.

Toddler Get Together VIP \$4 Reg \$6

Ages: 2-5
Feb 13, Mar 13 Thurs The Pointe
Your toddler will enjoy a variety of activities, stories, crafts, and visits from special guests. Pre-registration is required and parents must be present during the activity.

Instructional Volleyball VIP \$45 Reg \$50

Ages: 6-9
Feb 18 - Mar 25 Tue The Pointe
This is an instructional volleyball program teaching the fundamentals of volleyball including: drills, serving, scoring, team play, and scrimmages.

Cupid Strikes Again VIP \$7 Reg \$8

Ages: 11-14
Feb 21 Fri The Pointe
We will make chocolate covered strawberries, decorate cupcakes, and make friendship bracelets. Afterwards, enjoy your creations with ice cream while watching a themed movie.

Polar Plunge VIP \$40 Reg \$50

Ages: 11-14
Feb 22 Sat The Pointe
Enjoy Hidden Valley's Polar Plunge! Grab your friends for a day of tubing. You will have up to three hours of tubing down multiple 1200 foot long slopes. Bring extra money for snacks or pack a lunch. Helmets can be rented for an additional \$10, but they are not required by Hidden Valley.

Basics of Staying Home Alone VIP/Reg 22

Ages 9-11
Feb 22 Sat 9 - 11 a.m. The Pointe
Help prepare your child to stay home alone for short periods of time. Topics covered include: stranger danger, first aid, storm and internet safety. Participants must register 48 hours in advance. Lead by Safety Basic LLC.

Basic Training VIP \$129 Reg \$149

Ages: 14 and up
Feb 24 - Apr 3 M-Th The Pointe
Join us for this six week, 24-class bootcamp style class.

Tumbling Tykes VIP \$34 Reg \$44

Ages: 4-6
Feb 24 - Mar 31 Mon The Pointe
Children will get an introduction to gymnastics through fun activities that teach body control, agility, strength and balance.

Taekwondo VIP \$54 Reg \$78

Ages: 6 and up
Feb 26 - Apr 2 Wed The Pointe
Taekwondo students learn respect, responsibility, and discipline in addition to basic hand and foot techniques. A uniform is purchased from the instructor- \$35.
Beginner 6:30 - 7:30 p.m.
Intermediate 7:30 - 8:30 p.m.

Babysitting Basics VIP/Reg \$30

Ages: 12-15
Mar 1 Sat 9 a.m. - 12 p.m. The Pointe
This program introduces taking care of a baby, entertaining kids, staying safe, and emergency preparedness. Please bring a baby doll to practice baby care skills. Participants must register 48 hours in advance. Lead by Safety Basics LLC.

Dr. Seuss Cupcake War VIP \$10 Reg \$12

Ages: 8-14
Mar 2 Sun The Pointe
Race the clock to create a Dr. Seuss inspired cupcake. Chefs will have 30 mins. to create. Each chef will decorate 3 cupcakes with special decoration and toppings. Finished cupcakes will be judged on appearance and connection to the book, taste and creativity. Prizes will be awarded to top finishers. Everyone will go home with tasty treats.

Late Night Friday VIP \$6 Reg \$7

Ages: 11-14
Mar 7 Fr The Pointe
Enjoy a night out on the town while your "inbetweeners" is at The Pointe. After swimming, choose between dancing, gym time, playing video games and much more. Pizza and drinks will be provided. Get a group of friends together and get ready to rock the night away.

Trivia Night VIP/Reg \$160

Ages: 21 and up
Mar 7 Fri Ballwin Golf Club
Come out and enjoy an evening out with friends. Teams consist of eight. Bring your own snacks. Beer and soda is provided. Doors open at 6 p.m. Trivia begins at 7 p.m.

Midnight Madness Basketball VIP/Reg \$40

Ages: 13-15
Mar 8 Sat The Pointe
Kick off the NCAA tournament with us in this 3v3 tournament at The Pointe. Coed teams of three compete in a fun, fast paced, action packed night. Fuel up between games with pizza and Powerade. Teams are guaranteed three games each. Teams must wear matching colored shirts. Teams must have player's names and birthdates of each player upon registration. Roster up to 5 players per team.

Red Cross Lifeguarding VIP \$140 Reg \$165

Ages: 15 and up
Mar 28,29,30 April 5,6 Times Vary The Pointe
This course will cover the skills and knowledge needed to obtain a certification as an American Red Cross Waterpark Lifeguard.