

Beginning June 6, 2022
 www.ballwin.mo.us
 636-227-8950

***SUMMER* Indoor Pool Schedule**
June 6 – August 21, 2022



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Swim	10:00am -3:30pm	3:30 –7:30 pm	No Open Swim	3:30 –7:30 pm	No Open Swim	3:30 –7:30 pm	12:00 -3:30 pm
Lap Swim *denotes camp overlap	8:00am -3:30 pm	5:30 -8:00 am 11:30 -1:30 pm* 3:30 –7:30 pm	5:30 -8:00 am 10:30 -1:30pm*	5:30 -8:00 am 11:30 -1:30 pm* 3:30 –7:30 pm	5:30 -8:00 am 10:30 -1:30pm*	5:30 -8:00 am 11:30 -1:30 pm* 3:30 –7:30 pm	7:00 –8:30 am 12:00 -3:30 pm
Ballwin Day Camp*		12:00-1:30pm Features on	12:00-1:30pm Features on	12:00-1:30pm Features on	12:00-1:30pm Features on	12:00-1:30pm Features on	
Ballwin Day Camp ONLY CLOSED TO PUBLIC		1:30-3:30pm	1:30-3:30pm	1:30-3:30pm	1:30-3:30pm	1:30-3:30pm	
Swim Lessons			4:30 -6:45 pm		4:30 -6:45 pm		8:30 -11:45am
Spa Maximum 10	8:00 -3:30 pm	5:30 -8:00 am 8:20 -1:30 pm 3:30 –7:30 pm	5:30 -8:00 am 8:20 -1:30 pm 6:45 –7:30 pm	5:30 -8:00 am 8:20 -1:30 pm 3:30 –7:30 pm	5:30 -8:00 am 8:20 -1:30 pm 6:45 –7:30 pm	5:30 -8:00 am 8:20 -1:30 pm 3:30 –7:30 pm	7:00 –8:30 am 12:00 -3:30 pm
Water Aerobics (45 minute classes) Platinum members: Free Pointe Members: \$7 or use a 20 visit swipe card Maximum 28		Aerobics 8:30 am	Aerobics 8:30 am	Aerobics 8:30 am	Aerobics 8:30 am	Aerobics 8:30 am	
		Aerobics 9:30 am	ABLT 9:30 am	Aerobics 9:30 am	ABLT 9:30 am	Aerobics 9:30 am	
		Joints in Motion 10:30 am		Joints in Motion 10:30 am		Joints in Motion 10:30 am	
			Aerobics 6:45 pm		Aerobics 6:45 pm		

Bather Load maximum 356

VIP \$7/Reg \$9

Water aerobic participants may enter the pool ten minutes prior to the start of class. **Maximum of 28 class.**

Water Aerobics Classes (ages 14+)

Water Aerobics is a low impact activity that uses water as resistance. This program allows you to work at your own pace.

ABLT is a class designed to work and tone your arms, butt, legs and tummy.

Joints N Motion is an excellent choice for those who are challenged by arthritis or may have special needs. This class benefits participants who needs a slower workouts.

Little Splashers (ages up to 5 years)

Members: Free/ Resident fee: \$5/ Non Resident fee \$6

Please see the North Pointe Schedule. Little Splashers will resume indoors on August 23, 2022

- Lap Lane Usage – Maximum 3 swimmers/lane and maximum 45 minutes/swimmer. When using the lap lanes, priority will go to lap swimmers. Maximum 4 water walkers using the area immediately adjacent to the lap lanes. If no lap swimmers are present, patrons may use the lap lane for aqua walking/jogging or water exercise.(2/lane)
- Monday through Friday-the Indoor Pool and Spa will be closed from 8:00-8:20 am.
- The spa will be open during any time a lifeguard is on stand excluding swim lessons time!
- Lightning /Thunder Policy: In the event of a thunderstorm, when lightning /thunder is witnessed the pool will be closed for 30 minutes from the time of the strike. The time is reset with each new strike of lightning /thunder.

Revised 5-11-2022