

August 13, 2018– December 31, 2018

# Indoor Pool Schedule

www.ballwin.mo.us

636-227-8950



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Open Swim</b>	11:00-5:30 pm	4:30-8:30 pm		4:30-8:30 pm		4:30-8:30 pm	12:00-7:30 pm
<b>Lap Swim</b>	8:00-5:30 pm	5:30-8:00 am 11:30-1:30 pm 3:30-8:30 pm	5:30-8:00 am 11:30-1:30 pm 7:45-8:30 pm	5:30-8:00 am 11:30-1:30 pm 3:30-8:30 pm	5:30-8:00 am 11:30-1:30 pm 7:45-8:30 pm	5:30-8:00 am 11:30-1:30 pm 3:30-8:30 pm	7:00-8:00 am 12:00-7:30 pm
<b>Swim Lessons</b>			4:15-6:45 pm		4:15-6:45 pm		9:30-12:00 pm
<b>Spa</b>	8:00-5:30 pm	5:30-8:00 am 8:20-1:30 pm 3:30-8:30 pm	5:30-8:00 am 8:20-1:30 pm 6:45-8:30 pm	5:30-8:00 am 8:20-1:30 pm 3:30-8:30 pm	5:30-8:00 am 8:20-1:30 pm 6:45-8:30 pm	5:30-8:00 am 8:20-1:30 pm 3:30-8:30 pm	7:00-9:20 am 12:00-7:30 pm
<b>Water Aerobics (50 minute classes)</b>		Aerobics 8:30 am	Aerobics 8:30 am	Aerobics 8:30 am	Aerobics 8:30 am	Aerobics 8:30 am	Aerobics * 8:00 am
		Aerobics 9:30 am	ABLT 9:30 am	Aerobics 9:30 am	ABLT 9:30 am	Aerobics 9:30 am	Toning * 8:45 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		
<b>Little Splashers</b>			10:30-11:30 am		10:30-11:30 am		

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

**Water Aerobics Classes (ages 14+)**

**\* Two classes for the price of one (total class time 75 minutes)**

**Water Aerobics** is a low impact activity the 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. The class benefits participants who needs area slower workouts.

**Toning** reshapes and redefines specific muscle groups.

**Little Splashers** (ages up to 5 years)

**Members: Free/ Resident fee: \$4/ Non Resident fee \$5**

Guardians must be in swim attire and located in and around the pool's edge. Play area restricted to the children's play structure only. Adults are free.

- When using the lap lanes, priority will go to lap swimmers. Aqua walking/jogging or water exercise may use 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.
- 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.