



Indoor Pool Schedule

Begins May 29, 2018

www.ballwin.mo.us

636-227-8950

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim	8:00 am-5:30 pm	5:30-8:00 am 11:30-8:30 pm	5:30-8:00 am 11:30-3:30 pm 7:45-8:30 pm	5:30-8:00 am 11:30-8:30 pm	5:30-8:00 am 11:30-3:30 pm 7:45-8:30 pm	5:30-8:00 am 11:30-8:30 pm	7:00-9:30 am 12:00-7:30 pm
Open Swim	11:00 am-5:30 pm	12:00-8:30 pm	12:00-3:30 pm	12:00-8:30 pm	12:00-3:30 pm	12:00-8:30 pm	12:00-7:30 pm
Swim Lessons	N/A	N/A	10:15-11:00 am 4:30-6:45 pm	N/A	10:15-11:00 am 4:30-6:45 pm	N/A	9:30-12:00 pm
Water Aerobics Limit 28/class	N/A	Aerobics 8:30 am	Aerobics 8:30 am	Aerobics 8:30 am	Aerobics 8:30 am	Aerobics 8:30 am	Available at North Pointe
		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	Aerobics 6:45 pm	Joints in Motion 10:30 am	Aerobics 6:45 pm	Joints in Motion 10:30 am	
Spa	8:00 am-5:30 pm	5:30-8:00 am 8:20am-8:30pm	5:30-8:00 am 8:20-10:30am 11:30-3:30 pm 6:45-8:30 pm	5:30-8:00 am 8:20am-8:30pm	5:30-8:00 am 8:20-10:30am 11:30-3:30 pm 6:45-8:30 pm	5:30-8:00 am 8:20am-8:30pm	7:00-9:30 am 12:00-7:30 pm

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

The Indoor Pool and Spa will be closed daily from 8:00-8:20 am and Tues/Thurs from 3:30-4:30 pm for chemical testing/maintenance.

Water Aerobics Classes (Ages 14+) - Classes 50 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 is beneficial for participants who needs area lower paced workout.

Toning reshapes and redefines specific muscle groups.

The indoor facility will be closed for yearly repair, painting and cleaning. Please check for upcoming detailed schedule.

Lightening /Thunder Policy: In the event of a thunderstorm, when lightening /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 lightening /thunder.

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.