

Beginning August 21, 2021  
 www.ballwin.mo.us  
 636-227-8950

# Indoor Pool Schedule



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Open Swim</b>	10:00-3:30 pm	4:30-8:30 pm	No Open Swim	4:30-8:30 pm	No Open Swim	4:30-8:30 pm	12:00-3:30 pm
<b>Lap Swim</b>	8:00-3:30 pm	5:30-8:00 am 11:30-1:30 pm 3:30-8:30 pm	5:30-8:00 am 11:30-1:30pm 7:30-8:30pm	5:30-8:00 am 11:30-1:30 pm 3:30-8:30 pm	5:30-8:00 am 11:30-1:30pm 7:30-8:30 pm	5:30-8:00 am 11:30-1:30 pm 3:30-8:30 pm	7:00-7:45 am 12:00-3:30 pm
<b>Little Splashers</b>			10:30-11:30 am		10:30-11:30 am		
<b>Swim Lessons</b>			4:30-6:45 pm		4:30-6:45 pm		9:30-11:45am
<b>Spa</b> Maximum 10	8:00-3:30 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	7:00-9:30 am 12:00-3:30 pm
<b>Water Aerobics (45 minute classes)</b> Platinum members: Free Pointe Members: \$7 or use a 20 visit swipe card  <b>Maximum 28</b>		Aerobics 8:30 am	Aerobics 8:30 am	Aerobics 8:30 am	Aerobics 8:30 am	Aerobics 8:30 am	Aerobics 7:50 am
		Aerobics 9:30 am	ABLT 9:30 am	Aerobics 9:30 am	ABLT 9:30 am	Aerobics 9:30 am	Toning 8:40 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**

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.

- Lap Lane Usage– Maximum 3 swimmers/lane and maximum 45 minutes/swimmer. When using the lap lanes, priority will go to lap swimmers. Maximum 2 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 8-1-2021