

August 25, 2017– May 25, 2018

Indoor Pool Schedule

www.ballwin.mo.us

636-227-8950



| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---------------|--|---|--|---|---|-------------------------------|
| Open Swim | 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 |
| Lap Swim | 8:00-5:30 pm | 5:30-8:00 am 11:30-1:30 pm 3:30-8:30 pm 1 lap lane open 6:30-7:30 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 1 lap lane open 6:30-7:30 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 |
| Swim Lessons | | | 4:15-6:45 pm | | 4:15-6:45 pm | | 9:30-12:00 pm |
| Spa | 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 |
| Water Aerobics (50 minute classes) | | 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 | | |
| Little Splashers | | | 10:30-11:30 am | | 10:30-11:30 am | | |
| Ballwin Swim Club Practice | | 6:30-7:30 pm | | 6:30-7:30 pm | | | |

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.