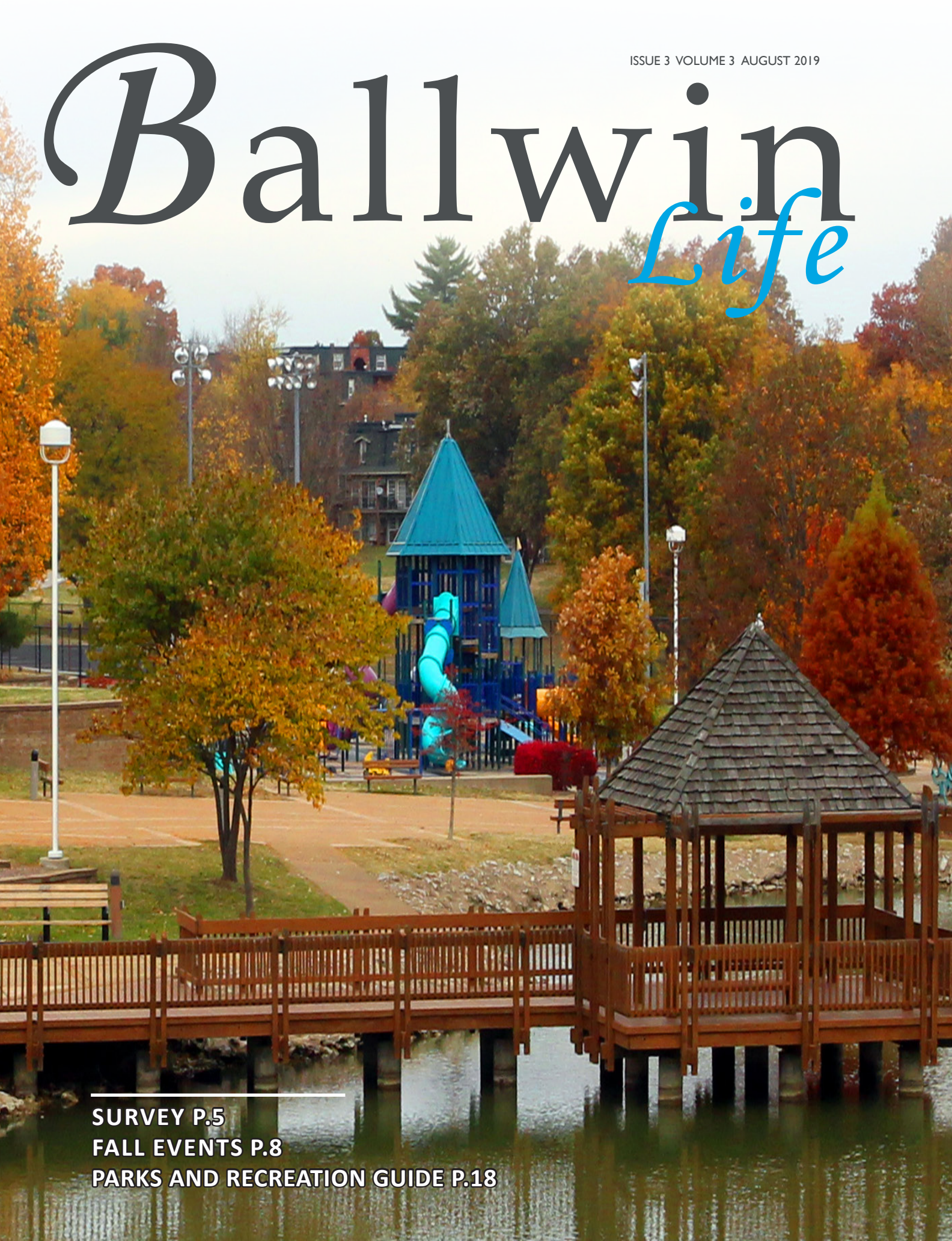


ISSUE 3 VOLUME 3 AUGUST 2019

# Ballwin *Life*



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**SURVEY P.5**  
**FALL EVENTS P.8**  
**PARKS AND RECREATION GUIDE P.18**



# Our Mission:

To protect, inform, and serve our community with diligence, respect, and transparency.

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[www.ballwin.mo.us](http://www.ballwin.mo.us)

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### Ballwin Golf Course

(636) 227-1750

### North Pointe Aquatic Center

(636) 227-2981

### Municipal Courts

(636) 227-9000 option #4

### Ballwin Police Department

(636) 227-9000 option #7

## Upcoming 2019 Publications

November 2019

*Advertising spaces are available in future Ballwin Life publications. Please visit our website for more information.*

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## Report an Issue

Issues may be reported online by visiting [www.ballwin.mo.us](http://www.ballwin.mo.us) or by phone.

### Report a Pothole or Street Tree

Contact Public Works  
(636) 227-9000 option #2

### Report a Code Issue

Contact Code Enforcement  
(636) 227-9000 option #3

### Report a Tip to Police

Contact the Police Department  
(636) 227-9000 option #7

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## Utilities

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### Republic Services

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### Metropolitan Sewer District

1 (866) 281-5737

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#### Metro West

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#### West County EMS & Fire

(636) 227-9350

#### Monarch

(314) 514-0900

### St. Louis County

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#### Board of Elections

(314) 615-1800

#### Animal Control

(314) 615-0650

#### Personal Property

(314) 615-5500

### Miscellaneous

#### USPS - Ballwin

(636) 227-5783

#### Better Business Bureau

(314) 645-3300

#### Social Security Office

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#### IRS

(314) 612-4002

#### Employment Office

(314) 340-4950

#### West County License Office

(636) 230-5041



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# From the Mayor

## Tim Pogue

---

Every new season brings with it a feeling of excitement and change, but most importantly, a chance for reflection. Before we jump into fall, I wanted to take a moment to highlight a few of the wonderful things that happened in Ballwin over the summer.

This summer, our City received multiple recognitions for its safety and livability. We were named “Missouri’s Safest City” by SafeHome, the “Safest Place to live in Missouri” by HomeSnacks, and one of the top five “Best Cities to Live in Missouri” by Chamber of Commerce. While we are proud of our employees for their contribution to these achievements, we recognize the vital role our attentive and thoughtful citizens play in keeping our community safe and fun!

Although we are honored by these awards and accomplishments, we are constantly looking for ways to further improve the quality of life for everyone involved in our community. Your Board of Aldermen and I understand the value in working with our neighboring cities, which is why we approved two agreements to partner with the City of Winchester. On June 6th of this year, we began handling all operations for Winchester’s municipal court, which required no additional resources on the City’s end. More recently, we approved an additional agreement to provide police services to Winchester. Over the next few months, our Police Department will be diligently working on a seamless transition process.

Beyond partnerships, your Board of Aldermen and I spent the summer working towards additional



improvements to ensure continued advancement for the City. We approved the upgrading of outdated technologies for the Police Department, the purchase and installation of enhanced safety devices for Manchester Road, and the establishment of medical marijuana land uses within the City, to name a few. For a full list of everything approved by the Board, I urge you to visit the City’s website.

As always, your Board of Aldermen and I value feedback from every single member of this community! We encourage you to get involved in whatever capacity you can and reach out to us with any questions, concerns, and ideas.

Throughout the rest of 2019, I look forward to embarking on new journeys, tackling more issues, and interacting with citizens. I am eager to begin this fall season, which I am confident will be a continued season of success and growth for the City.

A handwritten signature in dark ink, appearing to read 'Tim Pogue' in a stylized, cursive script.

Tim Pogue



# Moving Forward

## City Administrator Robert Kuntz

When I was appointed to serve as City Administrator in 1988, we had a population of just over 12,000. By the time I retired in 2015, our population was just shy of 32,000. I consider myself fortunate to have played an active role in the annexations that led to this powerful population growth.

I have always held firmly to the belief that Ballwin is not only unique in its name, but also in our commitment to remaining a family-friendly community. We strive to deliver top-quality, cost-efficient services that appeal to all ages and interests.

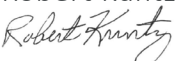
After three years in retirement, I am humbled and excited to return as your City Administrator. The new Government Center is a wonderful addition to our Vlasius Park complex and will serve Ballwin for many years to come. This accomplishment is a true reflection of the Board's commitment to applying innovative and progressive thinking in all endeavors.

In the months ahead, we will focus our efforts on continuing to enhance and grow our wonderful City. We will work towards upgrading our police headquarters into a state-of-the-art facility to demonstrate our unwavering promise to provide excellent police services for many more years.

Annexation is also on our radar. The MAP plan is available for public review at the Government Center. Our approach will be incremental. There will be no large undertakings that could negatively impact service delivery. Every submission will be subject to a rigorous cost/benefit analysis. The Parks Master Plan was recently approved by the Board of Aldermen and can be found on our website. It represents a roadmap for future improvements that reflect your input and priorities.

Additionally, we recognize that snow removal and curbside leaf collection are also very important to you. We plan to ensure continued service, but will be looking towards implementing technology, equipment, and other options that reduce costs and improve efficiency. We will be taking a critical look at our current Public Works complex as we address these issues.

Lastly, Better Together may be gone for now, but most likely not for good. We are committed to rising to the challenge! With your continued support, we will prevail as #BallwinStrong! I am eager and privileged to play a role in this process.

Robert Kuntz  




The City of Ballwin is requesting your input on our communication efforts to ensure we are providing you with accurate, up-to-date information in an efficient manner. Your feedback will help us better understand the best way to effectively deliver our information. This completed survey can be submitted the following ways:

- Fax to (636) 207-2320
- Scan and email to [krobinson@ballwin.mo.us](mailto:krobinson@ballwin.mo.us)
- Mail to, or drop off in person at, the Ballwin Government Center

Ballwin Government Center

Attn: Marketing

1 Government Ctr

Ballwin, MO 63011

If you wish to take this survey electronically, you may do so by visiting [www.ballwin.mo.us/survey](http://www.ballwin.mo.us/survey) to submit the survey online, or emailing [krobinson@ballwin.mo.us](mailto:krobinson@ballwin.mo.us) to have a copy emailed to you.

Where do you currently receive information regarding City of Ballwin news, events, services, and programs? (select all that apply)

\_\_\_ Social Media (Facebook, Twitter, Instagram, etc.)

\_\_\_ Email Newsletters

\_\_\_ Ballwin Life

\_\_\_ City's Website

\_\_\_ Community Meetings

\_\_\_ Local Media Outlets (broadcast, tv, print, etc.)

\_\_\_ Other: \_\_\_\_\_

Out of the options listed above, which would you say is your primary source of information?

\_\_\_\_\_

How would you prefer to receive information regarding City news, events, services, and programs?

\_\_\_ Social Media (Facebook, Twitter, Instagram, etc.)

\_\_\_ Email Newsletters

\_\_\_ Ballwin Life

\_\_\_ City's Website

\_\_\_ Community Meetings

\_\_\_ Local Media Outlets (broadcast, tv, print, etc.)

\_\_\_ Other: \_\_\_\_\_

***Flip page for rest of survey***

For which services do you currently opt-in to receive information about? (select all that apply)

- ☐ Board of Aldermen Information
- ☐ City/Government Center News
- ☐ The Pointe/North Pointe Aquatic Center
- ☐ Golf Course & Club
- ☐ Other: \_\_\_\_\_

Which services would you like to receive more information about? (select all that apply)

- ☐ Board of Aldermen Information
- ☐ City/Government Center News
- ☐ The Pointe/North Pointe Aquatic Center
- ☐ Golf Course & Club
- ☐ Other: \_\_\_\_\_

How satisfied would you say you were with our current communication methods?

- ☐ Extremely Satisfied
- ☐ Somewhat Satisfied
- ☐ Neutral
- ☐ Somewhat Dissatisfied
- ☐ Extremely Dissatisfied

Please feel free to share any additional thoughts regarding the City's communication methods below:

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We appreciate and value your feedback!

If you have any questions, please contact the Ballwin Government Center at (636) 227-9000.



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# Fall in Ballwin



*Here's a quick look at some of our upcoming special events. Additional fall events can be found in our Parks and Recreation guide, which starts on page 18.*

## Movie in the Park

August 16

7:30 p.m.

Grab your friends and family and meet us in Vlasik Park for the thrilling movie, Sing! Bring a blanket and some snacks and we'll bring the entertainment. Light concessions will be available to purchase (cash only). See you there!

Registration is not required.

## Family Campout

September 28 - September 29

4:30 p.m.

Set your tent in Ferris Park, play family games, and so much more! The St. Louis Astronomical Society will be bringing telescopes and we are told we will get a peek at Jupiter! The fee is \$8 for VIP and \$10 for Regular. Fee is per person and includes a hot dog dinner, s'mores, and a light breakfast. Children ages 2 and under are free.

More information and registration can be found on our website, [www.ballwin.mo.us](http://www.ballwin.mo.us).

## My 1st TRYathlon

August 24

10 a.m.

Bike, run, and slide?! Children ages 3-6 years old will have the opportunity to experience what it's like to be a real triathlete. Athletes will bike and run a short course around The Pointe at Ballwin Commons and climb up an inflatable water slide. Athletes will receive a finisher's medal from our honorary guest.

This event takes place at The Pointe on Saturday, August 24 starting at 10 a.m. Register for this event online at [www.ballwin.mo.us](http://www.ballwin.mo.us). The fee is \$5 for VIP and \$8 for Regular.







## Craft Beer Festival

September 7

4 p.m. (3 p.m. for VIP)

The Sixth Annual Ballwin Craft Beer Festival is Saturday, September 7, in Vlasik Park. This taste-testing event will feature local craft beers, live music, and food for sale from local restaurants. Each standard ticket includes a three-hour, unlimited tasting time block from 4-7 p.m. and check in will begin at 3 p.m. VIP ticket holders, in addition to the three-hour tasting time, will have access to the VIP area at 3 p.m. for tastings of special brews.

**VIP Tasting Ticket Pricing (3-7 p.m.)** - \$40 (in advance), \$50 (day of, if tickets remain)

**Three Hour Tasting Ticket Pricing (4-7 p.m.)** - \$30 (in advance), \$40 (day of, if tickets remain)

Bring your receipt to the event to pick up your complimentary tasting glass. All ticket holders will be carded and must be 21+ to participate in the tasting portion of the event. Soft drinks and water will be available for purchase from food vendors. Want to come and listen to the band, but aren't interested in sampling? No problem. Vlasik Park is open to all. Bring a chair and a cooler to enjoy. Beer and other alcoholic beverages will not be available for purchase at this event. Only ticket holders may sample. Scheduled brewery booths and food booths are to be announced! **Tickets sell out fast, so purchase yours soon!**

## Family Hayride

October 5

5:30 p.m.

Come join us for a hayride in Castlewood State Park, a chili and hot dog dinner, donuts, and apple cider! Roast Marshmallows by the fire while being entertained by special guest, Babaloo. We will be meeting at the Horse Trailer turnaround. Choose from three different pick-up times: 5:30 p.m., 6 p.m., and 6:30 p.m. Registration fee is per person (\$10 for VIP and \$12 for Regular), children 2 years of age and younger are free!







## 42nd Ballwin Days Wrap-Up

We had a BLAST at the 42nd annual Ballwin Days festival in June! For the last four decades, the Ballwin Days festival has been an annual tradition that celebrates our wonderful city and brings the community together. This year's event was no different! It was a weekend filled with carnival food, fun rides and games, live music, refreshing drinks, hockey, and our awesome residents. During the festival's Thursday and Sunday night festivities, the City held two separate St. Louis Blues watch parties for games 5 and 6.

We want to thank our wonderful Ballwin Days committee for organizing this event, as well as everyone who attended!





# In the KNOW

(Here's what's happened in Ballwin over the past few months)

1. In May, The Pointe was awarded "Favorite Recreation Center" by the St. Louis Municipal League! Thank you to everyone who voted!
2. We are pleased to announce the City, in partnership with MoDOT, will soon be installing Rectangular Rapid Flashing Beacons on Manchester Road near Old Ballwin Road at the existing pedestrian crosswalk, following expressed safety concerns. While Manchester Road runs through Ballwin, it is actually a state highway. This means MoDOT has complete authority on anything affecting traffic on Manchester Road. So once installed by the City, MoDOT will be responsible for the maintenance of these safety devices.
3. Our Comprehensive Plan was adopted at the June 3rd Planning and Zoning Commission meeting. To view the final plan, visit [www.ballwinsblueprint.com](http://www.ballwinsblueprint.com). Our Annexation Plan was also recently accepted by the Boundary Commission.
4. Ballwin was named "The Safest Place to Live in Missouri" by HomeSnacks, whose scientific assessment is based on both violent and property crimes. We thank all the wonderful, vigilant residents who help keep this community safe!
5. Operations out of our new Government Center are going smoothly! Regarding the old, now-vacant Government Center, the City commissioned the Urban Land Institute (ULI) to provide an in-depth, objective assessment for the highest and best use of this site. The ULI recommended using this site as a civic space.
6. During Memorial Day weekend, the Golf Course partnered with the Forces on the Fairways foundation to host Ballwin Veterans Appreciation Day! There was free golf for veterans and a special trick shot show from PGA Hall of Famer Dennis Walters. We were also presented with a SoloRider, accessible golf cart, which will be permanently housed at our Golf Course. This cart is FREE for veterans, but can be rented by anyone who is mobility impaired, including seniors.
7. Our Ballwin Police Department will soon have a new Computer-Assisted Dispatching (CAD) System, which will offer the latest, cutting-edge technology to replace the department's current antiquated system.
8. We have a few new businesses that have recently opened. Check out XO Nail Bar, Class 101, and Super Slow Zone!
9. Our female police officers and detectives held a hands-on STEM event for local high school and middle school students. Students learned how STEM is used in everyday police work, were taken on a private tour of the police headquarters, and were even able to do some fingerprinting!
10. Ballwin was named one of the "Best Cities in Missouri to Live" by the Chamber of Commerce!
11. We are in the process of conducting a building needs assessment on our current police facility. The results are scheduled to be discussed during a fall Board of Aldermen meeting.
12. Ballwin Restaurant Charlotte's Rib BBQ made USA TODAY's top ten list for Best BBQ Ribs in Missouri.
13. The City is moving forward with the Holloway Road project, which will be 80% federally funded! The engineering contract was awarded to Cochran Engineering and construction is expected to begin in 2020. We were also awarded the STP grant for New Ballwin Road to do curb improvements and resurfacing. This will also be an 80% federally funded project.

***As always, for the most up-to-date and accurate information, please visit our website. If you have any questions on anything mentioned above, contact the Ballwin Government Center at (636) 227-9000.***

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# Shop Ballwin First

When you choose to shop in Ballwin, you can be rewarded with some pretty awesome deals!

Residents and Pointe Members, take advantage of discounts our local businesses offer to promote shopping in Ballwin first. A resident ID card (or membership key fob) from The Pointe at Ballwin Commons is all you need to get great deals. Stop in to get yours today!

Visit [www.ballwin.mo.us/Shop-Ballwin-First/](http://www.ballwin.mo.us/Shop-Ballwin-First/) to see a list of all the deals available at participating businesses.

Businesses, you do not want to miss out on this great opportunity to promote your business to local residents. It is great advertising, you get to pick the discount, and, best of all, the program is FREE! Contact the Director of Development/Assistant City Administrator Andy Hixson for more information at (636) 227-9000 or download the Shop Ballwin First Business Registration Form on our website and email it to [ahixson@ballwin.mo.us](mailto:ahixson@ballwin.mo.us).

# Chief's Corner

Preparing the Chief's Corner article for the quarterly Ballwin Life publications is never difficult, as there are so many exciting things occurring in our overall Ballwin Municipal Services operation. I would like to take this opportunity to update you on an exciting police operational enhancement, as well as two programs, implemented by police team members, which focus on the attraction and cultivation of students to the American policing industry.

I would like to begin by telling you that in May, the Ballwin Board of Aldermen approved the purchase of a new Computer-Assisted Dispatching (CAD) system for Ballwin's Police Communications/911 operation, which is a service we have provided directly to our Ballwin customers since 1964. In addition, we have also provided police dispatching services to the City of Manchester for over 40 years. The new cloud-based CAD technology will be provided and supported by Soma Global, and will replace our old technology with state of the art capabilities, both within the communications center, as well as onboard in our patrol vehicles. CAD software is the centerpiece to efficient application of daily field operations, facilitating the dissemination and exchange of vital information from the police dispatchers to the officers in the field. Both the Ballwin and Manchester officers will be positively impacted by this upgrade.

The CAD project is extremely exciting from an operational perspective, but so are two programs that I would like to highlight for you. The very best of what the Ballwin Police Department offers originates from our team members. Perfect examples are our Law Enforcement Explorer Post and our Science, Technology, Engineering and Math (STEM) Program in Policing. Both focus on the attraction of student interest in this ever changing and vital industry.

Our Law Enforcement Explorer Post #9220 was implemented and coordinated by Officer Derek Loeffel ([dloeffel@ballwin.mo.us](mailto:dloeffel@ballwin.mo.us)). It is a hands-on program designed for those who are interested in a career in law enforcement. Post participation is open to young men



and women who have completed 6th grade through 20 years old. Our Explorer Post offers a front row seat to the criminal justice system through training, practical experience, competition, and other activities. The priorities of this program include individual personal growth, character development, a respect for the rule of law, physical fitness, good citizenship, and patriotism.

The Ballwin Police Department's STEM in Policing Program was developed and implemented by Ballwin Detective Jessica Ovca, and has focused on the cultivation of interest in young women as it pertains to the technical side of policing. This program has been offered to both high school and middle school aged female students. The emphasis is on giving girls the opportunity to work with Ballwin's female team members in order to learn about how they use STEM in their careers. Participants engage in hands-on learning about crime scene processing and science based investigative practices.

As Chief, I am very proud of the efforts and accomplishments of the men and women serving this community on a daily basis. You, our customers, are also our community partners. Two-way ownership is vital to keeping #BallwinStrong!

**Kevin B. Scott**  
**Chief of Police**



## Police Department

In past issues, we have talked about how our officers are trained to deescalate situations and ultimately provided a more skillful approach to those who are in a mental health crisis. The program our officers, and officers around the region, participate in is called the Crisis Intervention Team.

On May 3rd, 2019 officers from around the region were recognized for going “above and beyond” to assist individuals or families who were in psychiatric crisis. Three Ballwin Police Officers were awarded the 2019 McAtee award.

Officer Bergin investigated a report of a suspicious person who had recently purchased a firearm. Officer Bergin was able to make contact with that person’s parents, who advised he suffers from extreme depression and likely purchased the firearm to commit suicide. Officer Bergin’s quick investigation led to the discovery of the subject by surrounding agencies. That person was found distraught in his vehicle with the firearm under his leg likely minutes from danger according to his parents. He was transported for treatment unharmed with the help of Officer Bergin’s quick actions.

Officers Berry and Rader were dispatched to a residence to investigate a domestic disturbance. When they arrived, they observed a young child attempting to crawl out of a window of the residence to get away from a distraught father. Fearing for the child’s safety, officers entered the home and convinced the father, who was having a mental health crisis, to release the child. Officer Berry and Rader’s actions led to a safe outcome for all involved and the father getting immediate psychiatric treatment.





## *Traffic Lights*

## *Answers from the Police Department*

One of the things you learn quickly in police work is that there are a lot of random questions you will be asked. One we were recently asked was, “How the traffic lights work in the Ballwin area?” This is one of those pieces of equipment that we all use just about every day and these pieces of equipment hold some pretty interesting technology that help to keep us safe on the roads. During peak travel times many of the traffic lights are controlled by timers, which have been coordinated throughout the region to help keep traffic flowing (although some mornings it doesn’t feel that way). For those times when traffic is not heavy, or in areas where timers are not the best option, sensors are used. A popular system used in the St. Louis area is an induction loop system. These loop systems consist of coils of wire that have been embedded into the surface of the roadway. The wire forms a loop (hence the name), which detects when a vehicle is present and sends a message to the traffic light to change. Another common system in the region is a camera sensor. These are noticeably located on top of the traffic lights and point towards the intersection. The idea behind the camera sensors is very similar to the loop system, except they are not embedded in the roadway. The cameras use “detection zones” instead of the embedded loops in the roadway. MoDOT told us they have been using the cameras more frequently due to them being easier to access and easier to repair. While cameras are located at many intersections, it should be noted that no video is stored as they are used only as sensors for the traffic signals.



# Curbside Leaf Collection

**It's almost fall, and you know what that means... our highly-anticipated Leaf Pickup service is scheduled to start soon!**

Over the next several months, our Public Works department will resume its free, residential, curbside leaf collection program. You should expect to see our crews out collecting leaves from October to December, weather permitting. One crew will be assigned to each ward. If you do not know what ward your street is in, contact the Ballwin Government Center (636) 227-9000 or visit our website to utilize the Street Look Up feature.

Leaves raked may be put in appropriate yard waste bags or containers for pickup on yard waste collection days by the City's contracted waste hauler. Unlike trash collection, we cannot guarantee which day of the week your leaves will be collected. Crews will be collecting leaves Monday through Friday, on City streets both north and south of Manchester Road. Crews will begin each day where they ended the day before. Once leaves have been collected on all streets, our crews will begin another pick up cycle. There will be NO pick up on Thanksgiving Day, the Friday following Thanksgiving, Christmas Eve, or Christmas Day.

## IMPORTANT REMINDERS

Please do not park on top of, or in front of, leaf piles. Leaves that are not accessible cannot be collected until the next cycle through the City. Crews cannot return to missed piles.

To minimize leaves washing into the sewers or becoming saturated during rainfall, do not put them in the gutter. Residents can put leaves in the center island of their cul de sac and our crews will collect these leaves.

As a reminder, this service is only provided to customers of the City's contracted waste hauler. Properties that have a separate contract are excluded from the curbside leaf collection. Residents are also reminded leaves will be picked up by the trash hauler as part of their yard waste collection, provided they are put in yard waste bags or separate containers. So if our timeline for pickup doesn't match your needs, there are other disposal options available to you.

For the safety of the workers and the equipment, sticks, plants, root balls, metal objects, bricks, logs, and animal waste must be kept out of the leaf pile. Piles of leaves with such debris will NOT be collected to avoid injuries and equipment damage, which will cause delays. Please do not block fire hydrants, storm drains, or mailboxes with your leaf pile.

For more information, visit our website at [www.ballwin.mo.us/Leaf-Pickup/](http://www.ballwin.mo.us/Leaf-Pickup/).



Our team grew by three this summer when college students Tricia, Jeff, and Maddie began their internship with our Public Works department. The three, hard-working interns shadowed our crews to learn first-hand all the services our department provides!

Jeff is currently studying Civil Engineering as part of the Joint Undergraduate Engineering Program of UMSL and Washington University. He is a St. Louis native and looks forward to graduating in May of 2020.

Maddie and Tricia are both entering their junior year at their respective colleges. Maddie attends Missouri S&T in Rolla and is working towards a degree in Civil and Architectural Engineering. Tricia is set to graduate in May of 2021 with a degree in Civil Engineering from the University of Arkansas.



Pictured above from L to R: Tricia, Jeff, and Maddie in front of our Public Works facility

We had a blast having them this summer and wish them the best as they complete school and embark on their professional journeys!

# When to Call Public Works?

*The Ballwin Public Works department's mission is to maintain the City's infrastructure in order to provide the safe travel of all motorists and pedestrians. This requires routine maintenance of streets including snow and ice control, sidewalks, signage, traffic signals, and the City's fleet. Fall leaves are collected at the curb to provide for a more efficient storm drainage system. For a full list of services provided by Public Works, along with more information, visit our website at [www.ballwin.mo.us/Public-Works-1/](http://www.ballwin.mo.us/Public-Works-1/).*

*We hope this information helps you better determine when to contact the Ballwin Public Works department. You can always contact the Ballwin Government Center to be directed to the correct department or agency. **Please note, for life-threatening emergencies, call 911.***

### Public Works (636) 207-2344

- Unsafe Sidewalks
- Excavation Permits and Site Inspections
- Potholes
- Snow Removal
- Dangerous Trees
- Street Collapse

# Meet Chris Conway!



The City of Ballwin is excited to announce that Chris Conway has joined the team as the Director of Parks and Recreation. In this position, he will be responsible for the administrative and operational oversight of the entire department.

Chris, a Ballwin native, previously worked for the City's Parks and Recreation department as Recreation Manager from 2007-2016, where he oversaw recreational programs and events. In 2016, he moved to the City of Farmington where he served as Parks Director until April of this year. He was instrumental in creating new programming and events and streamlining procedures to improve the overall efficiency of the Farmington Parks and Recreation department.

Chris earned a BA in Recreation Management from the State University of New York (SUNY) at Brockport in 2006. Chris' educational background paired with his 13 years of real-world, professional experience, will make him an invaluable asset to the Ballwin team!

Welcome back to Ballwin, Chris!

## Parks and Recreation Team Members

**Director of Parks and Recreation:** Chris Conway, [cconway@ballwin.mo.us](mailto:cconway@ballwin.mo.us)

**Superintendent of Parks and Facilities:** John Hoffman, [jhoffman@ballwin.mo.us](mailto:jhoffman@ballwin.mo.us)

**Superintendent of Recreation:** Hedy Boone, [hboone@ballwin.mo.us](mailto:hboone@ballwin.mo.us)

**Recreation Manager:** James Boyd, [jboyd@ballwin.mo.us](mailto:jboyd@ballwin.mo.us)

**Recreation Specialist:** Dan Eastham, [deastham@ballwin.mo.us](mailto:deastham@ballwin.mo.us)

**Recreation Manager:** Gayle Junge, [gjunge@ballwin.mo.us](mailto:gjunge@ballwin.mo.us)

**Aquatics Manager:** Liz Renaud, [lrenaud@ballwin.mo.us](mailto:lrenaud@ballwin.mo.us)

**Aquatics Specialist:** Sami Sacco, [ssacco@ballwin.mo.us](mailto:ssacco@ballwin.mo.us)

**Fitness Manager:** Matt Struemph, [mstruemph@ballwin.mo.us](mailto:mstruemph@ballwin.mo.us)



# The Pointe at Ballwin Commons

#1 Ballwin Commons Circle  
(636) 227-8950

## Hours of Operation

Monday - Friday 5:15 a.m. - 10 p.m.  
Saturday 7 a.m. - 8 p.m.  
Sunday 8 a.m. - 6 p.m.

## Holiday Hours

Sept. 2 (Labor Day) 5:15 a.m. - 1 p.m.

## Babysitting Hours (3 months - 8 years)

Monday - Friday 8 a.m. - 12 p.m.  
Monday - Thursday 5 p.m. - 8 p.m.  
Saturday 8 a.m. - 12 p.m.

## Pointe Maintenance Hours

Annual Maintenance CLOSED Aug 8-9  
Indoor Pool Maintenance CLOSED Aug 5-11

**Please Note: The Gym will be closed Monday, July 29 - Friday, August 16 in order to sand, restripe, and refinish floors. Unpleasant odors from floor finish and paint could be experienced throughout the project. Thank you for your patience as we work through this facility improvement.**



## Daily Fees

	Res*	Non
Youth, 3 - 18	\$5	\$8
Adult, 19 - 61	\$6	\$8
Senior, 62 +	\$5	\$8
Babysitting	\$4	\$4

## 20 Visit Swipe Cards

Youth, 3 - 18	\$80	\$140
Adult, 19 - 61	\$100	\$140
Senior, 62 +	\$80	\$140
Active Military	\$33	\$45

## 20 Visit Water Cards

Water Aerobics	\$80	\$100
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\*With current Resident ID

## Personal Training Fees

1 Hour Sessions:	VIP	Reg
1 Session	\$60	\$70
5 Sessions	\$275	\$315
10 Sessions	\$480	\$560
20 Sessions	\$840	\$980
30 Minute Sessions:		
1 Session	\$35	\$40
5 Sessions	\$160	\$180
10 Sessions	\$280	\$320
20 Sessions	\$500	\$550

Personal Training Group pricing is also available on our website at [www.ballwin.mo.us/Personal-Training/](http://www.ballwin.mo.us/Personal-Training/).



**Greg Beasley, Agent**  
15212B Manchester Road  
Ballwin, MO 63011  
Bus: 636-227-4242  
[greg.beasley.b5wx@statefarm.com](mailto:greg.beasley.b5wx@statefarm.com)

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State Farm General Insurance Company, Bloomington, IL  
State Farm Life Insurance Company (Not licensed in MA, NY or WI), State Farm Life and Accident Assurance Company (Licensed in NY and WI)  
Bloomington, IL

# Memberships & Specials

Residents	Pointe Annual	Pointe Monthly	Pointe + Annual	Pointe + Monthly	Platinum Annual	Platinum Monthly
Youth 3-18	\$192	\$18	\$245	\$23	\$336	\$30
Adult 19-61	\$336	\$30	\$420	\$37	\$504	\$44
Senior 62+	\$180	\$17	\$288	\$26	\$372	\$33
Active Police/Fire	\$180	\$17	\$288	\$26	\$372	\$33
Active Military	\$180	\$17	\$288	\$26	\$372	\$33
Senior Couple	\$264	\$24	\$336	\$30	\$480	\$42
Single +1	\$432	\$38	\$600	\$52	\$744	\$64
Family*	\$480	\$42	\$685	\$59	\$828	\$71

\*Maximum of 2 adults over the age of 24 on this membership.

## Nonresidents

Youth 3-18	\$312	\$28	\$395	\$35	\$480	\$42
Adult 19-61	\$528	\$46	\$645	\$56	\$732	\$63
Senior 62+	\$324	\$29	\$425	\$38	\$516	\$45
Active Police/Fire	\$324	\$29	\$425	\$38	\$516	\$45
Active Military	\$324	\$29	\$425	\$38	\$516	\$45
Senior Couple	\$444	\$39	\$585	\$51	\$696	\$60
Single +1	\$672	\$58	\$795	\$67	\$888	\$76
Family*	\$744	\$64	\$945	\$81	\$1,056	\$90

\*Maximum of 2 adults over the age of 24 on this membership.

**Pointe Debit membership** - The City of Ballwin will automatically debit your checking account or credit card. It must be from one or the other, members cannot alternate billing. The first month's payment and a \$20 activation fee is due at time of enrollment. There is a minimum of two automatic payments with the debit program. *This program will not end until you give The Pointe written notice of your intent to cancel at least two weeks prior to your next debit.*

**Pointe Plus** - This combination membership includes The Pointe and North Pointe Aquatic Center.

**Platinum** - This membership includes unlimited use of everything our facilities have to offer. All group, specialized, and water aerobics classes are included. Admission to The Pointe and North Pointe Aquatic Center, babysitting at The Pointe, and Resident Rates at the Golf Course are also included.

**VIP Pricing** - Ballwin has ensured residents receive a lower rate in our facilities and programs. In order to receive this VIP rate, residents must prove residency at The Pointe by providing an unpaid gas, sewer, water, or electric bill. Once you bring in your utility bill, you can purchase a Resident ID Card for \$5 (must be renewed annually for \$1). Non residents who are members of The Pointe will also receive VIP rates.

## August

Receive two (2) additional visits when you buy a 20 visit card

## September

Get 10% off when you purchase an annual Platinum or Pointe membership

**\*\*Open House Special (9/21 only)** - Get 10% off when you purchase an annual Platinum or Pointe membership OR no activation fee and no upfront dues when joining on the monthly debit membership plan.

## October

Get 10% off when you purchase an annual Platinum or Pointe membership



# PARKS AND RECREATION PROGRAMS

## Kids Night Out

Fri, Sept. 13, 6 - 9 p.m.

Fri, Oct. 11, 6 - 9 p.m.

NO PARENTS ALLOWED!! We will have a blast playing games, doing arts and crafts, and swimming. Pizza and drinks will be provided as a snack. Pre-register required online or at The Pointe. Day of registration will not be taken. Please bring a swimsuit and towel.

Fee: VIP \$10, Reg \$12

Ages: 7-12

Location: The Pointe

## Little Goblins Trick or Treat

Fri, Oct. 25, 10 - 11:30 a.m.

Bring your Little Goblin or Ghoul to The Pointe for some Trick or Treating FUN. Participants are encouraged to wear costumes. We will have a spooky scavenger hunt, decorate pumpkins, go trick or treating around The Pointe, play games, and have a healthy snack. Parent participation is required.

Fee: VIP \$6, Reg \$8

Ages: 1-5

Location: The Pointe

## Tennis Future Stars

Saturdays, 10 - 10:30 a.m.

Aug. 3 - Sept. 7

Sept. 21 - Oct. 26

Under the direction of tennis instructor Nick Thorburg, clinics will focus on using age appropriate techniques and equipment to teach stroke fundamentals, skill

development, and fun.

Fee: VIP \$30, Reg \$35

Ages: 4-6

Location: Vlasik Park

## Tennis Beginners - Jr.

Saturdays

Aug. 3 - Sept. 7

Sept. 21 - Oct. 26

11 a.m. - 12 p.m. (7-10)

12 - 1 p.m. (11-15)

Beginning Junior Tennis clinics are designed to help students enjoy this life-long sport by learning the fundamentals of ground strokes, volleys, serve, sportsmanship, and court etiquette.

Fee: VIP \$45, Reg \$50

Ages: 7-10, 11-15

Location: Vlasik Park

## Little Strikers Soccer

Saturdays, Sept. 14 - Oct. 19

9 - 11 a.m.

This 3v3 game format guarantees more playing time and touches on the ball for players. The first Saturday, teams will practice and play interactive games. Each Saturday thereafter, teams will practice for the first half hour followed by a game. The league fee includes a team shirt. Contact Recreation Manager James Boyd to become a volunteer coach (coaches will receive 50% for one child).

Fee: VIP \$50, Reg \$60

Ages: 7-10, 11-15

Location: The Pointe

## Junior Scramble

Mon, Aug. 5, 1 - 3 p.m.

On selected days throughout the summer the course will host nine-hole, four players per team, afternoon junior scramble events for both male and female golfers. Event fee covers greens fees, refreshments, and prizes. All players should check in at the golf shop by 12:30 p.m. on the event day.

Fee: VIP \$15, Reg \$19

Ages: 10-17

Location: Ballwin Golf Course

## Birthday Party Packages

Includes pizza, two-liter sodas, paper place settings, one hour in party room, and daily admission for 10, 20, or 30 people



**Package A**  
10 people  
VIP \$120  
Reg \$150

**Package B**  
20 people  
VIP \$190  
Reg \$220

**Package C**  
30 people  
VIP \$280  
Reg \$310

## Youth and Adult Programs

### Tiny Toes

Tuesdays, 5:30 - 6 p.m.

Sept. 3 - Dec. 31

Our Tiny Toes dance class is geared for children 18 months to three years who are ready to dance without mommy or daddy beside them. It focuses on ballet and some tap, and we introduce the dance technique and styles in a fun, positive, and encouraging way. In this class we use many props and familiar songs, as well as our Tippi Toes music, to keep children engaged. For additional questions, pricing, or to register, visit [www.tippitoesdance.com/st-louis/](http://www.tippitoesdance.com/st-louis/)  
Ages: 1.5 - 3  
Location: The Pointe

### Ballet, Tap & Jazz Combo

Tuesdays, 6:15 - 7 p.m.

Sept. 3 - Dec. 31

Our Ballet, Tap & Jazz class for 4-7 year olds incorporates all three techniques while also encouraging self-expression and creativity. High energy music is used throughout the class to get dancers moving and having fun! For additional questions, pricing, or to register, visit [www.tippitoesdance.com/st-louis/](http://www.tippitoesdance.com/st-louis/)  
Ages: 4 - 7  
Location: The Pointe

### Hip Hop Dance

Tuesdays, 7:15 - 8 p.m.

Sept. 3 - Dec. 31

Using popular, age appropriate music, as well as our own Tippi Toes music, the students learn choreograph in a hip hop technique. For additional questions, pricing, or to register, visit [www.tippitoesdance.com/st-louis/](http://www.tippitoesdance.com/st-louis/)  
Ages: 6-12  
Location: The Pointe

### Taekwondo - Beginner

Wednesdays, 6:30 - 7:30 p.m.

Aug. 7 - Sept. 11

Sept. 18 - Oct. 23

Students learn respect, responsibility, and discipline in addition to basic hand and foot techniques. A uniform is purchased from the instructor - \$45.

Fee: VIP \$54, Reg \$78

Ages: 6+

Location: The Pointe

### Taekwondo - Intermediate

Wednesdays, 7:30 - 8:30 p.m.

Aug. 7 - Sept. 11

Sept. 18 - Oct. 23

Returning students and those with instructor approval continue more advanced training and reinforcing respect, responsibility, and discipline.

Fee: VIP \$54, Reg \$78

Ages: 6+

Location: The Pointe

### Basic Training

Mondays - Thursdays, 5:45 - 6:45 a.m.

Aug. 12 - Sept. 19

Sept. 30 - Nov. 7

Attention! There are no 'at ease' moments in this six week, 24-class, bootcamp style class. Each class features 25-40 minutes of calisthenics/drills followed by a class run/jog. This class is open to all fitness levels.

Fee: VIP \$129, Reg \$149

Ages: 14+

Location: The Pointe

*Register for these events and more online at [www.ballwin.mo.us](http://www.ballwin.mo.us)*



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### Personal Training (FREE)

Mondays - Sundays, 5:15 a.m. - 10 p.m.  
Aug. 1 - Dec. 31

If you have a current Pointe membership, you are entitled to a FREE 30 minute, one-on-one personal training consultation. Limited one per year for each family member 11 years and older. Visit The Pointe's Welcome Desk to receive a personal training tri fold, purchase a personal training package, or sign up for your complimentary training consultation.

Fee: VIP/Reg FREE  
Ages: 11+  
Location: The Pointe

### Fitness Assessment

Mondays - Sundays, 5:15 a.m. - 10 p.m.  
Aug. 1 - Dec. 31

Fitness assessments are useful for anyone interested in their fitness level. Body fat analysis, body measurements, BMI, blood pressure, flexibility, and a submaximal VO2 test are all part of this assessment. For more information, contact The Pointe's Fitness Manager, Matt Struempf, at [mstruempf@ballwin.mo.us](mailto:mstruempf@ballwin.mo.us).

Fee: VIP \$20, Reg \$30  
Ages: 14+  
Location: The Pointe

### Ballwin Historical Commission Speaker Series

Saturdays, 2:30 - 3:30 p.m.  
Sept. 7  
Oct. 5

Join the Ballwin Historical Commission for a FREE educational presentation held at The Pointe at Ballwin Commons.

September 7 - Ballwin Police Safety through the Years Presented by Chief Kevin Scott, Ballwin Police Department

October 5 - Leadership Lessons in Missouri's Civil War 1861 Presented by Major Frank Tucker US Army (Retired) Free, no registration required. All ages welcome!

Fee: VIP/Reg FREE  
Ages: ALL  
Location: The Pointe

### Pickleball

Mondays - Fridays, 9 a.m. - 1 p.m.  
Sept. 2 - Dec. 31  
Wednesdays, 7:30 - 9:30 p.m.  
Sept. 4 - Dec. 18  
Saturdays, 4 - 7:30 p.m.  
Sept. 7 - Dec. 28

Pickleball at The Pointe is a drop in program included with the cost of a daily admission or free for members. We have a mix of beginner and intermediate players. Our regulars are happy to teach newcomers the fastest growing sport in the U.S. Stop by The Pointe for a detailed schedule.

Fee: Members FREE, Res \$5, Reg \$8  
Ages: 6+  
Location: The Pointe Gym

A poster for an 'OPEN HOUSE' event. The background is a dark blue image of an industrial facility, possibly a water treatment plant, with large pipes and structures. The text is in bold, yellow and white fonts. The main title 'OPEN HOUSE' is in large, bold, yellow letters. Below it, in white, is 'SATURDAY, SEPTEMBER 21' and '7 A.M. - 8 P.M.'. Further down, in white, is 'THE POINTE' and '#1 BALLWIN COMMONS CIRCLE BALLWIN, MO 63021'. At the bottom, in a dark blue box, is the text 'FREE ADMISSION, FREE CLASSES, MEMBERSHIP SPECIALS, DOOR PRIZES, AND MORE!!' in white. Below that, in a white box, is the text 'For more details, call The Pointe at (636) 227-8950.' in dark blue.

**OPEN HOUSE**

**SATURDAY, SEPTEMBER 21**  
**7 A.M. - 8 P.M.**

**THE POINTE**  
**#1 BALLWIN COMMONS CIRCLE**  
**BALLWIN, MO 63021**

**FREE ADMISSION,  
FREE CLASSES,  
MEMBERSHIP SPECIALS,  
DOOR PRIZES,  
AND MORE!!**

**For more details, call The Pointe at (636) 227-8950.**

## Adult Programs

### Lunch and Bingo

Wednesdays, 11 a.m. - 1:15 p.m.

Sept. 4

Sept. 18

Oct. 2

Oct. 16

Join us for lunch, fun, BINGO, and prizes! We will play six rounds of Bingo followed by lunch and dessert, and then play six more.

Fee: VIP/Reg \$6

Ages: 21+

Location: The Pointe

### Lafayette Older Adult Program (LOAP)

Mondays, 10 a.m. - 1 p.m.

Sept. 9 - May 11

Are you interested in making new friends, hearing great speakers, attending exciting day trips, or playing BINGO? If you are 55 or older, LOAP is a great group for you to join. Meetings run through Monday, May 11, 2020 on the second and fourth Mondays of the month. Free coffee, tea, soda, and desserts are provided. Bring a sack lunch and \$2 to each meeting. Pre-registration is not required.

Fee: VIP/Reg \$2

Ages: 21+

Location: Golf Course Banquet Room

### Tennis Beginners - Adults

Saturdays, 9 - 10 a.m.

Aug. 3 - Sept. 7

Sept. 21 - Oct. 26

This a beginning tennis clinic held Saturday mornings at the Vlasik Park Tennis Courts. The focus will be on personal attention, stroke fundamentals, skill development, match play, and fun! Join us and learn this lifetime sport.

Fee: VIP \$45, Reg \$50

Ages: 16+

Location: Vlasik Park

### Ballwin Men's Golf Club

Saturdays, 7:30 a.m. - 1 p.m.

Aug. 17

Sept. 14

Oct. 5

All men, both resident and non-resident, are invited to join our Ballwin Men's Golf Club. The Men's Club plays a fun and challenging, 18-hole, competitive event, one Saturday morning of every month, April through October. \$15 per event (plus cart & greens fees). Go to their website at [www.ballwinmensgolfassoc.com](http://www.ballwinmensgolfassoc.com) for information or contact the Pro Shop at (636) 227-1750.

Fee: \$15 per event (plus cart & greens fees)

Ages: 18+

Location: Ballwin Golf Course

### Ballwin Historical Commission Meeting

Saturdays, 3:30 - 4:30 p.m.

Sept. 7

Oct. 5

Regular meetings of the Commission are held at The Pointe at Ballwin Commons meeting room at 3:30 p.m. after each Speaker Series discussion. All meetings are open to the public. The Commission's primary function is to promote, educate, and illustrate the history of Ballwin; its exploration, settlement, development, and activities.

Fee: VIP/Reg FREE

Ages: 21+

Location: The Pointe

### Mixed Couples Scramble

Sundays, 2- 4 p.m.

Aug. 18

Sept. 22

Oct. 20

Teams will need two male and two female golfers. The nine-hole scramble format allows golfers of all skill levels to have fun and enjoy being out on the course. Applicable greens fees, cart fees, and tournament fees are all payable on the day of the event. Preregistration is required and closes at 5 p.m. the Friday before. Call the Pro Shop at (636) 227-1750 to sign up!

Fee: VIP/Reg \$5 (plus cart & greens fees)

Ages: 18+

Location: Ballwin Golf Course



# RACE Series

Keep collecting points for your chance at being named the overall 2019 series winner. All ability levels welcome! More information at [www.ballwin.mo.us](http://www.ballwin.mo.us).

## Conquer Castlewood

Sunday, Aug. 11, 8 a.m.

This two-person team adventure race will ask you to canoe 1-2 miles, bike 4-5 miles on the trails, and run 3-4 miles. Canoeing equipment is provided. Come Conquer Castlewood!

Fee: \$50 (per person)

Ages: 10+

Location: Castlewood State Park

## Kids Triathlon

Sunday, Sept. 15, 8 a.m. (first heat)

Tri-athlete kids get ready! Ages 5-6 and 7-8 have a 25 yard swim, 1 mile bike, and 1/2 mile run. Ages 9-10 and 11-12 have a 75 yard swim, 2 mile bike, and 1 mile run.

Fee: \$25 (reg. closes Sept 12)

Ages: 5-8 short course, 9-12 long course

Location: The Pointe

## Moonlight Howl 5K

Friday, Oct. 25, 9 p.m.

Runners will get a flashing light and will follow the glow sticks to the finish line. Stay afterward for a complimentary drink! The 5K run begins Friday, Oct. 25 at 9 p.m. at The Wolf Cafe.

Fee: \$30 (\$40 after Oct 7)

Ages: 7+

Location: The Wolf Cafe



# Indoor Pool

 <b>Indoor Pool Schedule</b> <span>Begins August 12, 2019</span>							
www.ballwin.mo.us <span>(636) 227-8950</span>							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Lap Swim</b>	8:00 am-5:30 pm	5:30-8:00 am 11:30-1:30pm 3:30-8:30pm	5:30-8:00 am 11:30-1:30pm 7:45-8:30pm	5:30-8:00 am 11:30-1:30pm 3:30-8:30pm	5:30-8:00 am 11:30-1:30pm 7:45-8:30pm	5:30-8:00 am 11:30-1:30pm 3:30-8:30pm	7:00-8:00 am 12:00-7:30 pm
<b>Open Swim</b>	11:00 am-5:30 pm	4:30-8:30 pm	N/A	4:30-8:30 pm	N/A	4:30-8:30 pm	12:00-7:30 pm
<b>Swim Lessons</b>	N/A	N/A	4:15-6:45 pm	N/A	4:15-6:45 pm	N/A	9:30-12:00 pm
<b>Water Aerobics</b> 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	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 8:00 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	
<b>Spa</b>	8:00 am-5:30 pm	5:30-8:00 am 8:20-1:30pm 3:30-8:30pm	5:30-8:00 am 8:20 - 1:30pm 6:45-8:30pm	5:30-8:00 am 8:20-1:30pm 3:30-8:30pm	5:30-8:00 am 8:20 - 1:30pm 6:45-8:30pm	5:30-8:00 am 8:20-1:30pm 3:30-8:30pm	7:00-9:20 am 12:00-7:30 pm
<b>Little Splashers</b>			10:30-11:30 am		10:30-11:30 am		



**I love  
this town.**

**Steve Martinez Ins Agcy Inc**  
Steve Martinez, Agent  
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Ballwin, MO 63011  
Bus: 636-227-7888

**Thanks, Ballwin Residents.**

I love being here to help  
life go right™ in a community  
where people are making a  
difference every day.  
Thank you for all you do.



**PLEASE NOTE:** The Indoor Pool will be closed  
Monday, August 5 - Sunday, August 11 for  
annual maintenance and cleaning.

## Indoor Swimming Lessons

Registration closes four days prior to the start  
of the class. Each session consists of eight  
lessons.

## Saturday Sessions

9:30 a.m., 10:15 a.m., or 11 a.m.

Sept. 7 - Oct. 26

Nov. 9 - Dec. 14 \*six-week session

## Tues/Thurs Sessions

4:30 p.m., 5:15 p.m., or 6 p.m.

Sept. 10 - Oct. 3

Oct. 15 - Nov. 7

Dec. 3 - Dec. 19 \*six sessions

Fee: VIP \$52, Reg \$65 (\*VIP \$39, Reg \$49)

Ages: All

Location: The Pointe at Ballwin Commons

**One-on-one private lessons are available  
for all ages. Register at The Pointe. See the  
various swim lesson levels on the following  
page.**

# Group Swim Lessons

## Seahorse Kiddies (< 3 yrs)



Designed for children under three, this level gets the parents involved! The focus is to get the children comfortable in the water with the help and support of an adult (18 years or older). Songs, games, and fun activities will help build their confidence and provide a basic knowledge of water safety! An adult **MUST** be in the water with the child.

This class is designed to get you comfortable in the water away from parents! Children will work to develop positive attitudes, good swimming habits, and safe water practices in and around water. This is all done while learning the basics of floating, gliding, arm/leg action that they will incorporate in future levels. Most skills are done with support, either by instructor or floatation device.

## Clownfish (3-6 yrs)



Now you can really start to have fun by learning to swim on your own!! This class is designed to slowly introduce no supports and to learn to be more comfortable and independent in the water by swimming on your own! This class will build on skills learned in Tadpoles while introducing safety skills and floating.

Keep up the hard work! You are about to start swimming by yourself! This level is designed to introduce technique and skills used in future levels, like rotary breathing. You will be swimming with little to no assistance while learning new skills and building confidence in the water. Ready to learn to swim on your back like an otter!?

## Stingrays (5-16 yrs)



Good job! You are swimming all by yourself now! Practice makes perfect though and that is what this level is all about! This class will focus on refining the strokes you've learned so that you can swim farther while also teaching you a few new tricks to put up your fin.

Designed with older kids in mind, this class will teach you proper swimming techniques and safe water practices in and around water! This is done all while learning the basic skills needed to swim on your own! This class focuses on short distance swimming to establish proper technique.

## Swordfish (7-16 yrs)



This class is designed to build on what you learned in Sea Turtles. So pull out your sword and get ready to fight that water and swim farther! This class will focus on refining the strokes you've learned while teaching you new things that will allow you to go the

You are a lean, mean, swimming machine! Nothing can stop you! This is a pre-competitive class that will focus on refining your strokes for distance swimming by increasing your endurance, and learning new skills, like flip turns. This level will help prepare you for Ballwin Blue Dolphins Swim Club or for swimming fun that you can enjoy for the rest of your life. Either way, you're a swimmer now!!!

## Tadpoles (3-6 yrs)



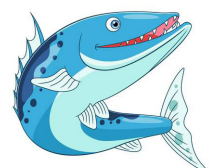
## Otters \*NEW (4-8 yrs)



## Sea Turtles (7-16 yrs)



## Baracuda (5-16 yrs)





# North Pointe Aquatic Center

Hours of operation for the season include:

**May 25 - August 11**

**Sat - Thurs 11:30 a.m. - 7:30 p.m.**

**Fri 11:30 a.m. - 9:30 p.m.**

**August 12 - September 2**

**Sat & Sun (only) 11:30 a.m. - 7:30 p.m.**

**Labor Day 11:30 a.m. - 7:30 p.m.**

## **Twilight Swim: August 10, 7:30 - 10 p.m.**

Come enjoy a night of swimming under the stars with your family and friends at our North Pointe Aquatic Center. You don't need to sign up ahead - you can pay the night of the Twilight Swim.

Fee: VIP \$4, Reg \$5 (pool pass & members are FREE)

Ages: All

Location: North Pointe

## **Dog Swim: September 3, 4:30 - 7:30 p.m.**

Calling all K-9s! North Pointe Aquatic Center's Annual Dog Swim. This is a great opportunity to bring your pooch to the pool or just come and see all the different dogs. Big, small, short, or tall, all are welcome with current vaccinations. Owners are responsible for the clean up of all pet deposits. No aggressive dogs, please!

Fee: \$10/dog, humans are FREE!

Ages: All

Location: North Pointe

## **Daily Fees**

	Res	Non Res
Youth, 3 - 18	\$5	\$8
Adult, 19 - 61	\$6	\$8
Senior, 62+	\$5	\$8

## **20 Visit Water Aerobic Class Card**

\$80	\$100
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## **North Pointe Birthday Parties**

We have three packages to choose from. Each package includes: 45 minutes in the party room, pizza and soda for a snack, and unlimited swimming fun! Everyone entering the facility for a party is considered in the count. You must pay in full at the time of booking. For more details, visit our website!





# Ballwin Golf Course and Club

## Ballwin Golf Course Fees

Weekdays	9 holes	18 holes
Res	\$13	\$19
Res Sr/Jr	\$11	\$17
NR	\$16	\$25
NR Sr/Jr	\$15	\$24
Weekends/Holidays		
Res	\$14	\$21
Res Sr/Jr	\$12	\$19
NR	\$16	\$25
NR Sr/Jr	\$16	\$25

## Hours (until Dusk)

August: Weekdays - 6:30 a.m., Weekends/Holidays - 6 a.m.

September: Weekdays - 7 a.m., Weekends/Holidays - 6:30 a.m.

October: Weekdays - 7:30 a.m., Weekends/Holidays - 7:30 a.m.

## Permanent Tee Times

Pre-book your favorite tee time and enjoy it all season without the hassle and stress of booking each week or waiting for the tee sheet to open for that day. A limited number of times are available on Saturday and Sunday mornings. For more information, visit [www.ballwin.mo.us/About-the-Ballwin-Golf-Course/](http://www.ballwin.mo.us/About-the-Ballwin-Golf-Course/).



## Providing Pillars of Support INSIDE AND OUT!



Jaime Zografos  
OsteoStrong - Ballwin

**OsteoStrong's** mission is to help improve bone health, increase strength and improve your balance naturally. **OsteoStrong** is designed to benefit anyone, but most notably benefits people who want to improve the following: skeletal strength, athletic performance, joint and back pain, flexibility, agility, posture, balance and strength.

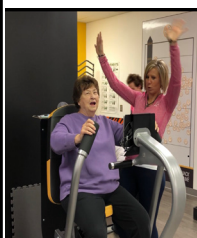
**OsteoStrong** works for people of all ages and levels of activity to promote skeletal strength which impacts the entire body in many ways using a process known as Osteogenic Loading. Sessions are quick, painless, and results are measurable and happen quickly. **OsteoStrong** sessions utilize a series of musculoskeletal treatment devices that allow axial compression of bone to emulate the effect of impact.

Bones are grown when they are under a great amount of force. That is what **OsteoStrong** does! **OsteoStrong** will have you place force on your bones, which will trigger the adaptive response in your brain to trigger bone growth.

At **OsteoStrong-Ballwin**, owned by Jaime Zografos, you will find a warm, fun, welcoming and encouraging environment.

"Our purpose is helping/guiding others to improve the quality of their life. You can reverse your osteoporosis and osteopenia," Jaime said. "We can help unleash explosive power in athletes. We create freedom in your life for you to do more of what you love!"

Their skilled and caring team would love to meet you! **OsteoStrong** will buy your first session, so you can experience what they have to offer. Call today!



110 Holloway Road • Ballwin • (636) 697-3902

[www.osteostrongballwin.com](http://www.osteostrongballwin.com)



OSTEO  
STRONG

## Golf Club Rentals and Rates

Have a wedding, anniversary, school banquet, work retreat, or shower to plan? Ballwin's Golf Club is just the place to host it. Find rates below!

Monday - Thursday: \$200

Friday or Sunday: \$500

Saturday: \$600

Rental rates are based on a four-hour bar service.

Renters may choose from:

- Open Premium Bar (\$15/person)
- Limited Bar: (\$10/person)
- Non-Alcoholic service (\$5/person)
- Cash Bar Service (minimum of \$250)

The Ballwin Golf Club seats up to 200 people at round tables. Rental fee includes set up and breakdown of the tables and chairs. To check availability and learn more, contact Events Planner Kate Duffy at (314) 805-7045 or [eventsplanner@ballwin.mo.us](mailto:eventsplanner@ballwin.mo.us).

## Group Class Schedule

*All group classes are included with daily admission and FREE with membership to The Pointe at Ballwin Commons.*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		8:00 - 9:00 am Step Cardio Mimi		8:00 - 8:20 am Tenacious "20" Georgette		8:00-8:45 am Body Sculpt Mimi
8:15 - 9:15 am PiYo Georgette	8:00 - 9:00 am 50+ and Fit Mimi		9:00 - 10:00 am Classic Silver Sneakers Doug	8:30 - 8:50 am Tenacious "20" Georgette	9:00 - 10:00 am Classic Silver Sneakers Debbie	8:45- 9:30 am Step Cardio Mimi
	9:15 - 10:15 am Bootcamp Georgette	9:15 - 10:15 am Body Sculpt Debbie	9:15 - 10:15 am PiYo Georgette	9:15 - 10:15 am Body Sculpt Georgette	9:15 - 10:15 am Step Cardio Mimi	10:00-11:00 am Boot Camp Georgette
	10:30 - 11:15 am 50+ and Fit Debbie		11:00 - Noon 50+ and Fit Mimi or Donna	10:30 -11:25 am Zumba Georgette	10:30 am - 11:15 am 50+ and Fit	11:15-Noon Zumba Georgette
	11:20–12:05 pm 50+ and Fit Debbie	11:00 - Noon Fit 4 All Susan		11:30 am-12:25 pm Zumba Gold Susan	11:20 am - 12:05 pm 50+ and Fit Georgette	
	12:40 - 1:00 pm Afternoon Abs Matt			12:40-1:00 pm Afternoon Abs Matt		
		5:30 -6:25 pm Zumba Georgette		5:30 - 6:25 pm Pi-Yo Georgette	5:30 - 6:15 pm Intense "45" Pete	
	6:15 - 7:15 pm Fitball Georgette	6:30 - 7:30 pm Insane Intervals Pete	6:30 - 7:30 pm Pound Class Debbie			
		7:40–8:25 pm Intense "45" Pete				

## Specialized Group Fitness Classes

**Spinning®, Pilates , TRX and Yoga schedule**

Use a 20 visit swipe or drop in for \$8/class. Platinum members are free!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5:45 - 6:30 am Spinning® Wendy			5:45 - 6:30 am Spinning® Jen	
8:15 - 9 am Spinning® Alternate Instructors	8:15 - 9 am Spinning® Jen		8 - 8:45 am TRX Georgette			8:15 - 9 am Spinning® Joan
	10 - 10:45 am Chair Yoga Donna		8:15 - 9 am Spinning® Susan			
		11 - 11:45 am 50+ Spinning® Claudia		11 - 11:45 am 50+ Spinning® Claudia		11 - 11:45 am 50+ Spinning® Claudia
	5:30 - 6:15 pm TRX Georgette		5:30 - 6:15 pm Pilates Beckie			
	6:15 - 7 pm Spinning® for Beginners Lucy	6:15 - 7 pm Spinning® Laura	6:15 - 7 pm Spinning® Joan	6:15 - 7 pm Spinning® Lucy		
	7:30 - 8:30 pm Yoga Joy			6:30-7:30 pm Yoga		

*\*All instructors are subject to change*



# Calendar of Events

## August

- 2 Concert: Borderline
- 3 Tennis - Adults
- 3 Tennis - Youth
- 3 Historical Commission Speaker
- 5 Jr. Golf Scramble
- 7 Taekwondo
- 10 Twilight Swim
- 11 Conquer Castlewood
- 12 Basic Training
- 16 Movie in the Park
- 19 Board of Aldermen Meeting
- 24 My 1st TRYathlon

## September

- 3 Dog Swim
- 7 Historical Commission Speaker
- 7 Craft Beer Festival
- 9 Board of Aldermen Meeting
- 13 Kids Night Out
- 14 Little Strikers Soccer
- 15 Kids Triathlon
- 18 Taekwondo
- 21 Open House at The Pointe
- 21 Tennis - Adults
- 21 Tennis - Youth
- 23 Board of Aldermen Meeting
- 28 Family Campout
- 30 Basic Training

## October

- 5 Historical Commission Speaker
- 5 Family Hayride
- 11 Kids Night Out
- 14 Board of Aldermen Meeting
- 14 Little Goblins Trick or Treat Party
- 25 Moonlight Howl
- 28 Board of Aldermen Meeting

For a complete and updated list of City events and meetings please visit [www.ballwin.mo.us](http://www.ballwin.mo.us) and select the events tab.

Planning and Zoning Commission meetings are scheduled for 7 p.m. in the board room on the first Monday of each month, subject to petitions.

Board of Adjustment meetings are scheduled for 7 p.m. in the board room on the third Wednesday of each month, subject to petitions.

The Board of Aldermen meetings are scheduled to begin at 7 p.m. on the second and fourth Monday of each month in the board room.


Please note, all meetings are subject to change. Visit our website for the most current information.



Pictures above are from the 2018 Little Goblins Trick or Treat party

ApexNetworkPT.com

COME HEAL WITH US!

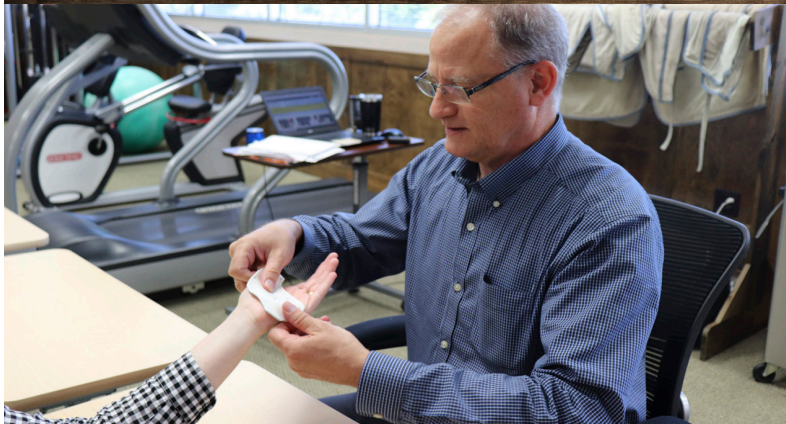


## APEXNETWORK<sup>®</sup>

## PHYSICAL THERAPY

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Industrial Rehab · Occupational Therapy · Vestibular Rehab



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VISIT US ONLINE AT: [www.ballwin.mo.us](http://www.ballwin.mo.us)



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