



Beginning March 31st, 2025

www.ballwin.mo.us

636 - 227 - 8950



The Pointe Indoor Pool Schedule

Bather Load maximum 356 VIP \$7/Reg \$9

Revised 12/5/2024

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Swim	12:00 - 5:30 pm	No Open Swim	No Open Swim	4:30 - 7:00 pm	No Open Swim	4:30 - 8:30 pm	12:00 - 5:30 pm
Lap Swim	8:00 am - 5:30 pm	5:30 - 8:00 am 11:30 am - 5:30 pm 7:45 - 8:30 pm	5:30 - 8:00 am 10:30 am - 3:30 pm 7:45 - 8:30 pm	5:30 - 8:00 am 11:30 am - 6:30 pm 7:45 - 8:30	5:30 - 8:00 am 10:30 am - 3:30 pm 7:45 - 8:30 pm	5:30 - 8:00 am 11:30 am - 8:30 pm	7:00 - 7:45 am 12:00 - 5:30 pm
Blue Dolphin Warm-up March 31st - May 7th		6:30 - 7:30 pm All lap lanes in use		6:30 - 7:30 pm All lap lanes in use			
Little Splasher		3:30 - 5:30 pm	10:30 - 11:30 am		10:30 - 11:30 am		
Swim Lessons			4:30 - 6:45 pm		4:30 - 6:45 pm		9:30 - 11:45 am
Spa Maximum 10	8:00 am - 5:30 pm	5:30 - 8:00 am 8:20 am - 8:30 pm	5:30 - 8:00 am 8:20 am - 3:30 pm 6:45 - 8:30 pm	5:30 - 8:00 am 8:20 am - 8:30 pm	5:30 - 8:00 am 8:20 am - 3:30 pm 6:45 - 8:30 pm	5:30 - 8:00 am 8:20 am - 8:30 pm	7:00 - 9:30 am 12:00 - 5:30 pm
Aqua Fitness (45 minute classes) Platinum members: Free Pointe Members: \$7 or use a 20 visit swipe card Maximum 28		Aqua Fit 8:30 am	Aqua Fit 8:30 am	Aqua Fit 8:30 am	Aqua Fit 8:30 am	Aqua Fit 8:30 am	Aqua Fit 7:45 am
		Aqua Fit 9:30 am Aqua Flow 10:30 am Aqua Strength 5:40pm	Aqua Strength 9:30 am Aqua Fit 6:45 pm	Aqua Fit 9:30 am Aqua Flow 10:30 am	Aqua Strength 9:30 am Aqua Fit 6:45 pm	Aqua Fit 9:30 am Aqua Flow 10:30 am	Aqua Strength 8:30 am Please see our updated class names and descriptions to find the right FIT for you!

Maximum of 28 per class.

Aqua Fitness Classes (ages 14+)

Aqua Fit is designed to improve cardiovascular endurance, muscle tone, range of motion and flexibility using a variety of class formats and equipment with low to moderate impact on the joints. Participants enjoy class formats including dance, combat, plyometrics, music themes and HIIT formats such as staggered intervals, Tabata, pyramids or EMOM. Intensity varies in the moderate to high range.

Aqua Strength is a low to moderate impact, moderate intensity full body workout specifically targeting improving muscle strength, range of motion and flexibility using a variety of class formats and equipment.

Aqua Flow is a low impact, low to moderate intensity workout focusing on improving and maintaining range of motion, flexibility and balance. Classes vary to break muscle memory, challenge coordination, improve mind body connection and build strength and endurance

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 edge.

Play area is restricted to the children's play structure only. Adults are free.

- Lap Lane Usage – Maximum 4 swimmers/lane and maximum 60 minutes/swimmer. When using the lap lanes, priority will go to lap swimmers. Maximum 4 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). Circle swimming is necessary during peak usage and will be observed.

- 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.