

Beginning June 29, 2020

Indoor Pool Schedule

www.ballwin.mo.us

636-227-8950



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Swim Kiddie feature closed	10:00-1:30 pm	3:30-7:30 pm	No Open Swim	3:30-7:30 pm	No Open Swim	3:30-7:30 pm	12:00-1:30 pm
Lap Swim	8:00-1:30 pm	5:30-8:00 am 11:30-12:30 pm 3:30-7:30 pm	5:30-8:00 am 10:30-12:30pm	5:30-8:00 am 11:30-12:30 pm 3:30-7:30 pm	5:30-8:00 am 10:30-12:30pm	5:30-8:00 am 11:30-12:30 pm 3:30-7:30 pm	12:00-1:30 pm
Swim Lessons			4:00-6:45 pm		4:00-6:45 pm		8:30-11:45am
Spa Maximum 4 at one time	8:00-1:30 pm	5:30-8:00 am 8:20-12:30 pm 3:30-7:30 pm	5:30-8:00 am 8:20-12:30 pm 6:45-7:30 pm	5:30-8:00 am 8:20-12:30 pm 3:30-7:30 pm	5:30-8:00 am 8:20-12:30 pm 6:45-7:30 pm	5:30-8:00 am 8:20-12:30 pm 3:30-7:30 pm	12:00-1:30 pm
Water Aerobics (50 minute classes) Platinum members: Free Pointe Members: 7 or use a 20 visit swipe card Maximum 28		Aerobics 8:30 am	Aerobics 8:30 am	Aerobics 8:30 am	Aerobics 8:30 am	Aerobics 8:30 am	
		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		Joints in Motion 10:30 am		Joints in Motion 10:30 am	
			Aerobics 6:45 pm		Aerobics 6:45 pm		

Bather Load maximum 178

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.

- Lap Lane Usage– Maximum 2 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.