

ISSUE 2 VOLUME 4 MAY 2020

Ballwin *Life*

FERRIS PARK POLLINATOR GARDEN P. 8
BICYCLE PATROL P. 14
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Our Mission

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

Contact Us

City of Ballwin

(636) 227-9000

www.ballwin.mo.us

Code Enforcement

(636) 227-9000 *option 3

Ballwin Golf Course & Club

(636) 227-1750

Municipal Courts

(636) 227-9000 *option 4

North Pointe Aquatic Center

(636) 227-2981

Parks and Recreation

(636) 227-9000 *option 6

Ballwin Police Department

(636) 227-9000 *option 7

The Pointe at Ballwin Commons

(636) 227-8950

Public Works

(636) 227-9000 *option 2

Report an Issue

Issues may be reported online by visiting ballwin.mo.us or by phone.

Report a Pothole or Street Tree

Contact Public Works

Report a Code Issue

Contact Code Enforcement

Report a Tip to Police

Contact the Police Department

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From Your Mayor



Traditionally, my contributions to the spring editions of the Ballwin Life Magazine have focused on the many outdoor opportunities and recreational activities available to us during the spring and summer seasons. However, at the time I'm writing this, we are experiencing an unprecedented, global health crisis which has forced us to cancel many events, close some facilities, practice social distance, and stay at home.

I know I speak on behalf of the Board of Aldermen when I say the safety of our community members - from residents and business owners to City employees to visitors traveling through - is our number one priority. I can assure you every action taken during this situation was made out of an abundance of caution to ensure your health and well-being.

For the first time in 43 years, there will be no Ballwin Days festival. This difficult and saddening decision was made following increased concerns about the COVID-19 outbreak. With the uncertainty surrounding the end of this pandemic, we decided the safest and most responsible course of action was to cancel the festival, with hopes of holding another celebratory event when it is safe for everyone.

In the meantime, your elected officials, police officers, and other City staff are here to serve you and provide you with all of the essential services that make Ballwin great. I hope and pray it's not too long before everyone is out swimming at our North Pointe Aquatic Center, participating in our Race Series runs and triathlons, and enjoying some food and drinks at our Ballwin Golf Course & Events Center.

Most importantly, I want to truly thank the community for their support and understanding as we navigate through this difficult time. I have seen firsthand true acts of kindness, support for our restaurants and businesses, and many inspiring and neighborly moments. It makes Ballwin a fantastic place to live, and makes me proud to be your neighbor and Mayor.

Stay healthy and safe!

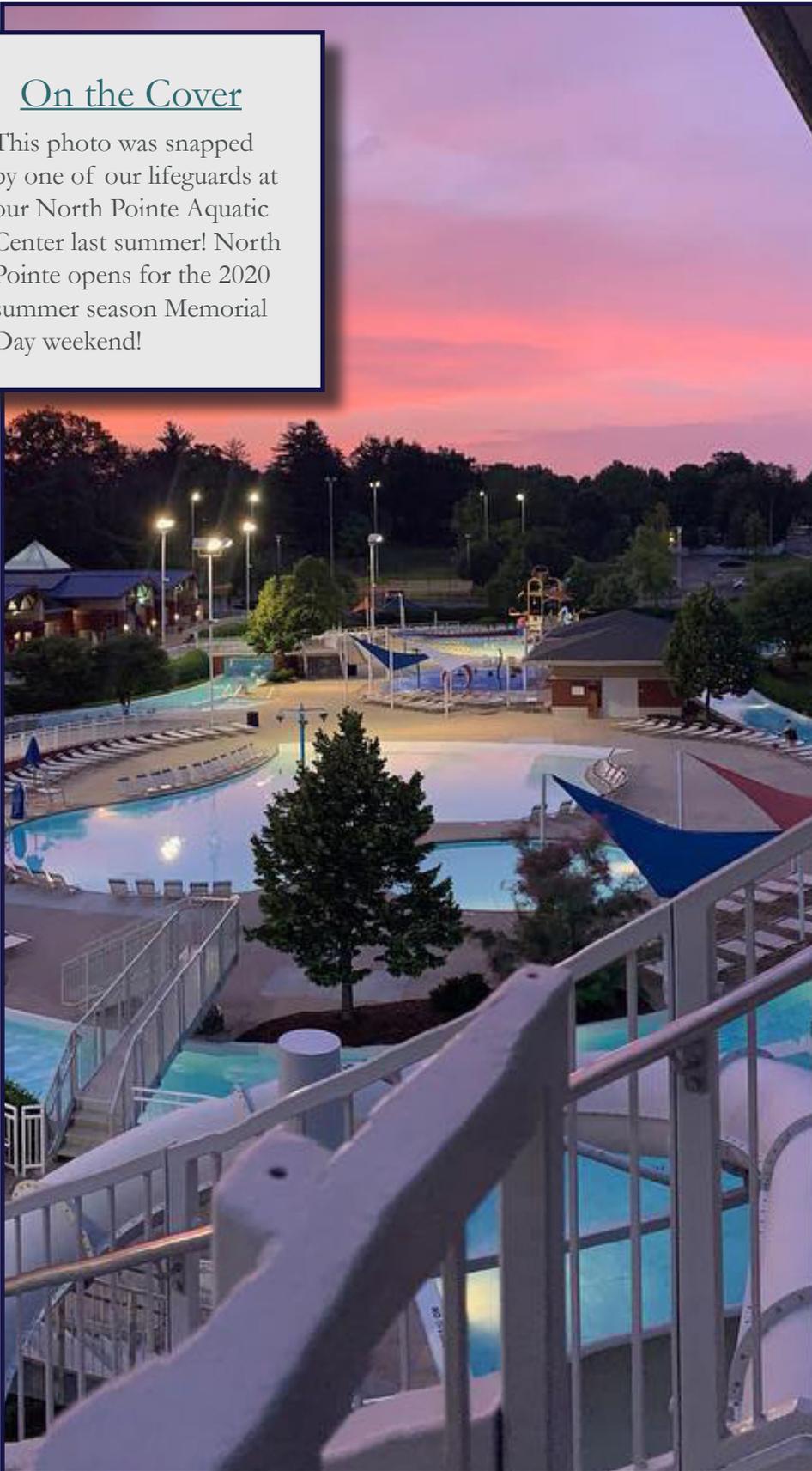
A handwritten signature in black ink, appearing to read 'T. Pogue'. The signature is fluid and cursive.

Tim Pogue

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This photo was snapped by one of our lifeguards at our North Pointe Aquatic Center last summer! North Pointe opens for the 2020 summer season Memorial Day weekend!



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An electronic copy of this issue can be found on our website at ballwin.mo.us.

the **b** **i** **z** Spotlight

Cardinal Orthodontics



In September of 2017, Dr. James Galea opened Cardinal Orthodontics, an orthodontic office which provides braces and Invisalign to patients of all ages. They are currently a leading provider of Invisalign, utilize the most up-to-date technologies, and offer free initial exams and free retainers for life to all patients. Cardinal Orthodontics has seven employees with over 80 years of experience and two locations. "Ballwin provides a great place to run a business in. The community is very supportive and it is a pleasure to be able to offer our services to the Ballwin residents," said Dr. James.

Address: 15028 Manchester Road
Phone: (314) 962-6242
Website: cardinalorthodontics.com
Shop Ballwin First Discount: \$350 off Braces or Invisalign Treatment (Valid for new patients only. Only one savings offer per patient.)

Class 101



Gary and Linda Jones opened Class 101 last June. They were looking for a career change and, having spent the last 18 years working in college admissions, thought college planning would be a perfect fit! Class 101 helps high school students and their families prepare for the college selection and admissions process. This includes creating college lists, researching majors and careers, ACT/SAT preparation, essay writing, financial aid assistance, and more! The Jones' favorite thing about our community is the "appreciation for strong academics here in Ballwin. Parents understand the value of a good education and a college degree."

Address: 15457 Clayton Road
Phone: (636) 299-1944
Website: class101.com/
 weststlouiscountymo
Shop Ballwin First Discount: 10% off all services

Ballwin Dental Care



Ballwin Dental Care is a general dentist office offering preventative care, extractions, restorations, invisalign, and cosmetic dentistry. It was founded in 1974 by Dr. Robert Schrameyer before being purchased by his daughter, and current owner, Dr. Kimberly Simonds in 2016. The business recently moved to its new building (formerly Johnny Mac's Sporting Goods). "We are proud to be the gateway to Ballwin when approaching from the east on Manchester Road. We have been a part of the Ballwin community for over 45 years and have enjoyed the 'small town' feel in a large metropolitan area," Dr. Kimberly said.

Address: 14649 Manchester Road
Phone: (636) 227-2552
Website: ballwindentalcare.com
Shop Ballwin First Discount: \$89 new patient special - cleaning, x-rays, exams.

PEOPLE of Ballwin

Barbara J. Reis



Writing and storytelling has been a part of Barbara's life for as long as she can remember.

"I've always written and always journaled," Barbara began. "But a few years ago, I just had the feeling I needed to do something for kids. I did Vacation Bible Schools and that was okay, but it didn't fulfill what I felt I really needed to do."

Soon, Barbara began thinking it was time to take her lifelong hobby to the next level.

"So many stories have been sitting in my computer for years and I just figured it's time to do something. So I looked into it and realized it's kind of costly. But there was a benefactor, a friend of mine, who decided it was time. She loaned me the money to do this," she said with a smile.

So in December of 2019, the Christian author published her first children's book, "Little Eli," a story she hopes will resonate with all kids.

"In the book, this little boy didn't like being little. But then he heard Jesus say 'you need to be like the little children to enter the kingdom of Heaven' and realized it's cool being little," Barbara explained. "A kid, whether they feel they're too little or too big, can hopefully relate to something like this. That's part of the message I try to get across in this book."

Barbara's book, "Little Eli" can be found online in her Etsy Shop, etsy.com/shop/BarbaraJReisAuthor. In addition to "Little Eli," she's also working on finishing and publishing two more children's books, "Gabriel's Loaves and Fishes" and "Grace and Lamby."

Barbara is a full-time Drapery and Soft Shade (DSS) Specialist, and her current company allows her to work from home. When she's not working, she's doing something crafty and creative, whether it's writing, sewing, or swing dancing. And although it's not a full-time job now, she hopes that in five years she'll still be writing and producing books for kids. "It's a big market right now, so it's hard to break into. But I'm hoping and praying that something will breakthrough," she said.

In the meantime, Barbara is looking forward to hosting readings and book signings, including one scheduled for Saturday, May 16 at 9 a.m. at The Pointe. The Ballwin resident is excited to spend this summer relaxing, hanging out with her daughter and son-in-law, taking long walks with her dog in Vlasik Park, and sitting poolside at the Seven Trails apartment complex.

Code Enforcement

Meet the members of Ballwin's Code Enforcement Division - Charles, Chris, Seth, and Jon!

The Ballwin Code Enforcement Division's primary function is to protect the health and safety of the community by ensuring the value and viability of every residence in Ballwin and Winchester. The department, led by Building Commissioner Mike Roberts, handles all Occupancy Inspections and Building Permits for both cities.

Building permits are required for all kinds of construction, including room and garage additions, basement finishes, sheds, barns, fences, decks, and swimming pools. Before beginning construction on any of these items, it may be necessary that a building permit be applied for and obtained.

Occupancy Inspections are completed to ensure all buildings are in compliance with the Ballwin Housing Code before they can be sold or occupied by a new resident, tenant, or business. New occupants are required to obtain an Occupancy Permit before taking up occupancy in any house, condominium, apartment, or commercial building. More information and documents for both of these services can be found on the City's website, ballwin.mo.us.



Every day, our Code Enforcement Officers inspect anywhere from 16 to 20 buildings within the city. From November to March of every year (approximately daylight savings to daylight savings), the inspectors work a Monday - Friday, 8 a.m. to 5 p.m. schedule. Once the days get longer, the inspectors work 10-hour shifts, four days a week, and they rotate days off, so Monday through Friday is covered for inspections. Our team has been observing this "summer schedule" since March 9th of this year.

"We find this schedule to be more helpful for contractors who start earlier in the day, and also for homeowners who arrive home a little later in the afternoon," says Code Enforcement Officer Chris Hyland.

If you want more information on our Code Enforcement Division, please contact the Government Center at (636) 227-9000 *3.

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Pollinator Garden

Our beloved Ferris Park, one of Ballwin's five community parks, is home to many attractions, including a soccer field, two playgrounds, a pavilion, a comfort station, and various nature trails. It's also home to a somewhat hidden garden, located directly on the left hand side as you enter the long drive towards the park.

In the spring and summer, you'll find the garden blooming with colors of red, blue, yellow, purple, and pink. However, it provides more than just the perfect backdrop for a stunning family photo... it also serves as a safe haven for monarch butterflies, bees, hummingbirds, and every other pollinator species.

We have retired biologist and 22-year Ballwin resident, Phil Rahn, to thank for that.

For the past six years, Phil has been a member of the Missouri Master Naturalists, a volunteer organization sponsored by the University of Missouri Extension Program and the Missouri Department of Conservation.

The organization creates programs and projects focused on educating the general public, especially school-aged children, on the natural world and conservation efforts. More specifically, Phil belongs to the Confluence chapter based out of St. Charles, one of three chapters in the St. Louis area belonging to the organization.

"All pollinator populations are on the decline because of habitat loss and urbanization. So one of our projects as a chapter is to increase their habitats," explained Phil. "Since I live in Ballwin, I wanted to do something here. I called the Parks and Recreation department, set up a meeting, and presented what we had in mind."

After seeing the space set aside in Ferris Park, Phil knew it was the perfect place. On May 30, 2017, Phil and a group of volunteers spent all morning planting wildflower seedlings, paid for by a grant secured by the organization. Now, almost three years later, the Ferris Park Pollinator Garden, which is still solely

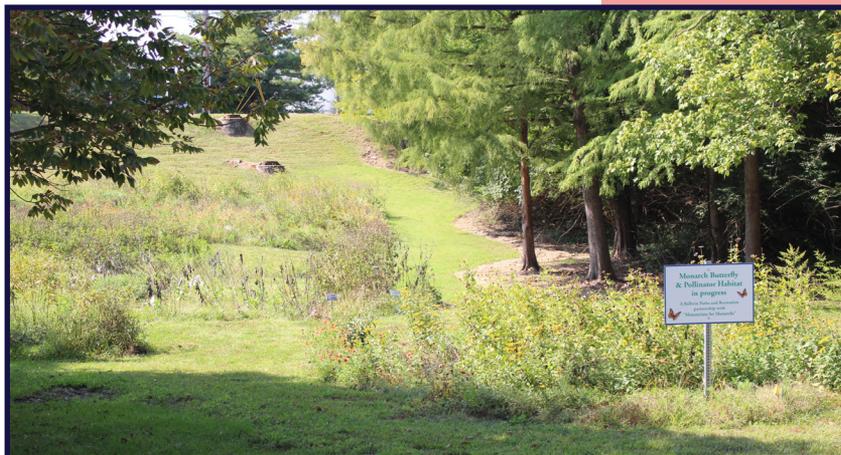
maintained by Phil, is constantly growing and evolving.

“The hardest part of the whole project was getting the garden established. The first year was a really dry year, so I had to water it constantly. The Ballwin Parks Department provided wood chips for the planting beds after they were established,” Phil said. “The Parks Maintenance team mows the grass pathways in the garden, keeping it looking nice. Now, it’s just a little bit of weed control and maintenance for me. During the summer, I mostly just monitor it, check on the plants, observe, and take notes on what I see.”

This is something Phil urges the community to participate in as well. There are over 20 different species of pollinator plants in the garden, which are planted in sections. The beds in each section have signs identifying what they are.

“I encourage people to actually walk through the garden at different times of the year, because it changes so much. You can walk down there and spend time looking at it, making notes on how many bees and monarch butterflies you can find,” Phil said.

If you’d like to get involved with the organization, you can visit the website, extension2.missouri.edu/programs/missouri-master-naturalist, to learn more about the necessary qualifications and training. Members will need to undergo extensive training and complete volunteer hours every single year to remain certified. Phil recently received a dragonfly pin, which he wears proudly, signaling he’s already completed 1,000 hours of volunteer



work since he started.

For those who want to participate in the preservation of nature, but don’t necessarily want to commit to joining the organization, don’t fret. Phil provides a simple, yet fun way, to contribute... plant a garden!

“This is a very easy thing for homeowners to do. You don’t need to do it on the Ferris Park Garden scale, but it’s very easy to find plants because they’re available at lots of places. All you need to do is find a place in your backyard that has good sunlight and plant a few plants here and

there,” said Phil. “If more and more people did that, the pollinators would have more habitats to go to.”

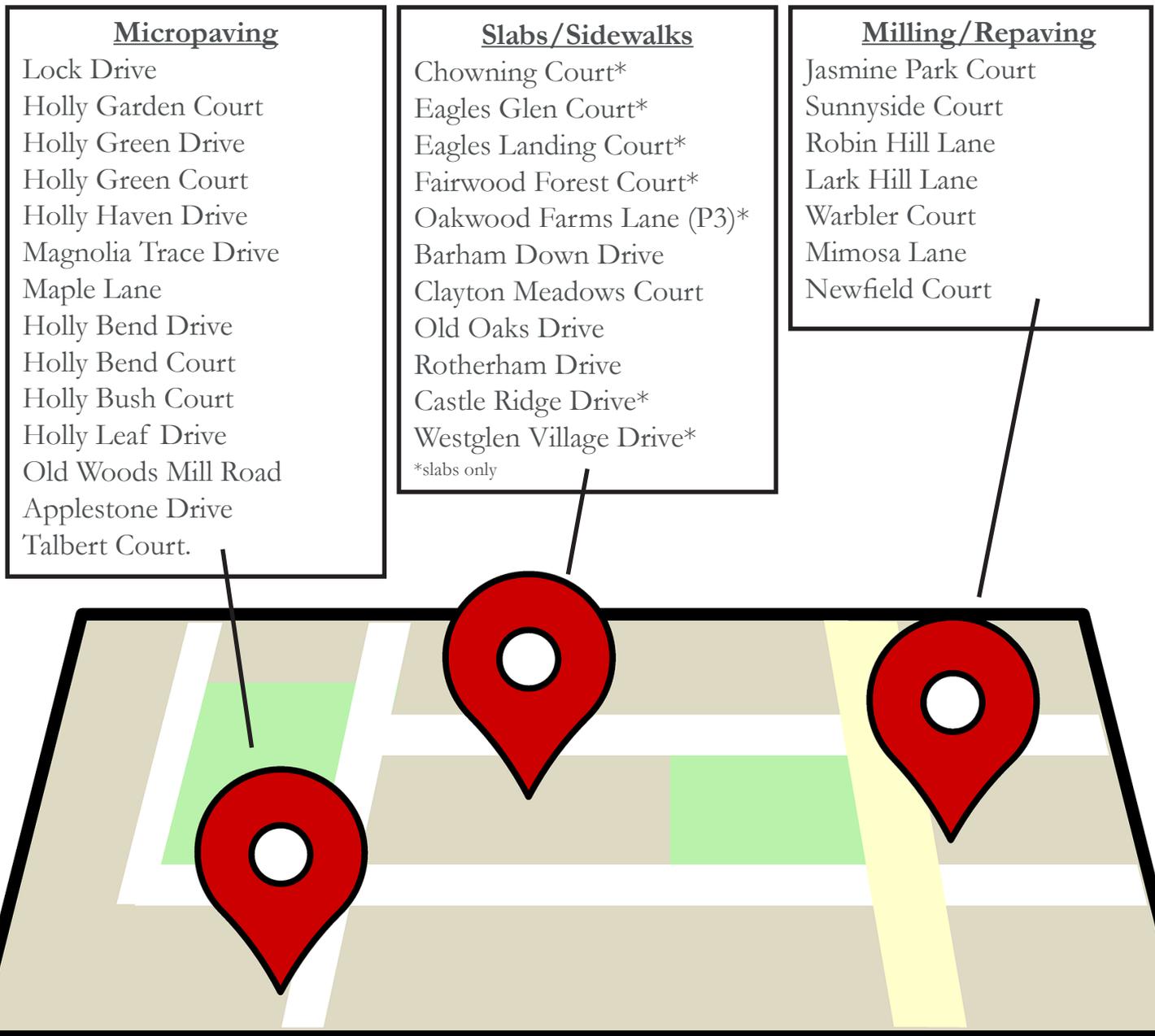
Phil’s main goal is simply to increase public awareness. He enjoys “being out in nature, giving back, and contributing to the renewal of habitat that’s been lost.” He’s constantly looking for places to plant and encourages Ballwin residents to do the same.

Ferris Park is located at 500 New Ballwin Road and is open year round from 7 a.m. to dusk. You can learn more about our wonderful parks on page 30.

Construction Season

Every year, the Board of Aldermen holds a budget discussion to prioritize upcoming city projects and services. During this discussion, they determine which public works construction projects will be approved for the following year.

Here are the approved construction projects for the 2020 season, which is set to begin this spring.



Additionally, our crews will be focused on tree services, such as removal and trimming, and completing outstanding work orders, such as potholes, road hazards, and general street maintenance. If you notice something that needs our attention, report your issue online at ballwin.mo.us/Report-An-Issue/.

Mosquito Control

Summer... a highly-anticipated season which typically brings warmer weather, sunny days, outdoor swimming, barbecues, vacations, and so much more to look forward to. Unfortunately, it also brings pesky bugs and mosquitos, which can make spending time outside far less enjoyable for your family.

To help mitigate this problem, the City created the Mosquito Control program. Every year, a member of our Public Works crew fogs the entire city on a weekly basis throughout the months of May, June, July, August, and September.

“During the fogging season, our department works hand in hand with St. Louis County,” said Public Works Superintendent Jim Link. “The county captures, counts, and tests our mosquitoes to determine what types of mosquitoes are in our community and which areas are seeing a particularly high volume.”

Additionally, the county is responsible for targeting younger mosquitos and those still in the larva stage, while our department is geared towards eliminating adult mosquitoes.

The City uses an EPA-approved, water-based solution called Aqua Control 30-30. This product has been proven effective against adult mosquitoes and completely safe for human and pet interaction.

“Your safety is our top priority. We assure you this insecticide has been thoroughly tested and found to be completely safe,” said Link. “Furthermore, our operators are Certified Public Operator Applicators by the Missouri Department of Agriculture, and are trained to take every precaution to make sure the product doesn’t come into contact with any human or pet.”

This year, the Public Works department will resume it’s annual attack on mosquitos from May 11 - September 11. Fogging begins at 8:30 p.m., when less people are outside and the adult mosquitos are most active. Ward 1 is fogged on Mondays, Ward 2 is fogged on Tuesdays, Ward 3 is fogged on Wednesdays, and Ward 4 is fogged on Thursdays. There is no fogging on Fridays and wards not fogged due to rain, excessive wind speed, or holidays will not be fogged that week. More information on our Mosquito Control Program can be found on our website at ballwin.mo.us/Mosquito-Control/. For any additional questions, please contact us directly at pw@ballwin.mo.us.



Steve Martinez Ins Agcy Inc
Steve Martinez, Agent
104 Holloway Road
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.

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Chief's Corner



As the Chief of Police, one of my tasks is to grow confidence in your police department. Your confidence grows when you have a positive encounter with a member of the department. That encounter happens either when you call our dispatch center, come to the station to get assistance, or meet with one of our police officers in the community. You have an expectation that the department employee will be professional, well trained, and very helpful.

When you do encounter a department employee, you should know that the department has spent years preparing for that single, momentary encounter. That encounter is supported by hundreds of hours of training and many years of experience.

Regarding the training, every police officer spends six months in a police academy prior to “hitting the road.” The officer will then spend the next three months riding with a Field Training Instructor, where they learn how to apply what they learned in the academy. So after nine months of training, they are then ready for solo patrol. Solo patrol is followed by another nine months of observations and constant performance reviews. That’s 18 months of training before they are fully on their own. Few other professions demand their new employees go through the rigors of that amount and level of training.

The training does not stop there. Additionally, each officer attends a minimum of 24 hours of training every year in areas such as skill development, legal issues, firearms, interpersonal, and technical training. Furthermore, the department does roll-call training every week. In 2019, members of the Ballwin Police Department attended over 2,200 hours of training.

There is also a thing we like to call “on the job” training. Because we cannot predict and train for every situation, we learn something new with every encounter. Our skills get better every time. That is where the “experience” comes in. Take all that training and add in a number of years of experience, and you have a well-trained, well-prepared professional police officer assisting you.

How much experience is best? I can’t answer that. But I can tell you that the Ballwin Police Department handles over 50 calls for service every day and has thousands of years of experience in serving the community. As an example, the department’s command staff, which includes a Captain, three Lieutenants, and myself, have a combined 154 years of policing experience.

This means when you interact with a member of your Ballwin Police Department, that person has spent years in training and experience preparing for that one moment with you. This notion ensures every encounter with our staff should yield a professional experience.

- Chief Doug Schaeffler

S.T.E.M. Science, Technology, Engineering and Mathematics in Policing

After reading correspondence that women are massively underrepresented in the science, technology, engineering, and math (STEM) work fields, Detective Jessica Ovca felt the need to make a change.

Detective Ovca, a 16-year veteran in law enforcement (12 years in Ballwin), was determined to put a dent in this issue. Ovca created and implemented a STEM program right here in our community to explain how STEM subjects are vital in the world of policing.

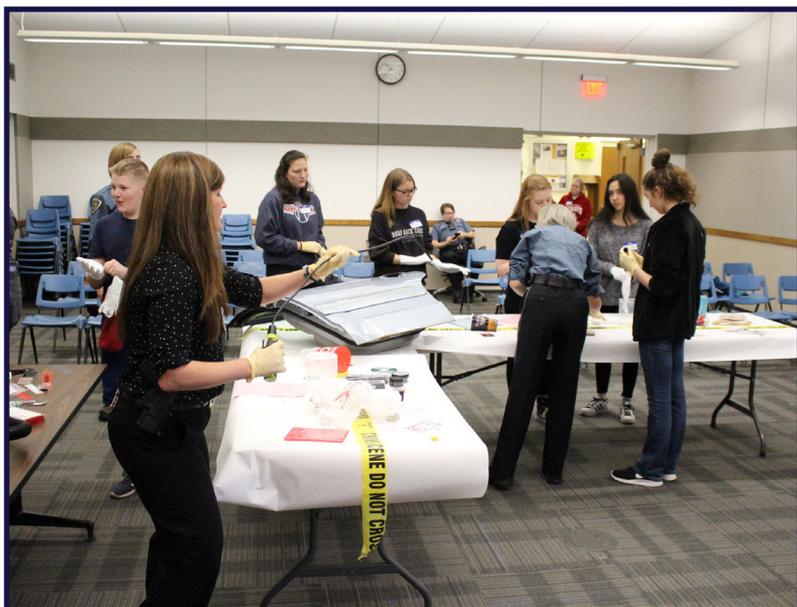
Ovca would be the first to say that one does not need to be a scientist, technology expert, engineer, or mathematician to join a police force. However, having a good working understanding in these four fields is vital in today's law enforcement world however.

“Getting young females interested in a commonly male-dominated profession is paramount” says Ovca. “Hopefully, programs like this will spark the interest of young females.”

This program is geared toward middle school-aged females and is commonly held twice a year. It includes a two-hour, hands-on experience, utilizing tools and trades of police departments around the country.

Attendees get to experiment with all the technology that is outfitted in the patrol cars, including LIDAR/RADAR, Mobile Data Terminals, and crime scene processing equipment. Furthermore, participants get to learn about how and why gunshot residue is collected, shoe print investigation, forced burglary crime scene processing, and DNA collection.

If you are interested in future STEM in policing classes, please contact the Ballwin Police Department's Community Affairs Unit at (636) 227-9636 for more information!



Patrol on Two Wheels

An inside look at Ballwin Police Department's Bicycle Unit

By Officer Burgoyne

As the temperatures ramp up throughout the warmer months, your Ballwin Police Department utilizes bicycle officers to patrol the city.

The BPD has a number of certified bike officers on staff who take a different approach to keep the city safe (when the weather allows).

The deployment of these bikes allow police officers to maneuver through parks and public events, while also helping to promote community policing. These bikes help get officers out of patrol cars and into the public, making them much more approachable. Furthermore, these bikes

can be utilized for a stealthier approach to proactive patrol. Officers on bicycles can canvass neighborhoods and apartment complexes with little detection in order to combat property crimes such as car clotters and vandalism.

Currently, the BPD utilizes a mix of 10-speed Schwinn and GT Mountain Crossover bikes, which are equipped with police lights, police markings, and an attachable duty bag. This duty bag includes things like standard police-issued equipment, as well as essentials to make repairs to the bicycle on the spot.

While on bicycle patrol, officers are authorized to wear different uniforms specifically designed for bike patrol, which include a polo top, shorts, bicycle shoes, and nylon duty gear. This helps keep the officer cooler and increases mobility while out on patrol.

In order to become certified, officers must attend a 40-hour police bicycle training program. This program focuses on the control of the bicycle through various environments, officer-safety tactics with a bicycle, basic bicycle repair, and ends with a 20-mile, all-terrain bike ride to prepare them for a patrol.

Make sure to keep an eye out for your BPD on bike patrol this summer!



Introducing: TextCaster

There is always an abundance of activities going on throughout the City of Ballwin, and you should be in the know!

The City of Ballwin has partnered with Textcaster, a permission-based messaging system. This service allows the City to notify subscribers of future events, important City updates, and urgent alerts.

When signing up, you can select (a-la-carte style) exactly what you would like to be notified about. These selections include police alerts, leaf pickup alerts, The Pointe notices, City office closures, summer camp alerts, and more!

This service is paramount in the event of developing police incidents. As a communication tool, police can issue directives such as suspect descriptions, traffic advisories, and shelter in place orders without delay. Police can issue these instructions or advisories directly to your selected point of contact via text message or email.

To sign up, simply visit ballwin.mo.us and click TextCaster Sign-Up under the Services Tab.

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The Pointe at Ballwin Commons



Information

#1 Ballwin Commons Circle
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 (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

May 25: 5:15 a.m. - 1 p.m.
 July 4: 7 a.m. - 2 p.m.

Pointe Play Center (3 months - 10 years)

Monday - Friday 8:30 a.m. - 12 p.m.
 Monday - Thursday 5 p.m. - 8 p.m.
 Saturday 8 a.m. - 12 p.m.

20-Visit Swipe Cards

Youth, 3 - 18	\$110	\$170
Adult, 19 - 61	\$130	\$170
Senior, 62+	\$110	\$170
Hero	\$40	\$60

Memberships

See table on the next page for our current membership rates. To receive resident rates, you must have a current resident ID Card. If a card is needed, bring a utility bill to The Pointe's welcome desk. Additional information:

- 1) Monthly options involve a \$20 activation fee.
- 2) Family memberships may include children living at home through the age of 23, and may not have more than two adults per household.
- 3) Senior Couple memberships only require one person be 62 or older.
- 4) Hero (Police, Fire, EMS, Veterans, and Active Military) memberships are only available for individuals.

Personal Training Fees

1-Hour Sessions:	VIP	Reg
1 Session	\$60	\$75
5 Sessions	\$280	\$345
10 Sessions	\$490	\$615
20 Sessions	\$860	\$1,075
30-Minute Sessions:		
1 Session	\$35	\$45
5 Sessions	\$165	\$200
10 Sessions	\$290	\$350
20 Sessions	\$515	\$605

Personal Training Group pricing is also available on our website at ballwin.mo.us/Personal-Training/. You can also see our list of current personal trainers by visiting that link.

Indoor Pool

The indoor pool at The Pointe features three Lap Lanes, a two-story water slide, an indoor water playground, lazy river, and vortex. The Pointe offers swim lessons, water aerobics, and more. Please review the Indoor Pool Schedule on our website to ensure the pool is open for the purpose you wish to use it.

Fitness Classes

Our fitness center offers a number of different classes available to both patrons and guests. Group Fitness classes are included with any membership. They are provided on a first come, first served basis and do not require registration. Visit the Fitness Center page on our website for more information or to view the current Group Fitness and Specialized Fitness Class Schedules.



Residents	Pointe Monthly*	Pointe Yearly	Platinum Monthly*	Platinum Yearly	Annual Pool Pass	Pointe Daily Visit
Youth (3-18)	\$20	\$216	\$33	\$372	\$97	\$6
Adult (19-61)	\$33	\$372	\$49	\$564	\$125	\$7
Senior (62+)	\$19	\$204	\$36	\$408	\$97	\$6
Senior Couple	\$26	\$288	\$46	\$528	\$153	N/A
Single+ One	\$41	\$468	\$71	\$828	\$205	N/A
Family	\$46	\$528	\$78	\$912	\$239	N/A
Hero	\$19	\$204	\$36	\$408	\$97	\$5
Nonresidents	Pointe Monthly*	Pointe Yearly	Platinum Monthly*	Platinum Yearly	Annual Pool Pass	Pointe Daily Visit
Youth (3-18)	\$31	\$348	\$46	\$528	\$153	\$9
Adult (19-61)	\$50	\$576	\$70	\$816	\$216	\$9
Senior (62+)	\$32	\$360	\$50	\$576	\$153	\$9
Senior Couple	\$43	\$492	\$66	\$768	\$233	N/A
Single+ One	\$63	\$732	\$84	\$984	\$341	N/A
Family	\$70	\$816	\$100	\$1,176	\$364	N/A
Hero	\$32	\$360	\$50	\$576	\$153	\$8

Membership Specials

May

- 3-Month Student Membership at The Pointe. Residents with current Ballwin ID \$99 and non residents \$145
- Jr. Golf & Swim Pass - purchase a pass for that is good for unlimited use at both North Pointe and the Ballwin Golf Course
- 20-Visit Card Class Special - receive two additional visits for each card purchased
- EXTENDED Early Bird pricing for North Pointe pool passes (10% discount)
- Get 10% off when you purchase an annual Platinum or Pointe membership
- Personal training discounts of packages - 5% of 5 visits, 10% off 10 visits, 15% off 20 visits

June

- 3-Month Student Membership at The Pointe. Residents with current Ballwin ID \$99 and non residents \$145
- Jr. Golf & Swim Pass - purchase a pass for that is good for unlimited use at both North Pointe and the Ballwin Golf Course

July

- Personal training discounts of packages - 5% of 5 visits, 10% off 10 visits, 15% off 20 visits

Ballwin Summer Camps

If you're looking for a safe, affordable, convenient, and FUN place for your child this summer, look no further than the City of Ballwin! Registration is open for our 2020 summer camps! This year's theme, No Cape Required, is centered around both iconic superheroes and our modern, everyday heroes! Each week, Day Camp, The Middle, and Camp Little Feet will follow a theme based around a different hero.

See the next page for the more information on our Day Camp, The Middle, and Camp Little Feet. We will also be offering a weekly Aqua Camp from June 1 - August 14 (Monday - Friday). More information on our Aqua Camp can be found online.

In addition to our weekly camp offerings, we also have tons of sports and variety camps planned for the summer:

June 1 - 5: Spa/Fashion | Basketball
June 8 - 12: Harry Potter | Cheerleading/Dance
June 15 - 19: Survivor | Star Wars | International Soccer
June 22 - 26: Let's Get Chemical
June 29 - July 3: Movie | Culinary
July 6 - 10: Tennis | Harry Potter
July 13 - 17: ARTventure | Brick Video Game Design
July 20 - 24: Set Design/Costumes 101
July 27 - 31: Theater
August 3 - 7: Board Games/Game Show

You can register online at ballwin.mo.us/summercamps or in person at The Pointe. Registration closes at midnight the Monday before your camp selection is scheduled to begin. Camp starts next month, so get registered before it's too late! Contact Recreation Manager Dan Eastham at deastham@ballwin.mo.us or (636) 207-2357 with any Summer Camp questions.



Weekly Camps

All weekly camps will take place **Monday - Friday from June 1 - August 7.**

Day Camp meets every week throughout the summer and features a different theme. The themes will be reflected in games, crafts, and activities. All drop off and pick-ups are done at The Pointe pavilion, except Fridays, which will be at North Pointe. Each week, campers will swim at The Pointe's Indoor Pool Monday - Thursday, go on a field trip each Wednesday and spend the day at North Pointe Aquatic Center on Fridays. Both Club AM and Club PM are available options to add on to any week of Day Camps.

Age: 5 - 10 | Time: 9 a.m. - 4 p.m. | Fee: VIP \$140/week, Reg \$160/week

In **Camp Little Feet**, campers will enjoy making arts and crafts, playing water games, and swimming throughout the week. This half-day camp is for children who are fully potty trained. Weekly themes match the themes for Day Camp, but there is no field trip component. Club AM and PM are not available for Camp Little Feet.

Age: 2 - 5 | Time: 9 a.m. - 12:30 p.m. | Fee: VIP \$95/week, Reg \$105/week

The **Middle** allows the older campers to enjoy the traditional camp structure with themes, field trips on Wednesdays and swimming everyday all in a group of friends their age. Drop off and pickup are at The Pointe Monday - Thursday. The Middle will spend Friday at North Pointe Aquatic Center (including drop off and pick up).

Age: 11 - 13 | Time: 9 a.m. - 4 p.m. | Fee: VIP \$140/week, Reg \$160/week

Dates	Weekly Theme	Day Camp Field Trip
Week 1: June 1 - 5	Superman/Superwoman	Grant's Farm
Week 2: June 8 - 12	Police	Epic 6
Week 3: June 15 - 19	Ironman	Science Center
Week 4: June 22 - 26	Military	Zoo
Week 5: June 29 - July 3	Captain America	Picnic/Inflatables
Week 6: July 6 - 10	Firefighters	City of Crestwood Pool (7/9)
Week 7: July 13 - 17	Batman/Batwoman	Wildwood B&B
Week 8: July 20 - 24	Doctors	Bowlero
Week 9: July 27 - 31	Spiderman	DEFY St. Louis
Week 10: August 3 - 7	Athletes	Field Day/Pizza Party

We're Hiring!!

The Ballwin Parks and Recreation Department is looking for hard-working, talented, and fun individuals to join our team! For more information on all open Parks and Recreation positions, visit ballwinmo.applicantpro.com/jobs/.

- Golf Club Attendant
- Lifeguard
- North Pointe Concession Attendant
- North Pointe Front Desk
- Park and Golf Seasonal Maintenance Worker
- Pointe Play Center
- Swim Instructor

The City of Ballwin is an Equal Opportunity Employer. For any questions, please contact Human Resources at hr@ballwin.mo.us.



Putting you first made us #1.

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

Making you our #1 priority is what's made State Farm® #1* in auto insurance. I'm here to listen to your needs and to help life go right.
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Swim Lessons

Group Swim Lessons are designed for infants, children, and adults six months and older. The program teaches water safety skills, all four primary strokes, and much more in a safe and fun environment. Lessons are taught in a 5:1 ratio so that time is optimized with each participant. If there are more than five participants, an instructor will be added. We offer eight distinct levels:

Seahorse - Parent/Child class for children 6 months to 3 years old.

Tadpoles - Beginner Level 1 for ages 3-6.

Clownfish - Beginner Level 2 for ages 3-6.

Otters - Intermediate Level for ages 4-6.

Stingrays - Advanced Level for ages 4-6 .

Seaturtles - Beginner Level for ages 7-16.

Swordfish - Intermediate Level for ages 7-16.

Barracuda - Advanced Level for ages 7-16.

Adult (Saturday Only) - Beginner Level for ages 16 and up.



Registration for swim lessons open two weeks before the session begins and registration closes four days before the first day of the session. Please mark your calendars for the appropriate date to enroll for our swim lesson program. **Fee: VIP \$60, Reg \$75.**

Tuesday/Thursday Evening Classes - 4:30 p.m., 5:15 p.m., and 6 p.m.

June 2 - 25

July 7- 30

Saturday Morning Classes - 9:30 a.m., 10:15 a.m., and 11 a.m.

June 6 - August 1 (8:45 a.m. time slot also offered)

September 12 - October 31

Private swim lessons are offered in three packages of three, six, and 12 lessons for ages three and older (price depends on package size). Lessons will be taught in 30-minute increments. Private Swim Lessons are always available for registration at The Pointe at Ballwin Commons.

For more information on Swim Lessons, please contact Sami Sacco at (636) 207-2328 or ssacco@ballwin.mo.us.

Infant Self Rescue (ISR) swim lessons are available at The Pointe! This class is designed to help children, six months - six years, learn emergency survival skills for the pool. Classes will be held one on one. Questions about pricing, or for more information, should be directed to Stacy Wistuba at (636) 686-0039 or info@gatewayisr.com.

Ballwin Golf Course

Mixed Couples Scrambles

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. Pre-registration is required, entries close at 5 p.m. on the Friday before. Call the Pro Shop at (636) 227-1750 to register. Upcoming summer dates are May 17, June 21, and July 19. On Sunday, July 19 we will have a "Nine and Dine!" with a buffet dinner following play.

Dates: See blurb above
Days: Sundays
Time: 2 - 4 p.m.
Ages: 18+
Location: Golf Course

Get Golf Ready: Adults

Ready to learn to play golf this year? If so, these five sessions are for you. Taught by Ballwin's PGA Professional, David Furlong, these sessions will cover everything you need to learn to get you started: rules and etiquette, grip and stance, alignment, putting basics, chipping and pitching, as well as the full swing and getting the ball to go to your target. Clubs can be provided upon request. Each participant will need to provide their own range balls (med. bucket \$10). Register online.

Dates: June 6 - July 11 and July 18 - Aug 15
Days: Saturdays
Time: 9 - 10 a.m.
Fee: Res \$89, Non-Res \$99
Ages: 18+
Location: Big Bend Golf Center

Monday Junior Scrambles

On selected Monday afternoons (June 8th, June 15th, June 22nd, and June 29th) we will be hosting junior, nine-hole, scramble events for interested juniors. Both male and female golfers of all skills are welcome to play.

Dates: See blurb above
Days: Mondays
Time: 1 - 4 p.m.
Ages: 10-17
Location: Golf Course

Get Golf Ready: Juniors

Get Golf Ready Juniors is designed to get aspiring junior golfers out onto the course in four easy lessons. Rules and etiquette, grip and stance, alignment, putting, and how to send the ball to the target with a correct swing will all be covered. Each participant will need to supply their own range balls (med. bucket \$10). Clubs can be provided upon request. Register online.

Dates: June 9 - 12 and July 7 - 10
Days: Tuesdays - Fridays
Time: 9 - 10 a.m.
Fee: Res \$59, Non-Res \$69
Ages: 8-18
Location: Big Bend Golf Center

Tuesday Junior League

This is for junior golfers (age 12-17) looking for more than a scramble format! Each week will have challenging individual and team events for fun and prizes! Some golfing experience and rudimentary knowledge of the rules is required. This league is every Tuesday from June 9th - July 28. Time, fees, and more details can be found on our website.

Parent/Child Tournament

Come out and play in our "New" Parent/Child Tournament on Saturday June 20! All ages are welcome! It is a nine-hole, two-person, alternate-shot event with tee times starting at 10 a.m. The format: both players tee off, select the best tee shot and then the team member whose ball is not selected hits the second shot. Continue alternating between the two players hitting the ball and advancing it towards the hole.

Date: June 20
Time: 10 a.m. (tee times start)
Fee: \$20 (per 2-person team)
Location: Golf Course

Course Hours

May:
 Weekday (7 a.m.) Weekend (6:30 a.m.)
June & July:
 Weekday (6:30 a.m.) Weekend (6 a.m.)

Course Fees

Visit ballwin.mo.us/Fees/ to view our current Ballwin Golf Course fees. As of January 1, 2020, we have added a new "Hero" discounted rate for all Police, Fire, EMS, Veterans, and Active Military Personnel.

Permanent Tee Times Available!

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. To get your permanent tee time you must have four golfers and the cost is \$200 for a nine-hole time (for the foursome) and \$300 for an 18-hole time. The Permanent Tee Time Season runs from the first Saturday in April to the last Sunday in October.



Ballwin Golf Course and Events Center
333 Holloway Road
Ballwin, MO 63011
(636) 227-1750

Whether you're looking for a beautiful space to host an intimate gathering of friends or the perfect place for your fairytale wedding, we have the space for you!

The Ballwin Golf Course and Events Center is available to rent for private parties including wedding receptions, anniversaries, birthday parties, or any other gathering. The facility overlooks our award winning golf course and can accommodate 200 guests at round tables with a dance floor, elevated stage for a head table, and full kitchen facilities (take a virtual tour on our website). Our rental fees are based on a four-hour event and include time for set up and clean up. We also cater to your needs by offering several different food and beverage options!

For a complete description of services, preferred caterers, pricing, or to check availability, please contact Events Planner Kate Duffy, at (314) 805-7045 or eventsplanner@ballwin.mo.us.



Parks & Recreation Programs



Red Cross Lifeguard Course

Provides entry-level participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries, and sudden illnesses until EMS personnel take over. This class will meet for two consecutive weekends. Class will take place 7:30 a.m. - 5 p.m. on Saturday, May 16, beginning with the prerequisite skills. Class will take place 8 a.m. - 5 p.m. on Sunday, May 17, Saturday, May 23, and Sunday, May 24. Participants who will be working for The City of Ballwin will be able to enroll and take the Red Cross Lifeguard Course at a DISCOUNTED PRICE. Please fill out a job application at on our website at ballwin.mo.us and contact Aquatic Manager, Liz Renaud at lrenaud@ballwin.mo.us to receive the discounted price or for any additional questions. This class will meet for two consecutive weekends: the first weekend at The Pointe and second weekend at North Pointe.

Dates: May 16 - 24

Days: Saturdays and Sundays

Time: 7:30 a.m. - 5 p.m.

Fee: VIP \$150, Reg \$175

Location: The Pointe & North Pointe

Historical Commission Meeting

Regular meetings of the Commission are held on the second Tuesday of each month at the Old Schoolhouse, 308 Jefferson Avenue. 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. The upcoming meeting dates are as follows: June 9th, July 14th, August 11th, and September 8th.

Dates: See blurb above

Days: Tuesdays

Time: 2:30 - 3:30 p.m.

Fee: VIP/Reg FREE

Ages: 21+

Location: School House



Fit 4 Duty

Train like a hero on the Fit4Duty Mobile Training Unit! An experienced Fit4Duty STL personal trainer specializing in training fire, police, and EMS personnel will make sure you get the most out of your outdoor workout on this unique rig.

Dates: May 16 - June 20 and July 11 - August 15

Days: Saturdays

Time: 9 - 10 a.m.

Fee: VIP \$210, Reg \$240

Ages: 14+

Location: Pointe Parking Lot



Balance Barre

This 45-minute balance class is like none other. This Vitality class is based on real ballet barre exercises and set to beautiful music. Every class works key muscle groups to enhance stability, posture, strength, flexibility, and neuromotor skills to prevent falls. The class is done standing and seated holding onto the "barre" for balance. Every combination is gentle, engaging, and entertaining, ensuring a fun and unique class every time. No experience or special attire is necessary.

Dates: May 21 - June 25 and July 2 - August 6

Days: Thursdays

Time: 3 - 3:45 p.m.

Fee: VIP \$40, Reg \$50

Ages: 14+

Location: The Pointe

Basic Training

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 and is sure to get your day kick started.

Dates: May 25 - July 2

Days: Mondays - Thursdays

Time: 5:15 - 6:15 a.m.

Fee: VIP \$129, Reg \$149

Ages: 14+

Location: The Pointe

Oil Painting

This four-week program, taught by instructor Peggy Carnes, teaches participants how to create oil paintings by focusing on mixing colors. It will be held June 1 - 29, July 6 - 27, and August 3 - 31. All materials will be provided. Old clothing is recommended. Pre-registration is required.

Dates: See blurb above
Days: Mondays
Time: 7 - 9 p.m.
Fee: Varies, see online
Ages: 16+
Location: The Pointe

Ballwin Triathlon

The 22nd Annual Ballwin Triathlon consists of a 300-yard swim, 9-mile bike, and 3.4-mile run. IF YOU ARE LOOKING FOR A GREATER CHALLENGE, REGISTER FOR THE DOUBLE TRIATHLON! Double Triathlon participants complete the course twice. Upon finishing the course, participants return to the pool to complete one lap around North Pointe's lazy river to begin the second course. There are 60 slots available for the double (first two heats). Participants start and finish at North Pointe Aquatic Center. Register by Sunday, June 21 to guarantee your shirt size. Registration fee increases to \$40 (\$50 for the double triathlon) on Monday, June 22. Registration closes Wednesday, July 15 at 5 p.m. There will be NO race day registration.

Date: July 19
Time: 6:45 a.m. - 12 p.m.
Fee: VIP/Reg \$30
Ages: 9+
Location: North Pointe



Conquer Castlewood

The 20th Annual Conquer Castlewood Team Adventure race allows participants to canoe, bike, and run through Castlewood State Park! The cost is \$40/person and increases to \$50 after July 21st. Each participant needs to register individually and there will be no race day registration. If you have any questions or need volunteer hours, please contact Matt Struempf at matt.struempf@ballwin.mo.us.

Date: August 9
Time: 8 - 11 a.m.
Fee: VIP/Reg \$40
Ages: 10+
Location: Castlewood



Craft Beer Festival

The 7th Annual Ballwin Craft Beer Festival is scheduled for Saturday, September 12 in Vlasis Park. Tickets are on sale now! 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. (check in will begin at 3 p.m.) VIP ticket holders, in addition to the three-hour tasting time, have access to the VIP tent for tastings of before-market and special brews. The VIP tent tasting begins at 3 p.m.

Date: September 12
Time: 3 p.m. or 4 p.m.
Fee: Rates vary, check online.
Ages: 21+
Location: Vlasis Park

Additional Programs

Youth

Ballet, Tap & Jazz Combo
 Get Golf Ready: Juniors (see p. 22)
 Hip Hop Dance
 Little Splashers (see p. 28)
 Monday Junior Golf Scramble (see p. 22)
 Night Waves Teen Party (see p. 28)
 North Pointe Swim Lessons (see p. 28)
 Summer Camps (see p. 18)
 Swim & Dive Team (see p. 27)
 Swim Lessons at The Pointe (see p. 21)
 Tiny Toes Dance
 Tuesday Junior Golf League (see p. 22)

Family

Dog Swim (see p. 28)
 Fitness Assessment
 Parent/Child Golf Tournament (see p. 22)
 Personal Training
 Pickleball
 Taekwondo: Beginner
 Taekwondo: Intermediate
 Twilight Swims (see p. 28)

Adult

Adult Group Swim Lessons (see p. 21)
 SilverSneakers Class
 SilverSneakers Yoga
 Bridge Club
 Get Golf Ready: Adult (see p. 22)
 Mixed Couples Scrambles (see p. 22)

Visit our website to register for one of the programs listed in this section.

Important note, this magazine is put together one month before it reaches our residents, Pointe members, and business owners. During the month of April and May, many programs, events, and classes have been cancelled or postponed due to the COVID-19 outbreak. As of April 9th, we plan to resume all events, fitness classes, rentals, and programs on Saturday, May 16, but will rely on information set forth by St. Louis County and other public health organizations. Therefore, all events and programs listed on this page are tentative and subject to change. As we navigate this situation, we encourage you to check our website for the most up-to-date information!

North Pointe Aquatic Center



Our North Pointe Aquatic Center opens for the 2020 summer season on Saturday, May 23.

You and your family will never get bored this summer at our North Pointe Aquatic Center. If you're looking for something fun to do in the summer in Ballwin, look no further than our award-winning waterpark. Enjoy the lazy river, water slides, diving boards, rope swing, splash pads or use the outdoor pool for lap swimming, water fitness, water walking, or swimming lessons. Kids and adults alike can spend the whole day outside this summer with this affordable and active entertainment option.

Information

335 Holloway Road
Ballwin, MO 63011
(636) 227-2981

Hours of Operation

May 23 - August 23

Sat - Th 11:30 a.m. - 7:30 p.m.

F 11:30 a.m. - 9:30 p.m.

*(will close at 7:30 p.m. on Friday, June 26)

*The Comp Pool will close at 2 p.m. on Tuesday, June 9 and Thursday, July 23 for home swim meets.

August 24 - September 7

Sat & Sun 11:30 a.m. - 7:30 p.m.

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

More information can be found on our website at ballwin.mo.us/About-North-Pointe-Aquatic-Center/.

Full Summer Passes

	VIP*	Reg
Youth, 3 - 18	\$97	\$153
Adult, 19 - 61	\$125	\$216
Senior, 62+	\$97	\$153
Senior Couple	\$153	\$233
Single +1	\$205	\$341
Family	\$239	\$364
Hero*	\$97	\$153

Daily Admission Rates

	VIP*	Reg
Youth, 3 - 18	\$6	\$10
Adult, 19 - 61	\$7	\$10
Senior, 62+	\$6	\$10
Hero*	\$5	\$9

*Must have an active resident ID Card to receive VIP/resident rates

*Hero: Police, Fire, EMS, Veterans, and Active Military

Water Fitness Classes

Pay a drop in fee, use your 20-visit card, or your Platinum membership to enter these classes.

River Walking

M, W, F	8 - 9a.m.	No instructor*
T, Th	7 - 8:30 a.m.	With Instructor
M- Th	7:45 - 8:30 p.m.	No instructor*

*Classes without instructors are free for Platinum members and Pool Pass holders.

Water Aerobics:

M, W	6:30 - 7:20 p.m.	Deep Water
Sat	8 - 9:15 a.m.	Combo
Sat	9:30 - 10:20 a.m.	Deep Water

For patrons to come in after open swim hours, they should be 14+ and actively participating in said activity-lap swim or river walking.

Birthday Parties

If you have a child celebrating a birthday this summer, consider booking a party at North Pointe. You can reserve one of our various packages now. Learn more on our website at ballwin.mo.us/North-Pointe-Birthday-Parties/.

Package A **VIP \$140 Reg \$165**
Admission for up to 15 people, 45 minutes in Party Alcove, four (4) pizzas, and soda.

Package B **VIP \$280 Reg \$310**
Admission for up to 30 people, 45 minutes in Party Alcove, eight (8) pizzas, and soda.

Package C **VIP \$450 Reg \$500**
Admission for up to 50 people, 45 minutes in Party Alcove, 13 pizzas, and soda.

Reservations can be made at the North Pointe front desk. Please note, the North Pointe front desk does not open for reservations until the season begins, if you'd like to book a birthday party before the pool opens, you may do so at The Pointe at Ballwin Commons. For questions about our North Pointe Birthday Party options, call (636) 227-8950. After May 23, call North Pointe front desk at (636) 227-2891.

Swim & Dive Team 2020

The Ballwin Blue Dolphins Swim and Dive Team is a recreational team with an emphasis on developing basic competitive skills. This fun recreational league caters to swimmers and divers age 5-18 years. We provide friendly competition between neighboring communities while focusing on learning, teamwork, sportsmanship, and most importantly FUN! We strive to promote a positive and safe environment for area swimmers and divers. Swimmers and/or divers with little or no experience are welcome. All new swim participants 8 and under must perform a swim test of 25 yards to join. The swim test must be swam with no assistance and without stopping. The swim test is not timed and is required for the safety of the swimmers. The 2020 swim pre-test date and time is Saturday, May 16 at 9:30 a.m. The swim pre-test will be held at The Pointe Indoor Pool. Swim team is NOT a substitute for swim lessons. All of our coaches are highly experienced in coaching swimmers and divers. For further details a copy of the 2020 Ballwin Swim and Dive Team flyer can be downloaded at the team's website, ballwinswimanddiveteam.com.

Rates:

Swim Team	VIP - \$130	Reg - \$150
Dive Team	VIP - \$130	Reg - \$150
Combo	VIP - \$150	Reg - \$170

Swim and Dive Team Registration Information
Meetings: TO BE DETERMINED

Registration fees and volunteer checks:

- Registration will begin when The Pointe at Ballwin Commons re-opens.
- All Registration Fees for Ballwin Swim and Dive Team are collected at The Pointe Welcome Desk- THERE IS NO ONLINE REGISTRATION! All Volunteer Checks are to be submitted with registration Fees at The Pointe Welcome Desk. Each family is required to submit three (3) \$75.00 checks at time of registration for the parent volunteer program. A buyout of \$250 can be made at time of registration. A \$20 discount will be given on any multi-family registration.

North Pointe Swim Lessons

All lessons this summer will be scheduled Monday through Thursday mornings. Registration for the swim lesson program closes four (4) days before the first day of the session. Please mark your calendars for the appropriate date to enroll for our swim lesson program. Private lessons are always available for registration at The Pointe at Ballwin Commons Front Desk. We have several different swim options available for all ages and skills, which can be found on page 21. To learn more about the various levels offered, contact Aquatics Specialist Sami Sacco at ssacco@ballwin.mo.us or visit our website at ballwin.mo.us/North-Pointe-Swim-and-Dive-Lessons/.

- Session 1:** June 1 - 11
- Session 2:** June 15 - 25
- Session 3:** June 29 - July 9
- Session 4:** July 20 - 30
- Time:** 9:45 a.m. & 10:30 a.m.
- Fee:** VIP \$60, Reg \$75
- Location:** North Pointe

Twilight Swims

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

- Dates:** June 13, July 11, and August 8
- Days:** Saturdays
- Time:** 7:30 - 10 p.m.
- Fee:** VIP \$5, Reg \$7 (pool pass and platinum members: FREE)
- Ages:** All
- Location:** North Pointe

Night Waves Teen Party

Calling all incoming and current middle school students! Enjoy music, games, and fun while hanging with old friends and meeting new ones. Registration is at the start of the event.

- Date:** June 26
- Time:** 8 - 10 p.m.
- Fee:** VIP/Reg \$5
- Ages:** 10-14
- Location:** North Pointe

Dog Swim

North Pointe's Annual Dog Swim is back! 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!

- Date:** September 8
- Time:** 4:30 - 7:30 p.m.
- Fee:** \$10/dog (humans FREE)
- Ages:** All
- Location:** North Pointe

Little Splashers

This is a special swim time for kids and their guardians. Every Thursday, starting at 9:30 a.m. we will have "fish tales" which is a storytime, craft, and snack prior to heading to the kiddie area for pool time.

- Dates:** May 26 - August 20
- Days:** Tuesdays & Thursdays
- Time:** 10 - 11 a.m.
- Fee:** VIP \$5, Reg \$6 (pool pass and platinum members: FREE)
- Ages:** 0.5 - 5
- Location:** North Pointe

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- + Carefully selected products for all of your furry, scaly & feathery friends
- + Large variety of Made in the USA treats & toys

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- + Freebies
- + Exclusive coupons
- + Member only pricing
- + Birthday gift for your pet



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Independently owned and operated

Exercise is Medicine®

By Fitness Manager Matt Struempfler

The American College of Sports Medicine (ACSM) began the Exercise Is Medicine® (EIM) initiative in 2007 in cooperation with the American Medical Association. As the name infers, the goal of EIM is to implement physical activity as an integral prevention and treatment program for many medical conditions. This global initiative is relatively young compared to traditional treatment focused on pharmaceutical medication. As a society we have generally perceived physical fitness as something set aside for athletes or enthusiasts. Exercise science has become more than a performance enhancement application by repeatedly producing data proving that physical activity helps prevent and treat illness and disease.

When we think of the word, health, most automatically think of physical well-being. Health, defined, is the state of being free from illness, injury, and disease. This definition does not distinguish between physical or mental health. Physical activity goes beyond improving physical well-being and illness prevention positively affecting our mental well-being as well.

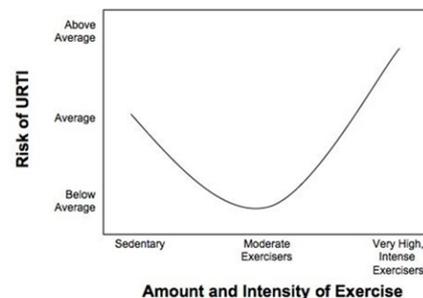
Prevention is the absolute most important way to improve health. If you never have something, there is no need to treat it. The ACSM lists common conditions in which physical activity has shown strong evidence to impact.¹ The list includes lowering risk of heart disease, stroke, type 2 diabetes, lung cancer, breast cancer, and much more. The list is not all-encompassing as there are many other, more specific physical and mental conditions that can be positively impacted by exercise.

In addition to lowering the risk of major health issues, exercise positively affects the immune system. The list of conditions/diseases exercise treats and/or helps prevent is astonishing. There is no other one, individual treatment that can lower the risk of all these conditions. What makes exercise even more impressive is how it may improve our immune systems to ward off, reduce the severity of, and speed the recovery from infectious conditions. It is important to note that, like most things, too much of a good thing can cause a negative effect. Regular, moderate exercise is beneficial, but high intensities may temporarily suppress our immune systems following extreme exercise bouts. The following “J” curve is a result of an epidemiological study administered by Dr. David C Nieman, FACSM.² It illustrates how risk (specific to upper respiratory tract infection/common cold) changes with exercise intensity.

The “J” curve simplifies the immune system/physical activity relationship. To simplify this concept even further, the feeling we get from regularly exercising cannot be overstated. Generally feeling better physically is undeniable. The feeling of accomplishment and self-confidence exercise provides improves mental well-being. Regardless of what is going on physiologically in our bodies to produce those feelings, focusing on those feelings can motivate us to exercise. If feeling better physically and mentally aren't enough, we can also be confident knowing that exercise helps prevent numerous illness, disease, and infections. Exercise is, indeed, medicine.

¹ American College of Sports Medicine: Complete Guide to Fitness and Health, Second Edition

² Risk of Upper Respiratory Infection in Athletes: An Epidemiologic and Immunologic Perspective



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Community Parks

The City of Ballwin has five parks available for residents and non-residents to enjoy! You can learn more about the features offered at each of our community parks below. We encourage you to stop by and check them out! All parks are open from 7 a.m. to dusk. For more information on our parks, visit ballwin.mo.us/About-Our-Parks/.

Park pavilions are available for rentals from April - October of every year. Rentals are currently paused due to COVID-19 and will tentatively resume on Saturday, May 16. As always, the most accurate and up to date information can be found on the City's website.

	Vlasis	Holloway	New Ballwin	Pointe	Ferris
Restrooms	2	0	1	Inside Facility	1
Reservable Pavilion	2	0	1	1	1
Pavilion Electricity	2	0	0	1	0
Grill	2	0	1	1	1
Open Pavilion	0	1	0	0	1
Water Fountain	Yes	Yes	Yes	Yes	Yes
Pickleball Courts	0	2 (Tennis)	3 (Basketball)	0 (Inside Facility)	0
Tennis Courts	4	2	2	0	0
Volleyball	1	0	1	0	0
Basketball	No	Yes	Yes	No	No
Trail	Yes	No	Yes	Yes	Yes (2021)
Fishing	Yes	No	Yes	No	No
Playground	Yes	Yes	Yes	Yes	Yes
Ball Field	1	0	0	0	0
Soccer Field	0	0	0	1	1

Calendar

Important note, this magazine is put together one month before it reaches our residents, Pointe members, and business owners. During the month of April and May, many programs, events, and classes have been cancelled or postponed due to the COVID-19 outbreak. As of April 9th, we plan to resume all events, fitness classes, rentals, and programs on Saturday, May 16, but will rely on information set forth by St. Louis County and other public health organizations. Therefore, all events and programs listed below are tentative and subject to change. As we navigate this situation, we encourage you to check our website (ballwin.mo.us) for the most up-to-date and accurate information!

May

- 11 Board of Aldermen Meeting
- 16 Red Cross Lifeguard Course
- 17 Mixed Couples Golf Scramble
- 23 North Pointe Opens

June

- 1 Summer Camp Starts
- 2 General Municipal Election
- 9 Historical Commission Meeting
- 13 Twilight Swim
- 20 Parent/Child Golf Tournament
- 21 Mixed Couples Golf Scramble
- 26 NightWaves Teen Party 2020

July

- 11 Twilight Swim
- 14 Historical Commission Meeting
- 19 Mixed Couples Golf Scramble
- 19 Ballwin Triathlon

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.

Municipal Elections

On March 18, Missouri Governor Mike Parson announced the postponement of all April 7th municipal elections due to the coronavirus outbreak. Our General Municipal Election will now take place on Tuesday, June 2, 2020.



2020 Census

Make sure you're counted!

By now, every home across the United States should have received official Census Bureau invitations to complete the 2020 Census. You can respond in one of three ways: by mail, phone, or online.

The City encourages you to respond! Your participation is vital and will help impact our community for the next decade. According to the 2020 Census website, "the results of the 2020 Census will help determine how hundreds of billions of dollars in federal funding flow into communities every year for the next decade. That funding shapes many different aspects of every community, no matter the size, no matter the location." This includes schools, highway planning and construction, businesses, public transit systems, and so much more. Learn more at 2020census.gov.



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