

North Pointe 2020 Schedule

636-227-2981

www.ballwin.mo.us



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00-7:15am Masters Club		6:00-7:15am Masters Club		6:00-7:15am Masters Club	
7:15-10:00am Swim Club	7:15-10:00am Swim Club	7:15-10:00am Swim Club	7:15-10:00am Swim Club	7:15-10:00am Swim Club	7:15-10:00am Swim Club	7:30-9:00am Adult Lap Swim (10 lanes available)
	8:00-9:00am River Walking NO Instructor	8:00-9:00am River Walking WITH Instructor	8:00-9:00am River Walking NO Instructor	8:00-9:00am River Walking WITH Instructor	8:00-9:00am River Walking NO Instructor	9:15-10:15am Aerobics/Toning
10:00-11:30am Adult Lap Swim (10 lanes available)	10:00-11:30am Swim Lessons	10:00-11:30am Swim Lessons	10:00-11:30am Swim Lessons	10:00-11:30am Swim Lessons	10:00-11:30am Swim Lessons (rainout make-up day)	10:30-11:20am Deep Water Aerobics
OPEN SWIM 12:00-2:30pm 3:00-5:30pm	OPEN SWIM 12:00-2:30pm 3:00-5:30pm	OPEN SWIM 12:00-2:30pm 3:00-5:30pm	OPEN SWIM 12:00-2:30pm 3:00-5:30pm	OPEN SWIM 12:00-2:30pm 3:00-5:30pm	OPEN SWIM 12:00-2:30pm 3:00-5:30pm	OPEN SWIM 12:00-2:30pm 3:00-5:30pm
	6:00-6:50pm Deep Water Aerobics 6:00-7:00pm River Walking NO Instructor	6:00-7:00pm River Walking NO Instructor	6:00-6:50pm Deep Water Aerobics 6:00-7:00pm River Walking NO Instructor	6:00-7:00pm River Walking NO Instructor		
	7:00-9:30pm Adult Lap Swim (10 lanes available)	7:00-9:30pm Adult Lap Swim (8 lanes available)	7:00-9:30pm Adult Lap Swim (10 lanes available)	7:00-9:30pm Adult Lap Swim (8 lanes available)	7:00-9:30pm Adult Lap Swim (10 lanes available)	

- Water Aerobics, Toning, Deep Water Aerobics and River Walking with an instructor VIP \$7, use a swipe from your 20-visit resident card or Platinum members no charge.
- River Walking without an instructor VIP \$6, use a 20-visit resident swipe card. Platinum and pool pass members no additional charge.
- Adult Lap Swimming-Sign up to reserve your spot. Platinum and Pool passes no additional fee and residents \$7. No drop-ins.
- New Programming- Sign up online at www.ballwin.mo.us
 - Swim Club- This program for ages 5-18. Continue your condition and stroke development will Coach Blakeleigh.
 - Group Swim Lessons-Designed for all ages. Check online for class sessions, times and levels.
 - Masters Club-This program is designed for adults in college and older to provide fun, fitness and optional friendly competition in a positive environment of athletic encouragement.