



North Pointe 2026 Schedule - **Starts August 24, 2026**

Amended Hours: August 24 - September 7 Open Saturday, Sunday, & Labor Day 11:30 am - 7:30 pm

335 Holloway Road
Ballwin, MO 63011
636-227-2981
www.ballwin.mo.us

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 - 11:00 am Lap Swim	5:30 - 11:30 am Lap Swim	5:30 - 11:30 am Lap Swim	5:30 - 11:30 am Lap Swim	5:30 - 11:30 am Lap Swim	5:30 - 11:30 am Lap Swim	7:00 - 11:00 am Lap Swim (Cancelled 9/5 for Aquathon)
	8:30 am Aqua Fitness	8:30 am Aqua Fitness	8:30 am Aqua Fitness	8:30 am Aqua Fitness	8:30 am Aqua Fitness	8:00 - 8:45 am Aqua Fitness
	9:30 am Aqua Fitness	9:30 am Aqua Strength	9:30 am Aqua Fitness	9:30 am Aqua Strength	9:30 am Aqua Fitness	9:00 - 9:45 am Aqua Fitness
	10:30 am Aqua Flow		10:30 am Aqua Flow		10:30 am Aqua Flow	10:00 - 10:45 am Deep Water Aqua Fitness
OPEN SWIM 11:30 am - 7:30 pm						OPEN SWIM 11:30 am - 7:30 pm
		6:45 - 7:30 pm Aqua Fitness		6:45 - 7:30 pm Aqua Fitness		
	7:30 - 8:15 pm Deep Water Aqua Fitness	7:30 - 8:15 pm Aqua Fitness Dual Depth	7:30 - 8:15 pm Deep Water Aqua Fitness	7:30 - 8:15 pm Aqua Fitness Dual Depth		
		7:30 - 8:15 pm River Walking		7:30 - 8:15 pm River Walking		
	7:30 - 9:00 pm Lap Swim	7:30 - 9:00 pm Lap Swim	7:30 - 9:00 pm Lap Swim	7:30 - 9:00 pm Lap Swim		