

# Maplewood Family Aquatic Center 2014



7550 Lohmeyer  
Maplewood, MO 63143  
(314) 646-3665

Hotline Number: 314.655.3602



# Maplewood Family Aquatic Center

## Outdoor Hours of Operation:

<b>Resident/Membership Night:</b>	5/23	F	Open Swim	6-8 p.m.
<b>Opening Weekend:</b>	5/24-5/25	A/S	Open Swim	11 a.m.-8 p.m.
<b>Regular Summer Hours:</b>	5/27-8/10	M-F	Open Swim	12-8 p.m.
		A/S	Open Swim	11 a.m.-8 p.m.
<b>Lap Swim Hours:</b>	5/27-8/10	M-F	Open Swim	12-8 p.m.
		A/S	Open Swim	11 a.m.-8 p.m.
	8/25-8/29	M-F	Lap Swimming	7 a.m.-11 a.m.

### Special Hours of Operation:

Memorial Day, 5/26	M	Open Swim	12-6 p.m.
World's Largest Swim Lesson	F	Pool Closed	9:30-11 a.m.
Independence Day, 7/4	M	Open Swim	12-6 p.m.
Swim Meets, 6/27 & 7/17	H	Comp Closed	5-8 p.m.
Cardboard Boat Regatta, 7/26	A	Comp Closed	5-8 p.m.
Labor Day, 9/1	M	Open Swim	12-6 p.m.

<b>End of Summer Hours:</b> 8/11-8/31	M/W/F	Open Swim	4-7:30 p.m.
	T/H	All Attractions	CLOSED
	A/S	Open Swim	11 a.m.-8 p.m.

## Outdoor Pool Fees

Daily (Must come with resident)	Resident	Guest
Youth (3-15 yrs)	\$4	\$5
Adult (16-59 yrs)	\$5.50	\$7.50
Senior (60 & up)	Free	\$5

Season Pass	Resident	Nonresident
Youth	\$70	\$160
Adult	\$80	\$180
Senior	Free	\$150
Family (up to 4)	\$150	\$355
each additional person	\$25	\$35

Combo Pass: Already have a pass to THE HEIGHTS? Buy a Maplewood Family Aquatic Center pass and get \$10 off the price of an individual pass or \$20 off the price of a family pass!

## ID Card

Resident	Nonresident
\$5	N/A

## Value Card (10 visits)

Resident	Nonresident	
Youth	\$35	N/A
Adult	\$45	N/A

1. Child must be accompanied by paying adult.
2. Family consists of 5 members; each additional member: Resident \$20 ea, \$30 ea
3. I.D. card must be purchased at THE HEIGHTS with proper proof of residency.
4. Non-resident daily must be accompanied by a paying resident with a valid I.D. card.
5. Five paying nonresident guests permitted per resident with proper ID.

## Maplewood Family Aquatic Center Membership or Resident Night

Be the first person of the summer season to jump off the high dive or take a plunge on the speed slide! Meet the new staff and say hello to the other familiar faces around the pools. Membership or resident ID cards must be purchased at THE HEIGHTS with proof of residency by showing a picture ID with an unpaid utility bill.

F 5/23 6-8 p.m.

No Charge!

## Outdoor Lap Swimming

Lap swimmers, take advantage of open lap lanes for your fitness needs. Please note that lanes are subject to closure to accommodate aquatic programming. Call ahead for availability.

5/28-8/12	M-F	12-8 p.m.	
	A/S	11 a.m.-8 p.m.	
8/26-8/30	M-F	7 a.m.-11 a.m.	(two lanes available)

## Outdoor Splash & Play

Parents and kids ages 9 and under, gather round for your own special time in the Recreation Pool Wednesdays and Fridays throughout the summer. The two-story waterslide, Lazy River and Competition pool are not open during this special time. Daily admission or membership required.

6/4-8/8 W/F 10 a.m.-12 p.m. No Splash & Play 6/20 & 7/30-8/1

## River Walking

Test your strength at MFAC's lazy river! Work against the Lazy River's current to help strengthen and tone your lower body and core muscles. Do you have what it takes to be a River Warrior? An instructor is not provided for this class. Participants are restricted to the Lazy River only. Admission for MFAC pass holders is FREE.

F 6/7-8/9 10-11 a.m.

R&M \$5; NR \$7

## MFAC Birthday Party Pad

Enjoy a birthday party at the Maplewood Family Aquatic Center's new pad. You may bring your own food and drink to enjoy in your gated party location or purchase the additional food package upon request. Deposit due at time of registration. Available times below:

M-H 2-4 p.m.; 5-7 p.m. R&M \$135; NR \$165

F-S 2-5 p.m. R&M \$165; NR \$195

Package includes: 30 partygoers; each additional: \$5

For additional information contact Karen Otto at 314.655.3655 or [kotto@richmondheights.org](mailto:kotto@richmondheights.org).

## MFAC Pool Rental Rates

1 pool 2 hours \$250

2 pools 1 hour each \$250

2 pools 2 hours \$500

A Deposit of \$250 is required. Each Additional hour is \$250.

Rentals may begin at 8:30 p.m. and must end by 11:30 p.m. No alcohol, DJ's, or live bands permitted. Must be 21 or older to rent. For additional information contact Missy Roux at 314.655.3665 or [mroux@richmondheights.org](mailto:mroux@richmondheights.org).

## Basic Outdoor Rules

- 🌸 Lined swimsuits only. No cut-offs, athletic shorts, biking tights, leotards or thongs.
- 🌸 Children 9 and under, must be directly supervised by those 16 years or older wearing a swimsuit.
- 🌸 Patrons wishing to use water slide must be at least 48 inches or taller.
- 🌸 No rafts or inner tubes allowed in the recreation pool.
- 🌸 Use swim diapers for non-toilet trained patrons.
- 🌸 No goggles, fins, glasses, metal watches, or swimsuits with metal zippers, buckles, rivets, buttons or metal ornamentation on the two-story water slides.
- 🌸 No tennis balls, water guns, or Frisbees.

PARC is not responsible for lost or stolen items. Please do not bring valuables to the pool and be sure to lock all belongings.

## Clayton Shaw Park Aquatic Center

Patrons who are members of either the Maplewood Family Aquatic Center or THE HEIGHTS may present their pass to the Shaw Park Aquatic Center and enter paying the Guest rate. Patrons who are members of the Shaw Park Aquatic Center or The Center of Clayton may present their pass to the Maplewood Family Aquatic Center and enter paying the Guest rate.

## Proof of Residency to Purchase a Membership

Residents of Maplewood, Richmond Heights, Brentwood, Rock Hill and City of St. Louis, Districts 23 & 24 must provide a picture ID and an unpaid Utility Bill, Personal Property Tax Receipt, or Occupancy Permit.

**\*For family memberships an occupancy permit is required.**

## Proof of Residency for Daily Use

Residents of Maplewood, Richmond Heights, Brentwood and Rock Hill must provide a picture ID with current address to enter the aquatic center paying the daily rate. Children 9 and under must be accompanied by those 16 years or older in a swimsuit.

## Summer Drink Splash

Sip up the Summer with our new refillable mugs. Bring the cup to the concession stand and enjoy a fountain drink for a discounted price all summer long. The mug cost is \$10, however if you purchase your membership before the pool opens you can receive one for FREE! Family memberships receive TWO!

## Outdoor Weather Policies - Hotline Number 314.655.3602

**Lightning:** The Maplewood Family Aquatic Center will close when lightning is seen in the area. It will remain closed until 30 minutes after the last lightning sighted.

**Inclement Weather:** During inclement weather the Maplewood Family Aquatic Center will remain open until 6 p.m. After 6 p.m. the facility reserves the right to close due to weather conditions. Rain checks will not be issued.

**Low Temperature:** If air temperature is below 70°F the Maplewood Family Aquatic Center will be closed.

## PARC Tide Riders

Ages 6-18

Meet new friends and enjoy the summer sun being a member of this recreational swim team! Our coaches will instill basic skills needed for a life-long water relationship. All swimmers will receive a team T-shirt. Swimmers must be able to swim 25 yards without stopping. This is not a Learn-To-Swim class, so please do not substitute swimming lessons for swim team.

<u>M1</u>	M-H	6/2-7/17	8:15 a.m.-9:15 a.m.
Scheduled meets begin at 5:15 p.m.			
	H	6/19	at Center of Clayton
	H	6/26	at MFAC
	H	7/10	at Center of Clayton
	H	7/17	at MFAC

R&M \$89; NR \$105

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## Junior Lifeguarding

Ages 10-15

Aquatic facilities rely on young adults to provide for public safety. Lifeguarding teaches new professionals about water safety, leadership, and personal responsibility. This specialty camp presented by BYLG Sport trains tweens and teens in water rescue and other life skills to prepare them for future employment as lifeguards. Each day includes a workout, skill practice, rescue-themed games, and discussion. Post-camp volunteer opportunities available.

<u>M1</u>	M-F	6/9-6/13	9 a.m.-1 p.m.
<u>M2</u>	M-F	6/16-6/20	9 a.m.-1 p.m.
<u>M3*</u>	M-F	6/23-6/27	9 a.m.-1 p.m.

R&NR \$180

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Maplewood Family Aquatic Center

\*prerequisite: M1 or M2

## **New**» TRI Kids Clinic

Ages 6-12

This clinic is designed for children who are interested in learning more about the sport of triathlon. Children will learn tips for their swim, bike and run, discover the best way to set up transition area and find ideas for healthy snacks in order to improve their conditioning and endurance to compete in a local triathlon. On the First day, students must be able to swim 25 yards of the pool without stopping. Participants must also have their own bike and helmet. Some practices will meet at different park locations. For more information contact [trikidsclinic@gmail.com](mailto:trikidsclinic@gmail.com).

<u>T1</u>	7/29-8/30	T/H	5-6 p.m.
		A	8-10 a.m.

R&NR \$105 (addition \$25 for race day entry fee)

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Maplewood Family Aquatic Center

## Aqua Camp

Ages 5-12

For the true water bug, a five day camp that will make your fingers wrinkle and your love for aquatics grow. Each day will be filled with games, crafts, science experiments, and open play all in the swimming pool! Please bring your own lunch and drink. Refrigeration is not provided. No glass bottles please! Campers are responsible for their own sunscreen application. T-shirts may be worn in pool. Registration DEADLINE: Monday, 7/21\*

<u>M1</u>	M-F	7/28-8/1	9 a.m.-3 p.m.
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R \$90; NR \$112 \*A \$20 late fee will be added for any late registrations.

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## Strike Zone Water Polo Camp

Interested in learning more about water polo? Each level offers lessons on a number of skills specific to your child's age group. All camps are co-ed. Participants interested in signing up must do so at THE HEIGHTS front desk. Eight pre-registered campers required to run camp.

### Level 1

Ages 6-7

At this level the emphasis is on becoming comfortable in the water while handling a water polo ball. Learn how to tread water, swim with a ball, and to catch and throw in the water. Make new friends!

### Level 2

Ages 8-11

Covers Level 1 plus basic water polo skills, such as using an "eggbeater kick", swimming with the ball, fundamental passing and shooting skills.

### Level 3

Ages 12-14

Covers Levels 1 and 2 as well as basic offensive and defensive strategies. Become familiar with all the different positions played in the game. Great opportunity for incoming freshmen!

M1 M-F 7/14-7/18 Level 1 9 a.m.-12 p.m.

M2 M-F 7/14-7/18 Level 2 9 a.m.-12 p.m.

M3 M-F 7/14-7/18 Level 3 9 a.m.-12 p.m.

R&M \$120; NR \$140

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## Cardboard Boat Regatta

All Ages

This event is a blast! Release the inner engineer from within and try to build a boat from cardboard and duct tape. The objective will be to race against other homemade boats for a chance at bragging rights! Corrugated cardboard only, duct tape of any color, and glue and silicone caulk may be used on the seams. Oars can be made of other material other than cardboard. Decorate the boat however you like. Two people, wearing life preservers, must be in the boat during the race. All boats must be human powered, no motors please! Fun awards will be given in a variety of categories. This event is growing each year but there still needs to be a minimum of 10 registered boats or the regatta won't float. Please Register by Friday, 7/18!

A1 A 7/26 5-8 p.m.

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R&NR \$10

## Into The Deep

Into the deep is a part of our **Aqua Class Pass**. The most popular water fitness class in town! This full body workout is a combination of strength and cardio with some interval training built in. This class is taught purely in the deep water of the competition pool and has zero impact on joints so you feel stronger and ready for nex3pt day! Floatation equipment is provided.

T/H 8:15-9:15 p.m.

W/F 10-11 a.m.

## Dog Swim

Maplewood Dog Park is holding its 10th Annual Dog Swim at the Maplewood Family Aquatic Center. The swim is for Greater St. Louis area dogs more than four months of age. Rabies vaccination records are required for each dog to participate and must be presented at the front desk. Participants must sign a liability waiver. No children under 13 allowed. Children ages 13 to 18 must be accompanied by a parent or guardian over 18. No more than two dogs per person. Wading to the knees is permitted. No human swimming. Dog Park and Aquatic Center rules apply. Proceeds support Maplewood Dog Park. No pre-registration.

F	9/5	4-8 p.m.
A	9/6	12-4 p.m.

R&NR: \$10/dog & two-adults-one day  
\$15/dog & two-adults-both days  
\$1/day for persons without a dog

## Friday Night Flick and Float

All Ages

Come join us for another summer movie night. Grab your inner tubes, rafts, and deck chairs. The show will begin approximately 15 min. after dark. Children must be accompanied by an adult. Doors will open at 8:30 p.m. and no admittance will be granted after 8:45 p.m. The concession stand will be open.

Mary Poppins	6/13	8:30-10:30 p.m.
The Goonies	7/11	8:30-10:30 p.m.

R&NR \$4

## World's Largest Swim Lesson

6 months-15 years

PARC along with the nation's top water safety and training organizations are joining forces to present The World's Largest Swimming Lesson™ (WLSL) to build awareness about the vital importance of teaching children to swim to help prevent drowning. Maplewood Family Aquatic Center will host local WLSL lessons at 10 a.m. in an attempt to break the Guinness World Record. Please arrive 15 minutes early for check-in

E1	6/20	F	9:30-11 a.m.
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Registered R&M \$2; NR \$3

At the Door R&NR \$5

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## American Red Cross Swimming & Water Safety Program

The main goal of our lesson program is to help Individuals to be safe in and around an aquatic environment. Classes are divided into four sections according to participants age: 6 months-3 years (**Parent & Child Aquatics**), 4-5 years (**Preschool Aquatics**), 6-15 years (**Learn-To-Swim Program**), and 16+ years (**Adult Swim Lessons**).

Participants are evaluated at the first class to ensure each is enrolled in their appropriate level. All group lessons meet 8 times for 40 minutes each class. Simply locate the age and level you wish to enroll and find the days and times listed below that match your need.

There are no make-up dates for classes missed due to personal reasons. We reserve the right to combine classes due to low enrollment in any level. Participants must be enrolled by the first day of class.

T/H	H1	6/3-6/26	10:20-11 a.m.
	H2	6/3-6/26	11:05-11:45 a.m.
	H3	7/8-7/31	10:20-11 a.m.
	H4	7/8-7/31	11:05-11:45 a.m.

R&M \$39; NR \$48

## Parent and Child Aquatics

Ages 6 months-3 years. Parents or guardians assist their children in this program, intended to provide the necessary knowledge and skills to orient children to water. The Parent and Child Aquatics Section is not designed to teach your child to become an accomplished swimmer. **Adult participation is required.**

### Level 1

Ages 6-18 months

Your instructor guides you and your child through this level emphasizing water adjustment and basic skill development. **T/H 10:20 a.m. only.** [618999](#)

### Level 2

Ages 19 months-3 years

You can expect to learn water adjustment, exploration of the pool, underwater exploration, front and back floats, and using a life jacket. **T/H 11 a.m. only.** [618998](#)

## Preschool Aquatics

Ages 4-5 years. The Preschool Aquatics Section promotes fundamental aquatic skills and water safety in a manner appropriate for young children. This section focuses on water entry and exit, breath control and submerging, buoyancy, changing direction and position, treading, swimming on front and back, and water safety.

### Level 1

By the conclusion of this class it is expected that your child can successfully meet the lesson objectives with the aid of outside assistance from the instructor. [618997](#)

### Level 2

By the conclusion of this class it is expected that your child will be able to meet the lesson objectives with the aid of outside flotation support. [618996](#)

### Level 3

By the conclusion of this class it is expected that your child will successfully meet the lesson objectives independently. [618995](#)

## Learn-to-Swim Aquatics

Ages 6-15 years. The Learn-to-Swim Aquatics Section builds on basic water skills to develop propulsive movements to eventually refine stroke and increase endurance.

### Level 1: Introduction to Water Skills

The objective of this level is to help participants feel comfortable in water and begin to explore with it. [618994](#)

### Level 2: Fundamental Aquatic Skills

This level marks the beginning of true locomotion skills and adds to self-help and basic rescue skills begun in Level 1. [618993](#)

### Level 3: Stroke Development

Participants will be taught to coordinate front and back crawl and will be introduced to the elementary backstroke and fundamentals of treading water. [618992](#)

### Level 4: Stroke Improvement

Participants will increase endurance by swimming familiar strokes for greater distances and will be introduced to the breaststroke, sidestroke and turning at wall. [618991](#)

### Level 5: Stroke Refinement

Swimmers will learn to perform front and back crawl over an increased distance, sidestroke, breaststroke, front and back open turns, and feet-first surface dives. [618990](#)

### Level 6: Swimming and Skill Proficiency

The objective of this program is to introduce skills for fitness swimming and personal water safety. [618989](#)



## Private Swim Lessons

Each set of private swim lessons is scheduled on an individual basis and includes six ½ hour sessions. To schedule lessons please complete a Private Lesson Request Form at THE HEIGHTS guest services desk or online at [www.myheights.info](http://www.myheights.info).

R&M \$108; NR \$132

Ages 3 years-Adult

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## Semi-Private Swim Lessons

Two participants with similar swimming abilities can enroll in the semi-private swim lesson package together.

R&M \$157; NR \$193

All Ages

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