

*Maplewood Family*  
— AQUATIC —  
*Center*  
2018

**7550 Lohmeyer**

**Maplewood, MO 63143**

**(314) 646-3665**

**Hotline Number: (314) 655-3602**



## MFAC Hours of Operation:

Resident/Membership Night	5/25	F	Open Swim	6-8 p.m.
Opening Weekend	5/26-5/27	A/S	Open Swim	11 a.m.-8 p.m.
Regular Summer Hours	5/29-8/12	M-F	Open Swim	12-8 p.m.
		A/S	Open Swim	11 a.m.-8 p.m.
Lap Swim Hours:	5/29-8/12	M-F	Open Swim	12-8 p.m.
		A/S	Open Swim	11 a.m.-8 p.m.

## Special Hours of Operation:

Memorial Day	5/28	M	Open Swim	12-6 p.m.
Night Waves	6/22	F	Facility closed	7:45-8 p.m.
Independence Day	7/4	W	Open Swim	12-6 p.m.
Swim Meets	6/21 & 7/5	H	Comp Closed	5-8 p.m.
Cardboard Boat Regatta	7/7	A	Comp Closed	5-8 p.m.
Labor Day	9/3	M	Open Swim	12-6 p.m.

## THE HEIGHTS Pool Maintenance:

**THE HEIGHTS will be closed from 8/27 to 9/2 for facility repairs. During this time, members will have access to the Maplewood Family Aquatic Center.**

## End of Summer Hours:

8/13-9/3	M/W/F	Open Swim	4-7:30 p.m.
	T/H	Open Swim	CLOSED
	A/S	Open Swim	11 a.m.-8 p.m.

## 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. Residents in the City of St. Louis, Districts 23 & 24 are not eligible for resident daily rates and must follow the nonresident policy for entrance. Children 9 and under must be accompanied by those 16 years or older in a swimsuit.

## MFAC Splash & Play:

**Ages 0-9**

Parents, bring your little ones for your own special time in the recreation pool throughout the summer. The waterslide, lazy river, and comp pool are not available during this time. Daily admission or membership required. All children need to be accompanied by an adult who is in the water and wearing a swimsuit.

6/4-8/10 M/W/F 10 a.m.-12 p.m.



## MFAC Pool Fees:

### Daily (Must come with resident)

	Resident	Guest
Youth (3-15 yrs)	\$4	\$5.50
Adult (16-59 yrs)	\$5.50	\$8
Senior (60+)	Free	\$5.50

### Season Pass:

	Resident	Nonresident
Youth	\$75	\$170
Adult	\$85	\$190
Senior	Free	\$160
Family (up to 4)	\$160	\$365
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!**

**NOTE: Skip the long lines and purchase your MFAC Season Pass before the pool opens at THE HEIGHTS front desk.**

### ID Card:

Resident	Nonresident
\$5	N/A

### Value Card:

	Resident	Nonresident
Youth, ages 3-15 (10 visits)	\$35	N/A
Adult, ages 16-59 (10 visits)	\$50	N/A

1. Child 9 & under must be accompanied by paying adult. (see Basic Outdoor Rules)
2. I.D. card must be purchased at THE HEIGHTS.
3. Non-resident daily must be accompanied by a paying resident with a valid I.D. card.
4. Five paying nonresident guests permitted per resident.
5. Family consists of 4 members; each additional family member: R \$25; NR \$35/each

## MFAC Pool Rental Rates:

1 pool	2 hours	\$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 Jeanette Days at 314-655-3666 or at [jdays@richmondheights.org](mailto:jdays@richmondheights.org).

## MFAC Party Pad:

Enjoy your party at the Maplewood Family Aquatic Center! You may bring your own food and drink or purchase at the concession stand to enjoy in your own gated party location. Deposit due at time of registration. Available times below:

M-H	5-7 p.m.	R&M \$135; NR \$165
F	4-7 p.m.	R&M \$165; NR \$195
A-S	12-3 p.m.	R&M \$165; NR \$195
	4-7 p.m.	R&M \$165; NR \$195

Maximum: 30 partygoers; Extra people may be added for \$5/person.

For additional information contact Jeanette Days at 314-655-3666 or at [jdays@richmondheights.org](mailto:jdays@richmondheights.org).



# — Fitness Classes —

## Aqua Class Pass

Ages 16+

For one fee you have access to the water fitness classes offered at THE HEIGHTS and the Maplewood Family Aquatic Center. Classes included at THE HEIGHTS are Splash & Dash, Hydro Fit, Be Fit, H-2-0 Whoa! and Core Awareness Water Fitness. Into The Deep, description below, is held at MFAC.

Price Changes Starting June 1

New purchase format for Aqua Class Pass:

1 Month	R&M \$40;NR \$50
3 Months	R&M \$114;NR \$142
6 Months	R&M \$225;NR \$281
9 Months	R&M \$335;NR \$419
12 Months	R&M \$384;NR \$480
20-Visit Value Card	R&M \$95; NR \$119
Daily Pass	R&M \$9; NR \$11

CLASSES ARE SUBJECT TO CHANGE OR CANCELLATION

## Into The Deep

Ages 16+

Part of our Aqua Class Pass and 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. Into The Deep is a great core workout, and is great for expecting mothers! This class is taught purely in the deep water of the competition pool and has zero impact on joints. Flotation equipment is provided.

M/W	6/11-8/8	7:15-8 p.m.
M/W/F	6/11-8/8	10-10:45 a.m.

## X-Stream Walking

Ages 16+

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. No instructor is provided for this class. Participants are restricted to the Lazy River only. Admission for MFAC members and Aqua Class pass holders is FREE! Daily Admission Required for Drop-in.

M/W/F	6/4-8/10	9:30-11 a.m.
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# — Fitness Classes —

**The following classes are not included in Fit Pass.**

## **Swim Coaching**

Kay Lynne Firsching

All Ages

With over 25 years of experience as a competitive swim coach, swim lesson, and water exercise instructor, Kay Lynne Firsching can help you reach your goals in the pool. You can work with her one on one, with a partner, or in a small group. To contact Kay Lynne, call or text 314.740.5807 or email at [coachkaylynne@gmail.com](mailto:coachkaylynne@gmail.com).

## **Adult Swim Practice**

Ages 16+

Structured swim workout with Swim Coach Kay Lynne Firsching. There will be timed interval sets, drills, and kicking sets. Swim with other like minded swimmers.

M/W 6/4- 8/8 7-8 p.m.

Single class \$8; Punch card class 5 punches for \$30



# Swim Lessons

## 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. Participants are evaluated at the first class to ensure each is enrolled in their appropriate level. Locate the age and level you wish to enroll and find the days and times listed that match your needs. It is common for students to repeat a level to master the skills of the level. Swim lesson registration is only available at THE HEIGHTS. There are no make-up dates for classes missed. We reserve the right to combine classes due to low enrollment in any level. Participants must be enrolled by the first day of class.

### Maplewood Family Aquatic Center: Tuesdays

H1 6/5-7/31 11:05-11:45 a.m. R&M \$39; NR \$49 No class 7/3

### Maplewood Family Aquatic Center: Thursdays

H2 6/7-8/2 11:05-11:45 a.m. R&M \$39; NR \$48 No class 7/5

## Parent and Child Aquatics:

**Ages 6 months-3 years**

Parent participation is required in this class to teach safe behaviors around the water and develop swimming readiness in water exploration activities with the objective of having fun and becoming comfortable in, on and around water. 219999

## Preschool Aquatics:

**Ages 3.5-5 years**

**Level 1:** Your child will become familiar with the aquatic environment while helping them acquire rudimentary basic aquatic skills. Participants begin to develop safe practices around water. 219997

**Level 2:** Your child will learn to float without support and explore the beginning movements of arm and leg action on the front and back. 219996

**Level 3:** At the conclusion of level 3 your child will be able to independently demonstrate the skills from Level 1 and Level 2.

See session dates for times.

218995

## Learn-to-Swim Aquatics:

**Ages 5.5-15 years**

**Level 1: Introduction to Water Skills** - Your child will become familiar with the aquatic environment and help them acquire rudimentary basic aquatic skills. 219994

**Level 2: Fundamental Aquatic Skills** - This level marks the beginning of true locomotion skills and adds to skills begun in Level 1. 219993

**Level 3: Stroke Development** - Participants will be taught to coordinate front crawl and elementary back-stroke, becoming proficient in treading water. 219992

**Level 4: Stroke Improvement** - Participants will increase endurance by swimming familiar strokes for greater distances and will be introduced to butterfly, backstroke, breaststroke and sidestroke. 219991

**Level 5: Stroke Refinement** - Swimmers will learn to perform strokes over an increased distance. They will also become familiar with open turns. 219990

**Level 6: Swimming & Skill Proficiency** - Extended periods and lengths of swimming are maximized to encourage fitness swimming and personal water safety. 219989



# — Swim Lessons — continued

## **Private Swim Lessons**

All Ages

Each set of private swim lessons is scheduled on an individual basis depending on the package selected. To schedule lessons please complete a Private Lesson Request Form found at THE HEIGHTS guest services desk or online at [www.myheights.info](http://www.myheights.info).

3 lesson Package      R&M \$60; NR \$72

6 lesson Package      R&M \$114; NR \$136

## **Semi-Private Swim Lessons**

All Ages

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

3 lesson Package      R&M \$81; NR \$101

6 lesson Package      R&M \$157; NR \$196

**See PARC brochure for additional indoor aquatic programs held at THE HEIGHTS.**





# — Camps —

## **Aqua Camp**

Ages 5–12

Aqua Camp is currently full for summer; however, we are still taking campers on our waitlist.

M-F 8/6–8/10 9 a.m.–3 p.m.

R \$90; NR \$112

## **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.

Prerequisite: Demonstration of 25-yard deep-end swim without stopping or struggling.

M1 M-H 6/4–7/19 8:15 a.m.–9:15 a.m.

Scheduled meets begin at 5:15 p.m.

H	6/21	MFAC
H	6/28	The Center of Clayton
H	7/5	MFAC
W	7/11	Shaw Park Aquatic Center

R&M \$112; NR \$128

219968

# — Special Events —

## **MFAC Membership and Resident Night**

All Ages

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.

Friday 5/25 6–8 p.m.

No Charge!

## **Night Waves**

Ages 11–14

Calling all incoming and current middle school students around St. Louis! Enjoy music, games and fun while hanging out with old friends and meeting new ones during this AFTER HOURS POOL PARTY! Residents and nonresidents welcome.

Friday 6/22 8–10 p.m.

R&NR \$5





# — Special Events —

## Continued

### Cardboard Boat Regatta

All Ages

This event is a blast! Release the inner engineer from within and try to build a boat from ONLY cardboard and duct tape. The objective will be to race against other homemade boats for a chance at bragging rights and fun awards will be given in a variety of categories! Corrugated cardboard only, duct tape of any color, and glue and silicone caulk may be used on the seams. Oars can be manufactured or made of material other than cardboard. Cardboard will be available for free at MFAC for you to decorate the boat however you like. Two people must be in the boat during the race. All boats must be human powered, no motors please! Minimum of 10 registered boats for the regatta to float. Please Register by Thursday, June 28th!

Saturday 7/7 5 p.m. check-in & voting  
5:30 p.m. Race begins

R&M&NR \$5/rider

219967

### Back to School Party!

All Ages

Summer has been a blast, but like all good things, it must come to an end! Let's celebrate the end of the summer with a pool party! A day full of fun music, games and food! Donate 2 school items and get free admission!

Thursday 8/9 12-8 p.m.

### Dog Swim

Ages 13+

Maplewood Dog Park is holding its 12th 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 paperwork is 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 from the dog swim support Maplewood Dog Park. No pre-registration.

Friday 9/7 4-8 p.m.  
Saturday 9/8 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



## Basic Outdoor Rules:

- ✦ Lined swimsuits only. No cut-offs, athletic shorts, biking tights, leotards or thongs.
- ✦ Children 9 & 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 permitted 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.
- ✦ MFAC is not responsible for lost or stolen items. Please do not bring valuables to the pool and be sure to lock all belongings.
- ✦ No mermaid tails.

## Outdoor Weather Policies:

Hotline Number 314.655.3602

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

**Inclement Weather:** During inclement weather the Maplewood Family Aquatic Center will remain open until 6 p.m. After 6 p.m. management 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.

## KNOW BEFORE YOU GO

Be the first to know when the Maplewood Family Aquatic Center closes due to inclement weather this summer by receiving a text message. Scan this QR code and sign up to receive updates now!

