



Emerson Family YMCA
a branch of the YMCA of Greater St. Louis

3390 Pershall Road
St. Louis, Mo 63135
314.521.1822

www.ymcastlouis.org/emerson

Aquatics - - - - - January 4 - February 21

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
05:30 - 07:30 am 07:45 - 09:00 am Lap Swim Free to members Non-Members pay daily fee	05:30 - 06:15 am Lap Swim Free to members Non-Members pay daily fee	05:30 - 07:30 am 07:45 - 09:00 am Lap Swim Free to members Non-Members pay daily fee	05:30 - 06:15 am Lap Swim Free to members Non-Members pay daily fee	05:30 - 07:30 am 07:45 - 09:00 am Lap Swim Free to members Non-Members pay daily fee	06:00 - 07:30 am 07:45 - 08:30 am Lap Swim Free to members Non-Members pay daily fee
09:00 - 10:00 am Aquacise I Estella #2010201 \$0, \$90, \$125	06:15 - 07:00 am Water Therapy I Estella #2011002 \$0, \$75 \$105	09:00 - 10:00 am Aquacise I Estella #2010201 \$0, \$90, \$125	06:15 - 07:00 am Water Therapy I Estella #2011002 \$0, \$75 \$105	09:00 - 10:00 am Aquacise I Estella #2010201 \$0, \$90, \$125	08:30 - 09:30 am Aquacise I Phil #2010203 \$0, \$35, \$65
10:00 - 11:00 am Aquacise I Linda #2010202 \$0, \$75, \$105	08:15 - 09:00 am Water Therapy II Estella #2011001 \$14, \$80 \$110	10:00 am - 11:00 am Power Aquacise (Deep) Aquatics Staff #2010303 \$0, \$90, \$125	08:15 - 09:00 am Water Therapy II Estella #2011001 \$14, \$80 \$110	10:00 - 11:00 am Aquacise I Linda #2010202 \$0, \$75, \$105	10:45 - 11:15 am Pre/Post Natal Exercise Aquatics Staff #2070204 \$23, \$39, \$51
10:00 am - 11:00 am Power Aquacise (Deep) Aquatics Staff #2010303 \$0, \$90, \$125	09:00 am - 10:00 am Power Aquacise (Deep) Phil #2010304 \$0, \$75, \$105	11:15 am - 12:00 pm Adult TOW Aquatics Staff #2050202 \$31, \$47, \$63	09:00 - 10:00 am Arthritis Aquacise II Estella #2010602 \$14 \$80, \$110	10:00 am - 11:00 am Power Aquacise (Deep) Aquatics Staff #2010303 \$0, \$90, \$125	12:00 - 01:30 pm Lap Swim Free to members Non-Members pay daily fee
11:15 am - 12:00 pm Adult TOW TBD #2050201 \$31, \$47, \$63	09:00 - 10:00 am Arthritis Aquacise II Estella #2010602 \$14, \$80, \$110	11:15 am - 12:00 pm Arthritis Aquacise (deep) Carol #2010901 \$0, \$75, \$105	09:00 am - 10:00 am Power Aquacise (Deep) Phil #2010304 \$0, \$75, \$105	11:15 - 11:45 am Water Pilates Mara #2011205 \$7, \$40 \$55	12:30 - 01:15 pm Adult Int/Adv Aquatic Staff #2050602 \$31, \$47, \$63
11:15 am - 12:00 pm Arthritis Aquacise (deep) Carol #2010901 \$0, \$75, \$105	10:00 - 11:00 am Arthritis Aquacise (deep) Phil #2010902 \$0, \$75, \$105	12:00 - 01:30 pm Lap Swim Free to members Non-Members pay daily fee	10:00 - 11:00 am Arthritis Aquacise (deep) Phil #2010902 \$0, \$75, \$105	12:00 - 01:30 pm Lap Swim Free to members Non-Members pay daily fee	12:30 - 01:15 pm Adult Beg Aquatic Staff #2050401 \$31, \$47, \$63
12:00 - 01:30 pm Lap Swim Free to members Non-Members pay daily fee	10:00 - 11:00 am Water Walking Carol #2011201 \$0, \$75, \$105	06:00 - 06:45 pm Synchronized Swimming Mara #2060402 \$7, \$40, \$55	10:00 - 11:00 am Water Walking Carol #2011201 \$0, \$75, \$105	06:45 - 07:30 pm Aqua Kickboxing Mara #2011206 \$7, \$40 \$55	01:30 - 02:15 pm Adult TOW Aquatic Staff #2050203 \$31, \$47, \$63
06:00 - 07:00 pm Wet & Mild (Arthritis) Phil #2010601 \$0, \$70, \$105	11:15 am - 12:00 pm Arthritis Aquacise Carol #2010603 \$0, \$75, \$105	06:00 - 07:00 pm Wet & Mild (Arthritis) Phil #2010601 \$0, \$75, \$105	11:15 am - 12:00 pm Arthritis Aquacise Carol #2010603 \$0, \$75, \$105	08:00 - 09:30 pm Lap Swim Free to members Non-Members pay daily fee	04:30 - 05:30 pm (1-lane) Lap Swim Free to members Non-Members pay daily fee
07:00 - 08:00 pm Aquacise II Regina #2010301 \$14, \$80, \$110	11:15 am - 12:00 pm Synchronized Swimming Mara #2060401 \$7, \$40, \$55	07:00 - 08:00 pm Aquacise II Regina #2010301 \$14, \$80, \$110	12:00 - 01:30 pm Lap Swim Free to members Non-Members pay daily fee		Sunday 02:00 - 03:00 pm Water Volleyball Free to members Non-Members pay daily fee
08:15 - 09:30 pm Lap Swim Free to members Non-Members pay daily fee	12:00 - 01:30 pm Lap Swim Free to members Non-Members pay daily fee	08:15 - 09:30 pm Lap Swim Free to members Non-Members pay daily fee	01:30 - 02:30 pm Silver Sneakers Water Norma #1030201 \$0, \$26, \$40		
	01:30 - 02:30 pm Silver Sneakers Water Norma #1030201 \$0, \$26, \$40		07:00 - 08:00 pm Aquacise II Linda #2010302 \$14, \$80, \$110		
	07:00 - 08:00 pm Aquacise II Linda #2010302 \$14, \$80, \$110		8:15 - 9:30 pm Lap Swim Free to members Non-Members pay daily fee		
	8:15 - 9:30 pm Lap Swim Free to members Non-Members pay daily fee				

Notes

*Classes in black text are included in membership, specialty classes are listed in white.

*Maximum class ratio is 1:25.

*Classes without at least five (5) registered participants will be cancelled.

*Children 8 years and younger must have an adult with them at all times while swimming in the pool.

YMCA Mission: To Put Christian principles into practice through programs that build healthy spirit, mind and body for all.

