

OUR MISSION

- To create a community where people of all ages (infants, kids, teens, adults, and seniors) can learn to swim; taught by certified swimming instructors who are multilingual.
- To help a child find and develop a comfort level in and around the water.
- To promote full enjoyment in a safe and positive environment.
- Promote water safety knowledge and practices.
- To teach a child progressive swim skills using correct and appropriate techniques to become an accomplished swimmer.

FACILITY

- Temperature of the pool: 85- 90
- Heated pool from 3 ft. 7 in. deep to 10 ft. deep, and 5 swimming lanes.
- Boy's and Girl's locker rooms with showers. Towels provided.

LESSON PRICES-10 Classes

BEGINNER/ Level I (GROUP SIZE OF 3)	\$295	1 Hour
ADVANCED LEVEL (level 2,3 and up)	\$395	1.5 Hour
Adult Class	\$395	1.5 Hour
Private Lesson	\$650	1 Hour
Semi-Private	\$695	1 Hour
3 LESSONS TRIAL	\$195	1 Hour

AQUATIC DIRECTOR

Kum Ming Ho (Tommy Ho)

Tommy Ho was born in Kuala Lumpur, Malaysia. He began his career as a part time swim instructor while studying at the University of Mississippi pursuing his Bachelor in Business Marketing. His passion for swimming brought him to New York City where he worked as the Assistant Aquatics Director at the McBurney YMCA for seven years. During this time, he acquired certifications in lifeguard training, CPR and First Aid. He is also a Water Safety Instructor and a member of the United States Swim School Association.

In 2003, Tommy Ho founded Seahorse Fitness Inc. and launched his own learn-to-swim program. His love of teaching children was met with great success and the overwhelming interest has resulted with the founding of a bigger and better place to support his further growth. Today, his lifelong dream has come true: his very own swimming facility!

Directions to Seahorse Fitness Inc.

F, J, M, Z trains to Essex St. – Delancey St. Walk east on Delancey for 8 blocks or so until you Columbia St. Walk through the parking lot space and about 100 yards on the right.



Seahorse Fitness INC

Tel/ Fax: 212-254-3651
Address: 69 Columbia Street
New York, NY 10002
www.seahorsefitnessswimclub.com

REGULAR MEMBERSHIP RATES

Membership Rates	Year rate	Initiation Fee
ADULT (18-54)	\$425	\$50
COUPLE (18-54)	\$655	\$50
SENIOR (55+)	\$300	\$50
SENIOR COUPLE (55+)	\$450	\$50
FAMILY 1 (1 ADULT, 1 CHILD)	\$495	\$50
FAMILY 2 (1 ADULT, 2 CHILDREN)	\$595	\$50
FAMILY 3 (2 ADULTS, 1 CHILD)	\$695	\$50
FAMILY 4 (2 ADULTS, 2 CHILDREN)	\$795	\$50
TEENS (13-17)	\$395	\$50
ONE DAY PASS	\$10	---

SCHEDULES

FRIDAY SCHEDULE

3:00-4:00 PM	Pre beginner
3:00-4:00 PM	Level 1
4:00-5:30 PM	Level 2
5:00-6:30 PM	Level 3
5:00-6:30 PM	Level 4
6:00-7:30 PM	Level 1
6:00-7:30 PM	Level 2
6:00-7:30 PM	Level 3
6:00-7:30 PM	Level 4
6:00-7:30 PM	Level 5
6:30-8:00 PM	Level 3
6:30-8:00 PM	Level 4

SATURDAY SCHEDULES

9:30-10:00 AM	Mommy & Baby
10:00-11:00 AM	Pre beginner
10:00-11:00 AM	Level 1
10:00-11:30 AM	Level 2 and up
11:00-11:00 AM	Pre beginner
10:10-11:00 AM	Level 1
11:30-1:00 PM	Level 2 and up
12:00-1:00 PM	Pre beginner
12:00-1:00 PM	Level 1
1:00-2:00 PM	Pre beginner
1:00-2:00 PM	Level 1
1:00-2:30 PM	Level 4
2:00-3:00 PM	Pre beginner
2:00-3:00 PM	Level 1
2:00-3:30 PM	Level 2 and up
3:00-4:00 PM	Pre beginner
3:00-4:00 PM	Level 1
3:30-5:00 PM	Level 2 and up
5:00-6:30 PM	Level 3
5:00-6:30 PM	Level 4

SUNDAY SCHEDULES

9:20-10:00 AM	Mommy & Baby
10:00-11:00 AM	Pre beginner
10:00-11:00 AM	Level 1
10:00-11:30 AM	Level 2 and up
11:00-11:00 AM	Pre beginner
10:10-11:00 AM	Level 1
11:30-1:00 PM	Level 2 and up
12:00-1:00 PM	Pre beginner
12:00-1:00 PM	Level 1
1:00-2:00 PM	Pre beginner
1:00-2:00 PM	Level 1
1:00-2:30 PM	Level 4
2:00-3:00 PM	Pre beginner
2:00-3:00 PM	Level 1
2:00-3:30 PM	Level 2 and up
3:00-4:00 PM	Pre beginner
3:00-4:00 PM	Level 1
3:30-5:00 PM	Level 2 and up

POOL HOURS

Tuesday- Friday 7:00 AM- 8:00PM

Saturday and Sunday 7:00AM- 8:00PM

Monday- POOL CLOSED