

Dear Parents and Swimmers,
Welcome to the Winter 2021Semester
From January 5th, 2021 to March 21ST, 2021.



We're glad to have you and your child as a part of our program.

We just want to make sure that you are aware of a few things that are important to us:

1. Please be aware that swimming caps are mandatory in our pool. All parents must wear swim caps and babies starting in the swim Level I must wear a cap whenever they are entering the pool.
2. We will be strictly enforcing our make-up policy. All missed classes notification must be sent via e-mail to seahorsefitnessinc@yahoo.com or by calling **917-391-7660** no later than 24 hours prior to your lesson. **You are allowed to have 2 make up classes during the swim semester.**
3. Showers are mandatory for everyone entering the pool. Please make sure that you rinse off before getting in the pool.
4. Strollers are not allowed on the deck or in the locker room. This is a health and fire department issue. Please keep all strollers in the hallway of the entrance of the pool.
5. Food and drinks are not allowed on deck. Please give snacks to children in the hallway of the entrance pool. Water is allowed on deck as long as it is in a plastic container.
6. There are scheduled classes on the following dates. Please make sure that they are in your calendars.

TUESDAYS:

1/5	1/12	1/19	1/26	2/2	2/9	2/23	3/2	3/9	3/16
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FRIDAYS:

1/8	1/15	1/22	1/29	2/5	2/19	2/26	3/5	3/12	3/19
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SUNDAYS:

1/10	1/17	1/24	1/31	2/7	2/21	2/28	3/7	3/14	3/21
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NOTE: There will be NO classes during the Chinese New Year weekend (2/14, 2/16 and 2/18)

Again, welcome to the Winter 2019 semester. We hope it's a great one! If you have any questions, please feel free to call **917-391-7660** or e-mail to seahorsefitnessinc@yahoo.com. Ask for me, Tommy.

See you in the pool,
Tommy Ho
Aquatics Director
Seahorse Fitness, Inc
69 Columbia Street
New York, NY 10002

**All classes and dates are subjected to change due to the emergency incidents (such as weather, strike or pool equipments malfunction) <http://www.seahorseswimclub.com/>*

****All Payments for class, must be handed in before the first day of the semester.***

Thank you!

親愛的家長與學生們:

歡迎繼續參與我們 2021 年的冬季游泳課程, 這個課程將
1 月 5 號開始, 直到 3 月 21 號結束。



海馬游泳中心十分感謝您的孩子前來參與我們的游泳課程。
為了方便大家及大家的利益著想, 以下的事項家長們必須注意:

1. 在游泳池游泳的學生與家長一定要配戴游泳帽。
2. 請在進入游泳池前先到更衣室用水沖身。
3. 為了維持課程的正常運作, 如果您的小孩因私人理由要缺席, 請務必 24 小時提前致電到辦公室(212) 254-3651 幫您的小孩請假, 或者, 發送電郵至 seahorsefitnessinc@yahoo.com。每個學生允許最多兩次無故缺席的補課機會。
4. 為了大家的安全著想, 小孩的手推車不能停放在更衣室與游泳池的旁邊, 不能阻礙出入口的運作。這些安全設想也是健康部門與及消防局的要求。
5. 請家長們不要攜帶食物與飲料進入游泳池, 請在上課前一小時提供食物給您的小孩。瓶裝的清水可以允許小孩使用。
6. 這個學期的課程安排如下, 希望家長們一起配合時間表上課, 一起建立一個健康而強大的海馬游泳訓練中心。

星期二:

1/5	1/12	1/19	1/26	2/2	2/9	2/23	3/2	3/9	3/16
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星期五:

1/8	1/15	1/22	1/29	2/5	2/19	2/26	3/5	3/12	3/19
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星期日:

1/10	1/17	1/24	1/31	2/7	2/21	2/28	3/7	3/14	3/21
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注意: 中國新年 (2/12, 2/14 和 2/16), 沒有游泳課。

再一次歡迎大家回來新的學期上課。海馬希望大家享受這個游泳課程。有任何問題可以隨時致電 212-254-3651 或者電郵至 seahorsefitnessinc@yahoo.com 找何錦明光頭教練。

何錦明
游泳教練
海馬游泳訓練中心
69 號哥倫比亞街(Delancey 橋底)
New York, NY 10002

*所有課程的日期可能因為天氣, 交通或者游泳池設備問題而更改。請注意游泳池的通告或者網站的更新。

***所有款項必須在開課之前付清. 謝謝**