



SEAHORSE FITNESS INC/MASARYK TOWERS

69 Columbia Street, New York, NY 10002.

Tel: (212)254-3651/(917)945-3638 Fax: (212)254-3651

Email: seahorsefitnessinc@yahoo.com

Website: www.seahorseswimclub.com

POOL SCHEDULE

Time	7AM-10AM	10AM – 12PM	12PM – 6.00PM	6.00PM – 8.00PM
Monday	POOL CLOSED			
Tuesday	Lap Swim (5 Lanes)	CAMP POOL CLOSED	Swim Program (3:00PM-6:00PM) Lap Swim (1 Lanes)	Lap Swim Swim Program <u>7pm-8pm</u> <u>Girl night</u>
Wednesday	Lap Swim (5 Lanes)	CAMP POOL CLOSED	Swim Program (3:00PM-6:00PM) Lap Swim (1 Lanes)	Lap Swim Swim Program <u>7:30pm -8:30pm</u> <u>Boy Night</u>
Thursday	Lap Swim (5 Lanes)	CAMP POOL CLOSED	Swim Program (3:00PM-6:00PM) Lap Swim (1 Lanes))	Lap Swim Swim Program (Closed at 7pm)
Friday	Lap Swim (5 Lanes)	CAMP POOL CLOSED	Swim Program (3:00PM-6:00PM) No Members allow	Open Swim Swim Program Water Exercise (7:30-8:30)
Time	7:30AM – 9.00AM	9.00AM – 10.00AM	10.00AM – 5.00PM	5.00PM – 8.00PM
Saturday	Lap Swim (5 Lanes)	Mom & Baby Session (9:30-10:00)	Swimming Program No Members allow	OPEN Swim Swim Program
Sunday	Lap Swim (5 Lanes)	Swimming Program	Swimming Program No Members allow	OPEN Swim Swim Program

***Please Wear Swim cap and take a shower before you enter the pool. Thank You!**

UPDATED: January, 2019



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游泳池 時間表

時間	7AM-10AM	10AM - 12PM	3PM - 6:00PM	6:00PM - 8:00PM
星期一	休息			
星期二	自由暢泳時間 (5 Lanes)	游泳池不對外開放	游泳課程 (3:00PM-6:00PM) 自由暢泳時間 (1 Lanes)	游泳課程 自由暢泳時間 7pm-8pm 女士之夜
星期三	自由暢泳時間 (5 Lanes)	游泳池不對外開放	游泳課程 (3:00PM-6:00PM)	游泳課程 自由暢泳時間 7:30pm -8:30pm 男士之夜
星期四	自由暢泳時間 (5 Lanes)	游泳池不對外開放	游泳課程 (3:00PM-6:00PM) 自由暢泳時間	游泳課程 自由暢泳時間 (7 点关门)
星期五	自由暢泳時間 (5 Lanes)	游泳池不對外開放	游泳課程 (3:00PM-6:00PM) 游泳池不對外開放	游泳課程 水上運動班 (7:30-8:30)
時間	7:30AM - 9.00AM	9.30AM - 10.00PM	10.00AM - 5.00PM	5.00PM - 8.00PM
星期六	自由暢泳時間 (5 Lanes)	母親与幼兒 游泳時間 (9:30-10:00)	游泳課程 游泳池不對外開放	自由暢泳時間 游泳課程
星期日	自由暢泳時間 (5 Lanes)	游泳課程 游泳池不對外開放	游泳課程 游泳池不對外開放	自由暢泳時間 游泳課程

***在進入游泳池前請帶上游泳帽 与沖洗身體. 謝謝!**

更新日期: 一月, 2019 年