



## SEAHORSE FITNESS INC/MASARYK TOWERS

69 Columbia Street, New York, NY 10002.

Tel: (212)254-3651/(347)272-2822 Fax: (212)254-3651

Email: [seahorsefitnessinc@yahoo.com](mailto:seahorsefitnessinc@yahoo.com)

Website: [www.seahorseswimclub.com](http://www.seahorseswimclub.com)

### POOL SCHEDULE

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

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

*UPDATED: SEP, 2019*



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### 游泳池 時間表

時間	7AM-12PM	12PM - 3PM	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 <b>(3:00PM-6:00PM)</b> 自由暢泳時間 (1 Lanes)	游泳課程 自由暢泳時間
星期三	自由暢泳時間 (5 Lanes)	游泳池不對外開放	游泳課程 <b>(3:00PM-6:00PM)</b>	游泳課程 自由暢泳時間
星期四	自由暢泳時間 (5 Lanes)	游泳池不對外開放	游泳課程 <b>(3:00PM-6:00PM)</b> 自由暢泳時間	游泳課程 自由暢泳時間 <u>(游泳池 7 点关闭)</u>
星期五	自由暢泳時間 (5 Lanes)	游泳池不對外開放	游泳課程 <b>(3:00PM-6:00PM)</b> 游泳池不對外開放	游泳課程 水上運動班 <b>(7:30-8:30)</b>
時間	7:00AM - 9:00AM	9.30AM - 10.00PM	10p.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 <b>(9:30-10:00)</b>	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: 9 月, 2019 年