

Welcome to the Spring 2022 Semester  
From April 5<sup>th</sup> , to June 19<sup>th</sup> , 2022



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. We will be strictly enforcing our make-up policy. All missed classes notification must be sent via e-mail to [seahorsefitnessinc@yahoo.com](mailto: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.**
2. Showers are mandatory for everyone entering the pool. Please make sure that you rinse off before getting in the pool.
3. 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.
4. 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.
5. These are scheduled classes on the following dates. Please make sure that they are in you.

**Tuesday:**

|     |      |      |      |     |      |      |      |     |      |
|-----|------|------|------|-----|------|------|------|-----|------|
| 4/5 | 4/12 | 4/19 | 4/26 | 5/3 | 5/10 | 5/17 | 5/31 | 6/7 | 6/14 |
|-----|------|------|------|-----|------|------|------|-----|------|

**Wednesday:**

|     |      |      |      |     |      |      |     |     |      |
|-----|------|------|------|-----|------|------|-----|-----|------|
| 4/6 | 4/13 | 4/20 | 4/27 | 5/4 | 5/11 | 5/18 | 6/1 | 6/8 | 6/15 |
|-----|------|------|------|-----|------|------|-----|-----|------|

**Thursday:**

|     |      |      |      |     |      |      |     |     |      |
|-----|------|------|------|-----|------|------|-----|-----|------|
| 4/7 | 4/14 | 4/21 | 4/28 | 5/5 | 5/12 | 5/19 | 6/2 | 6/9 | 6/16 |
|-----|------|------|------|-----|------|------|-----|-----|------|

**Fridays:**

|     |      |      |      |     |      |      |     |      |      |
|-----|------|------|------|-----|------|------|-----|------|------|
| 4/8 | 4/15 | 4/22 | 4/29 | 5/6 | 5/13 | 5/20 | 6/3 | 6/10 | 6/17 |
|-----|------|------|------|-----|------|------|-----|------|------|

**Saturday:**

|     |      |      |      |     |      |      |     |      |      |
|-----|------|------|------|-----|------|------|-----|------|------|
| 4/9 | 4/16 | 4/23 | 4/30 | 5/7 | 5/14 | 5/21 | 6/4 | 6/11 | 6/18 |
|-----|------|------|------|-----|------|------|-----|------|------|

**Sunday:**

|      |      |      |     |     |      |      |     |      |      |
|------|------|------|-----|-----|------|------|-----|------|------|
| 4/10 | 4/17 | 4/24 | 5/1 | 5/8 | 5/15 | 5/22 | 6/5 | 6/12 | 6/19 |
|------|------|------|-----|-----|------|------|-----|------|------|

**NOTE:**

There will be **NO classes** during the **MEMORIAL DAY WEEKEND 5/24 --- 5/30**

Again, welcome to the new 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](mailto:seahorsefitnessinc@yahoo.com). Ask for me, Tommy.

Swimmers must  
shower before  
entering the pool.

For more information  
and updates please visit  
our website  
[seahorseswimclub.com](http://seahorseswimclub.com)



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)*

**\*All Payments for class, must be handed in by the first 3 weeks.**