



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	3PM - 6.00PM	6.00PM - 8.00PM
Monday	Closed	CAMP POOL CLOSED	Closed	
Tuesday	Lap Swim (5 Lanes)	CAMP POOL CLOSED	Swim Program (3:00PM-6:00PM) Lap Swim (1 Lanes)	Lap Swim Swim Program
Wednesday	Lap Swim (5 Lanes)	CAMP POOL CLOSED	Swim Program (3:00PM-6:00PM) Lap Swim (1 Lanes)	Lap Swim Swim Program
Thursday	Lap Swim (5 Lanes)	CAMP POOL CLOSED	Swim Program (3:00PM-6:00PM) Lap Swim (1 Lanes))	Lap Swim Swim Program (Close at 7)
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	7:00AM - 9.00AM	9.00AM - 10.00AM	10.00AM - 6.00PM	6.00PM - 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: Jun, 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	游泳池关闭	夏令营 游泳池不對外開放	游泳池关闭	
星期二	自由暢泳時間 (5 Lanes)	夏令营 游泳池不對外開放	游泳課程 (3:00PM-6:00PM) 自由暢泳時間 (一条道)	游泳課程 自由暢泳時間
星期三	自由暢泳時間 (5 Lanes)	夏令营 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
星期四	自由暢泳時間 (5 Lanes)	夏令营 游泳池不對外開放	游泳課程 (3:00PM-6:00PM) 自由暢泳時間 (一条道)	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)	夏令营 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	7:00AM - 9:00AM	9:00AM - 10:00PM	10:00AM - 6:00PM	6:00PM - 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! \

更新时间: 6 月, 2019