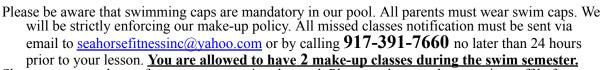
## Welcome to the Winter Express 2025

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:



Showers are mandatory for everyone entering the pool. Please make sure that you rinse off before getting in the pool.

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.

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.

These are scheduled classes on the following dates. Please make sure that they are in you.

<u>Monday</u>:

02/17

**Tuesday:** 

02/18

**Wednes**day:

02/19

Thursday:

02/20

Friday:

02/21

Saturday:

02/01 02/22

Sunday:

02/02 02/23



Again, welcome to the Spring 2024 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  $\underline{seahorsefitnessinc@yahoo.com}$ . Ask for me, Tommy.

Swimmers must shower before entering the pool. For more information and updates please visit our website

seahorseswimclub.com



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

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

<sup>\*</sup>All classes and dates are subject to change due to emergency incidents (such as weather, strike or pool equipment malfunction)