Dear Parents and Swimmers,

Welcome to the Express Class 2026

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:

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 email to 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.**

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.

Monday:

1/19	2/16	3/16	4/6	6/29	7/6				

Tuesday:

2/17	3/17	4/7	6/9	6/30					

Wednesday:

2/18	3/18	4/8	6/10	7/1					

Thursday:

2/19	3/19	4/9	6/11	7/2					

Friday:

2/20	3/20	4/10	7/3	12/11	12/18				

Saturday:

01/03	02/21	3/21	4/4	5/23	9/5	9/12	10/10	12/12	12/19

Sunday:

01/04	02/22	3/22	4/5	5/24	7/5	12/13	12/20		

If you have any questions, please feel free to call: **917-391-7660** or e-mail to 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 classes and dates are subject to change due to emergency incidents (such as weather, strike or pool equipment malfunction)*

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