

SPORTIME AMAGANSETT AQUATICS PROGRAMS 2018



PROGRAMS INCLUDE: PRIVATE LESSONS AND OCEAN AWARENESS CLASSES



SPORTIME Amaganssett features an outdoor heated pool with certified lifeguards on duty at all times, open Memorial Day through Labor Day. Seasonal Family and Individual Pool Memberships are available!

PRIVATE LESSONS

Certified Water Safety instructors (WSI) offer private lessons to children of all ages and levels, both on-site and off-site from Memorial Day through Labor Day.



- Beginner: Gain confidence in the water, learn the basics (float, tread water, kick, breathe) and review safety measures in and around the pool
- Intermediate: Gain confidence swimming in deep water and learn the proper techniques of all strokes
- Advanced: Work to improve all strokes for efficiency and an emphasis on endurance, stamina and speed

OCEAN AWARENESS

Swimming in the ocean requires a different set of skills; so, before you let your children hit the surf, let one of our WSI instructors with ocean experience teach them:



- how to “read the waves” and get in and out of the water;
- the correct strokes to navigate ocean conditions, where to swim and how to tread water;
- about rip-tide awareness, general safety precautions and responding to emergency situations.

Participants must pass the SPORTIME “Ocean” swim test in the pool prior to lessons at the ocean.

Register Today!

To register, complete the application on the reverse. Please contact us by calling 631-267-3460 or emailing amaganssett@sportimeny.com for more information.

HEAD Penn



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