

**Monday 30 July 2018 Excel Group Open Water Swim
Practice at Tobay Beach (south shore on the BAY side)
6:30PM Rendezvous for 6:45PM Prompt Start Time
> Low Tide will be at 6:57PM <**

Direct all advance inquiries to Lisa via email at: excelswimming@aol.com
Direct last-minute (help-I'm lost! bad weather?) questions to Lisa 516-242-2535

Tobay Beach Bay is located 3-4 miles east of Jones Beach and Wantagh Parkway on the north side of Ocean Parkway. If you are approaching from the west, u-turn to access the bay. There is no entrance or parking fee after 4:00PM. Walk in through the main/central entrance to rendezvous by the lifeguard stand on the beach. Restrooms and showers are available.

Bring your swim suit, white or brightly colored swim cap, two pairs of goggles (clear & tinted), a wetsuit (if you plan to wear one) and Body-Glide, towel, and flip flops to wear down to the water (especially on a LOW TIDE day). Consider bringing your bike or running shoes for a pre- or post-swim ride or run!

Swim will be held in light rain, but NOT in a downpour, or dense fog, or thunder or lightning. In the event of inclement weather, a cancellation email will be issued at least 45 minutes prior to swim start time with notices posted on the Excel website and on the Excel Swimming Facebook page.

**FREE - NO CHARGE - for CURRENT members of Excel who are enrolled in open water swim practices.
\$5.00 cash guest fee for CURRENT Excel members who are NOT enrolled in open water swim practices.
\$10.00 cash guest fee per open water swim practice for NON-members of Excel. Friends are WELCOME!**

