

Saturday Mornings 2018 Supervised Group Open Water Swim Practices
Led by Bryan Krut Cell 516-356-5306 • E-Mail bkrutowswimli@gmail.com

- TIME** 6:45AM rendezvous for prompt 7:00AM start.
- WHERE** Heckscher State Park at Field 6 on the tip of the Great South Bay.
Park Map: <https://parks.ny.gov/parks/attachments/HeckscherParkMap.pdf>
- VENUE** In-water buoy markers, showers, restrooms, picnic area, plus much more.
Park Info: <https://parks.ny.gov/parks/136/details.aspx>
- WHAT** Group open water swim practices coached and supervised by Fire Island ocean lifeguard Bryan Krut, assistant coaches and NY State ocean lifeguards.
- TEMP** Great South Bay ("GSB") water temperature is currently and historically one of Long Island's warmest bodies of water, averaging 10 degrees warmer than elsewhere. Check the following link for current GSB water temperature:
<https://you.stonybrook.edu/weather/products/great-south-bay-buoy-1/>
- WETSUIT** A wetsuit is suggested for early season open water swims. If you do not own one, you can rent a wetsuit for the weekend from Runner's Edge (516-420-7963) located at 242 Main Street in Farmingdale 11735.
- SWIM FEE** Bryan Krut obtained a NY State Permit for Heckscher open water swim practices. Each participant must pay \$18.00 cash (towards the permit fee plus the cost of NY State ocean lifeguards) handed to Bryan on Saturday morning before jumping in to swim. Note: There is no Park access fee before 7:00AM.
- WHO** Open to EVERYONE - invite your friends and training buddies.
- EXTRA** Heckscher is a great cross-training venue - bring your bike or running shoes for a pre- or post-swim ride or run. Consider bringing the family to spend the day!
- INQUIRIES** Direct Saturday open water swim practice or early morning inclement weather questions to Bryan Krut (cell 516-356-5306 • email bkrutowswimli@gmail.com).