

8:00am Sunday morning Open Water Group Swims at West Neck Beach (on the north shore) - Summer 2024

West Neck Beach [a/k/a Quentin Sammis Beach] is a protected bay swim venue located a few miles north of Huntington Village. For GPS purposes use: 485 West Neck Road, Lloyd Harbor 11743.

Beach access gates typically open a little before 8:00AM, with group swims starting shortly thereafter. There is no residency requirement or access fee to pay on Sunday morning - just remove your vehicle from the WNB parking lot by 10:00AM (resident sticker required then).

Restrooms and outdoor showers are on site.

Small upright white & red buoy markers are anchored in place to guide you. We recommend following a buoy-to-buoy swim route from West Neck Beach south/left towards Cold Spring Harbor and back again. If you are a novice swimmer, swim within the roped-in area close to shore to first build open water experience and confidence.

Recommendations: Wear a brightly colored swim cap and use an open water swim safety buoy. A wetsuit is optional, but not necessary. Bring clear goggles for cloudy day and tinted goggles for sunny day. Wear flip-flops or sandals down to the water's edge since north shore beaches can be quite pebbly at low tide.

There is no one designated WNB coach or coordinator, but you will always run into many of your Excel teammates and several coaches on Sunday morning [when we have no pool workout]. Never swim alone in open water - coordinate with your teammates and buddy up!

**Summer 2024 Open Water Swims at Crescent Beach
~ north shore weekday morning swims ~
For GPS purposes use: Crescent Beach, Huntington 11743**

**For parking & rendezvous point or with questions, contact Excel Coach
David Kaufman mobile 917-449-3774 or e-mail dcoughman@gmail.com
*Outdoor showers are available; restrooms usually open around 8:00am.***

7:00AM on Monday, Wednesday & Friday mornings during the summer

Crescent Beach beachfront photo:



Summer 2024 Weekday Evening Open Water Swims at Tobay Beach (south shore venue on the **bay side**)

- >Tobay Beach is located 3-4 miles east of Jones Beach on the north side of Ocean Parkway. If you are driving from the west, you will need to u-turn to access the bay parking lot. Restrooms & outdoor showers on site.
- >Walk in through the central main entrance between the spray park and the restaurant, and rendezvous by the restrooms/showers (before entering the water by the lifeguard stand). Don't go to the east marina end of lot.
- >Bring your swim suit, swim cap(s), two pairs of goggles (clear for cloudy day; tinted for sunny day), a wetsuit if you plan to wear one & BodyGlide, towel, flip-flops, etc.
- >There is no residency requirement or access fee to pay after 4:00PM.
- >The Surf Shack & The Boat Yard are two great casual, outdoor restaurants with live music to grab a bite to eat, have a beer or cocktail, and hang out with your teammates after swimming!

Tobay Beach map/location:

