

August 2022 Open Water Swimming at Tobay Beach (on bay side)

- >Tobay Beach is located 3-4 miles east of Jones Beach and Wantagh Parkway 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.
- >On any given weekday, there are always groups of swimmers and triathletes swimming at Tobay around 6:00AM and around 6:00PM (before or after the Town of Oyster Bay “resident only” hours).
- >Walk in through the central main entrance between the spray park and the restaurant.
- >People typically rendezvous by the restrooms/showers before entering the water by the lifeguard stand.
- >Bring your swim suit, swim cap(s), two pairs of goggles (clear for cloudy days; tinted for sunny days), a wetsuit if you plan to wear one, BodyGlide, towel, flip-flops, etc.
- >Restrooms and outdoor showers are on site.
- >Talk to and coordinate with your Excel teammates when you plan to swim at Tobay!

6:00AM or 6:00PM on Monday 15 August low tide 7:35am high tide 1:18pm low tide 7:57pm

6:00AM or 6:00PM on Friday 19 August high tide 4:08am low tide 10:38am high tide 4:35pm

6:00AM or 6:00PM on Monday 22 August high tide 6:56am low tide 1:29pm high tide 7:16pm

6:00AM or 6:00PM on Friday 26 August low tide 4:38am high tide 10:09am low tide 4:36pm

Tobay Beach map/location:

