

NJ LMSC Open Water Practice Swims - Group Information*

Group Name: Spring Lake Open Water Swim NJ

Location: Spring Lake, NJ

Contact(s): Kevin Hom (ksh3611@gmail.com), Norman Noe (normanbnoe@gmail.com)

Cost: Free

Social Media: [Facebook Page](#)

Summary: Practice swims usually 2-3 times per week, more frequent once water hits 70 degrees ...

Weekdays, Sat. and Sun. 7:30am meet-up ... Swim distance ranges 1-2+ miles ... change facilities at the North Pavilion bathrooms ...

Group Name: Swim Homies

Location: Asbury Park, NJ

Contact(s): Max Howard (max-howard@hotmail.com)

Cost: Free

Social Media: [Facebook Page](#)

Summary: Most swims are in Asbury, distance depends on the group that day, but usually between 1.25 and 2 miles with stops along the way if people want to get out earlier ... One swim per week, depending on

conditions and weather and if there's a nearby ocean swim race. FB Group members post a swim they are planning or ask others to swim ... group swims from late spring to around November, though there are some channel and ice swimmers who extend the season ... there is usually an informal plunge on New Year's.

Group Name: Jersey Shore Masters

Location: Long Branch, NJ (Pier Village)

Contact(s): Brian Shea (brian@jsmswim.com)

Cost: Suggested Donation: \$10 /swim OR (3) swims for \$20 (covers cost of lifeguards & equipment)

Social Media: [Facebook Page](#)

Summary: Swims are led by Coach Brian Shea and open to anyone w/ the ability to swim >500yds, unassisted ... 1-hour in duration over a 500-meter (+/-) loop, off the beach in Long Branch.

Group Name: Hump Day Tri

Location: Sandy Hook, NJ

Contact(s): Ken Wilson

Cost: Free

Social Media: [Facebook Page](#)

Summary: Triathlete community that conduct group swims in the Sandy Hook area

Group Name: Sandy Hook Sunrise Swimmers

Location: Sandy Hook, NJ

Contact(s): Curtis Gould

Cost: Free

Social Media: [Facebook Page](#)

Summary: We meet every day at sunrise in parking Area C at Gateway national recreation area, Sandy Hook, New Jersey. We usually swim 2,000 plus yards at a time. We swim either in Raritan Bay or in the ocean depending on conditions. We also will swim if it's raining as long as there's no thunder or lightning if you're interested in joining us, send me a text at 603-801-2957 the night before or just show up

***Note: this information is subject to change and is provided as a simple reference for people seeking out OW practice swim opportunities. Please email [Max Howard](#) or [Chris McGiffin](#) if you have updates or corrections to share - thanks!**