

Lake Phalen 2018 Open Water Swim Workouts

What:

- Supervised Open Water Swim Workouts in Lake Phalen

When:

- Saturday June 9, June 16, and June 30
 - 10:30 AM to 11:00 AM Check in and instructions
 - 11:00 AM to 12:00 PM Swim workout
- Wednesday June 20 and July 11
 - 6:30 PM to 7:00 PM Check in and instructions
 - 7:00 PM to 8:00 PM Swim workout

Where:

- Lake Phalen Beach, 1000 Wheelock Pkwy E, Saint Paul, MN
<https://www.stpaul.gov/departments/parks-recreation/aquatics/phalen-park-beach>
- Parking is available in the Phalen Beach parking lot.
- Locker rooms will be available before and after workout. Locker rooms will be locked during the workout.

What:

- Two courses offered: You can complete the courses multiple times within the scheduled hour. Courses are subject to change.
 1. 900 yard triangular course across lake
 2. 100–300 yard beach course
- Course will be monitored by certified lifeguards
- Courses will be marked with large orange buoys.
- Coaching for beginner course will be offered by certified swim coaches and experienced open water swim volunteers
- All participants will receive and be required to wear a free swim cap
- Swim may be cancelled due to inclement weather. No refunds available.

Who:

- All abilities welcome from beginners, to triathletes, to experienced open water swimmers.
- Must be over age 18 and a United States Masters Swimming (USMS) member or covered by a trial membership or one-day registration (see below for details).

Registration:

- Register at MinnesotaMasters.com.
- A complimentary 30-day trial USMS membership will be offered to first time non USMS members.
- Trial membership can be found [here](#). Please turn in the trial membership paperwork to a volunteer prior to entering the water.
- For any subsequent workouts after 30 days, you must become a registered USMS member or complete a [one-event registration form](#) (\$15 fee in addition to registration cost).
- Online registration will close three days before each workout.
- Same-day registration will be based on availability.

Cost:

- \$15 per workout: [Registration Here!](#)
 - June 9
 - June 16
 - June 20
 - June 30
 - July 11
- \$50 for all five swims
- \$40 for three swims
- **Volunteers swim free with USMS membership!** Volunteer information can be found [here](#).

What to bring with you:

1. Upon arrival, please sign in with a volunteer with your USMS membership number.
2. Swimsuit and/or wetsuit. (Wetsuits are optional. The water temperature will vary throughout the summer.)
3. Goggles
4. Towel
5. [Inflatable safe swim buoy](#) if you have one

After completing your swim:

- You must check in with the Phalen Open Water Swim Practice volunteer(s) upon completing your swim, so we know you are safely OUT of the water.