

Boulder Aquatic Masters (BAM) is excited to announce the Tuesday and Thursday weekly summer open water workouts at the Boulder Reservoir will commence June 2022.

**WHAT:** Coached Open Water Swim Workouts

**Technique and Critical Skill Work:**

- Endurance
- Sighting
- Buoy turn drills
- Breathing strategies
- Starts, etc.

**WHERE:**

Boulder Reservoir

5565 51st St

Boulder, CO 80301

Ample parking right by the course entry point

**WHEN:**

June 1st - August 31st

Tuesday and Thursday mornings

6:10 - 7:40 am

**ENSURED HEALTH & SAFETY MEASURES:**

- Reserved course well marked with buoys
- Reservoir does not open to motorized vehicles until workout concludes
- Trained and certified lifeguards on the water in kayaks monitoring the course
- Check-ins required before entering and exiting the reservoir
- Reserved rescue craft (SeaDoo)
- Restrooms (not locker rooms)

**WHY OWS WITH BAM:**

- Swim in the great outdoors without being restricted by walls or lane ropes
- Beginners have the chance to swim in a safe and controlled environment
- Triathletes get the chance to develop or hone their racing skills
- Build your endurance, stay healthy, and have fun!

**PRICE & PASS OPTIONS:**

**1. Drop In or Out of Town Visitors:**

\$15 per swim

## 2. Summer Passes\*:

- Age 30 to 64 Summer Pass (Jun 1 - Aug 31)
  - \$375.00\*\*
  - (\$125.00 per month)
- Under Age 30 or Over 65 Summer Pass Extreme (Jun 1 - Aug 31)
  - \$299.00\*\*
  - (\$100.00 per month)

\*Summer Passes also include unlimited access to BAM's pool workouts.

\*\***Early Bird Special:** \$15 off summer pass options

## 3. Punch Passes:

- 10 Punch Pass (age 30 - 64) - \$140.00
- 10 Punch Pass Extreme (under age 30 - over age 65) - \$100.00

### \*GATE FEE:

Unfortunately, even after extensive negotiations with the City of Boulder, swimmers will be required to pay the reservoir gate fee in addition to their pass price.

- Adult (19-59) \$11 / \$9 residents/workers\*
- Senior (60+) \$8.25 / \$6.75 residents/workers\*

\*Resident/Worker Fees: Discount rate for those who either live, or are paid employees of businesses or organizations, within the city limits of Boulder. If you need help determining your fee status speak with our team members at the front gate. Adult proof of residence/worker status required.

**Sign Up Here:**

<https://bit.ly/OWSsignup>

Or Email [info@bamswimming.org](mailto:info@bamswimming.org) to learn more.