**FOR IMMEDIATE RELEASE**

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**Stamford Recreation Announces Summer 2022**

**Public Beach Information**

STAMFORD, CT - Stamford Recreation Services has released the updated opening dates and lifeguard hours for the 2022 summer season.

**CITY OF STAMFORD BEACHES**

***Cove Island, Cummings and West Beach:***

* Open weekends starting Memorial Day Weekend: May 28, 29 & 30 through Labor Day Weekend September 3, 4 & 5.
* **Open weekdays starting Wednesday, June 22 through Monday, September 5. \*\*Updated\*\***
* Lifeguard Hours: 10:00 AM - 6:00 PM.

***Quigely Beach:***

* No Lifeguards on Duty.

***Heroy Pool:***

* Open weekends starting Saturday, June 25 through Sunday, August 14.
* Hours: 10:00 AM - 6:00 PM.
* Open weekdays starting Monday, June 27 through Friday, August 12.
* Hours: 4:00 PM - 6:00 PM.

***Tram at Cove Island:***

* Open weekends starting Memorial Day Weekend: May 28, 29 & 30 through Labor Day Weekend September 3, 4 &
* **Open weekdays starting Wednesday, June 22 through Monday, September 5. \*\*Updated\*\***
* Tram Hours: 10:00 AM - 6:00 PM.

**Stamford Recreation Services**

**Laurie Albano, Superintendent of Recreation**

It is the mission of the Stamford Recreation Division to create and offer comprehensive and inclusive leisure opportunities and experiences for the youth and adult population of Stamford. We strive to build a strong sense of community, increase the social, cultural, enrichment and wellbeing for all by providing diverse programs, events and athletic leagues. Learn more at [www.stamfordrecreation.com](http://www.stamfordrecreation.com).