



CITY OF STAMFORD

Department of Parks & Recreation
We work so you can play

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Stamford Recreation Announces Summer 2024 Public Beach Information

STAMFORD, CT - Stamford Recreation Services has released the updated opening dates and lifeguard hours for the 2024 summer season.

Cove Island and West Beach:

- Open weekends starting Memorial Day Weekend: May 25, 26 and 27 through Labor Day Weekend: August 31, September 1 and 2.
- Open weekdays starting Monday, June 17 through Monday, September 2.
- Lifeguard Hours: 10:00 AM - 6:00 PM.

Cummings Beach:

- **NO Lifeguards on duty until Saturday, June 8.**
- **Lifeguards will be on duty weekends starting Saturday, June 8 through Labor Day Weekend: August 31, September 1 and 2.**
- Open weekdays starting Monday, June 17 through Monday, September 2.
- Lifeguard Hours: 10:00 AM - 6:00 PM.

Quigely Beach:

- No Lifeguards on Duty.

Heroy Pool:

- Open weekends starting Saturday, June 22 through Sunday, August 11.
- Hours: 10:00 AM - 6:00 PM.
- Open weekdays starting Monday, June 24 through Friday, August 9.
- Hours: 3:00 PM - 6:00 PM.

Tram at Cove Island:

- Open weekends starting Memorial Day Weekend: May 25, 26, and 27 through Labor Day Weekend: August 31, September 1 and 2.
- Open weekdays starting Monday, June 17 through Monday, September 2.
- Tram Hours: 10:00 AM - 6:00 PM.

We thank you in advance for your cooperation!

*Throughout the course of the beach and swim season, all Lifeguard hours of duty and permitted swim area sizes are subject to change based on lifeguard availability. As always, please only swim in approved swim areas and during Lifeguarded hours