

4th ANNUAL  
QUASSAPAUG SAILING CENTER

**OPEN WATER SWIMMING**  
**TRAINING GROUP**

Sponsored by and to Benefit the  
Quassapaug Sailing Center

The Sailing Center will be conducting an  
Open Water Swimming Training Group  
July and August  
Tuesday, Thursday and Saturday  
7:00 to 8:30 a.m.

Cost is \$50.00 per month or \$75.00 for both months

Swim in beautiful Lake Quassapaug in Middlebury, CT  
60 Foot Deep, Spring Fed, Fresh Water Lake

I-84 West, Exit 17 to Route 64 past Quassy Amusement Park.  
After Amusement Park take First Right onto Old Woodbury Rd. and follow signs to QSC  
I-84 East, Exit 16 at end of Ramp turn Right onto Route 188 then Left Turn onto Christian Road and  
then Second Left onto Route 64 to Right Turn onto Old Woodbury Rd and follow signs to QSC

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For Information Call  
David Heller at (203) 723-9008 or E-mail at [sphdmh@aol.com](mailto:sphdmh@aol.com)  
Website: [qsailingcenter.org](http://qsailingcenter.org)

*\*Please make checks payable to: Quassapaug Sailing Center*