

















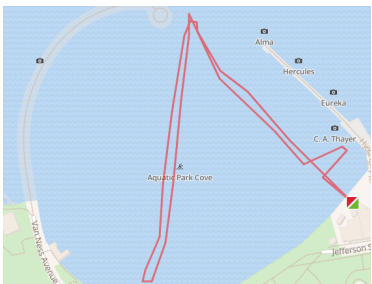





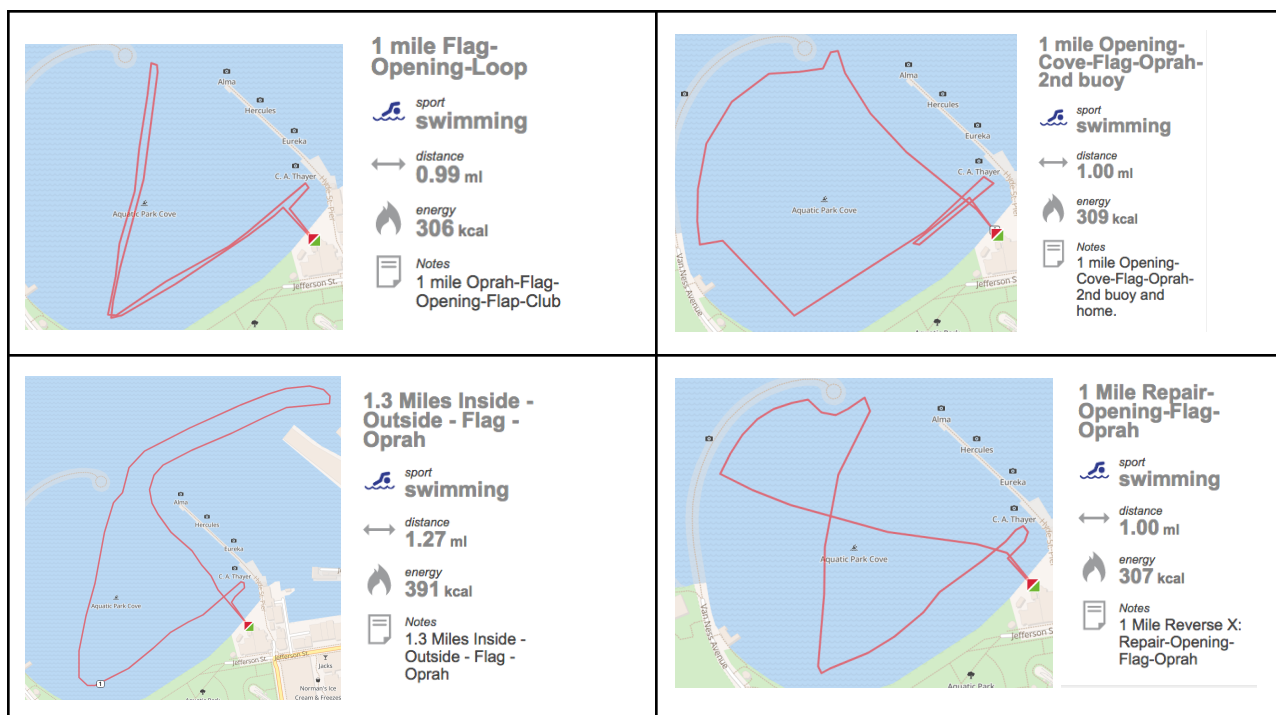


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SWIM ROUTES OF AQUATIC COVE

 <p>1/2 Mile Flag</p> <p> sport swimming</p> <p>distance 0.50 ml</p> <p>energy 154 kcal</p> <p> Notes Exactly a half mile starting at the beach to flag to "Oprah" buoy and back to beach.</p>	 <p>1/2 Mile Opening</p> <p> sport swimming</p> <p>distance 0.50 ml</p> <p>energy 154 kcal</p> <p> Notes 1/2 Mile Opening - Oprah - Home</p>
 <p>1/2 Mile: Bad Becky Loop</p> <p> sport swimming</p> <p>distance 0.49 ml</p> <p>energy 149 kcal</p> <p> Notes Loop-Oprah-Bad Becky-Oprah-Beach</p>	 <p>3/4 mile Ebb: Alma to Flag</p> <p> sport swimming</p> <p>distance 0.73 ml</p> <p>energy 224 kcal</p> <p> Notes Best on an ebb. Alma (Bad Becky buoy) ride ebb to flag, back to Oprah.</p>
 <p>1 mile Two Flags</p> <p> sport swimming</p> <p>distance 0.96 ml</p> <p>energy 296 kcal</p> <p> Notes 1 Mile. Swim to Flag - Oprah - Flag - Oprah.</p>	 <p>1 mile Flag-Cove-Cigarette-Oprah</p> <p> sport swimming</p> <p>distance 1.00 ml</p> <p>energy 308 kcal</p> <p> Notes 1 mile loop around the Cove looping in the Cigarette Buoy and Oprah.</p>
 <p>1 mile Opening-Flag-Opening-Oprah</p> <p> sport swimming</p> <p>distance 1.00 ml</p> <p>energy 306 kcal</p> <p> Notes Swim to opening then loop to flag and back to opening, swing by Oprah and home.</p>	 <p>1 mile Alma-Flag-Oprah-4thBuoy</p> <p> sport swimming</p> <p>distance 1.00 ml</p> <p>energy 307 kcal</p> <p> Notes 1 mile Alma-Flag-Oprah-4thBuoy</p>



All routes mapped on: <https://us.mapometer.com/>