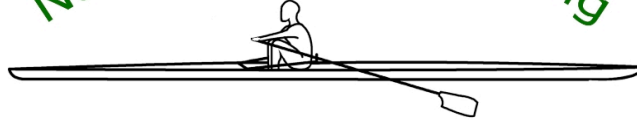


# Navesink River Rowing



*Rowing on the Navesink since 1983*

*PO Box 6153, Fair Haven, NJ 07004-3303*

## NRR Swim Test

**Name:** \_\_\_\_\_

- Swim 50 yds (any style) without stopping
- Tread water for 2 minutes
- Put PFD on in water
- Tread water additional 2 minutes

Passed the NRR swim test on \_\_\_\_\_ at (circle one):  
Date

- The Red Bank Community YMCA
- Neptune Aquatics Center
- Other: \_\_\_\_\_ \*

**Lifeguard:** \_\_\_\_\_  
Print name Signature

\_\_\_\_\_  
\*Certification # (if non-YMCA/Neptune Aquatics Center)



**Neptune Aquatics Center**

We recommend that you make a copy for your record.

## NRR Swim Test

Effective with the Fall 2014 youth rowing season and Spring 2015 season for other rowers, all rowers are required to pass a one-time swim test before they can participate in rowing at NRR. The swim test consists of the following:

- Swim 50 yds (any style) without stopping
- Tread water for 2 minutes
- Put PFD on in water
- Tread water additional 2 minutes

The swim test can be taken at the Red Bank Community YMCA by appointment. To make an appointment, call the front desk at (732) 741-2504, ext. 10. The fee is \$10 for YMCA members and \$15 for non-members and the YMCA has the NRR test form. Upon successful completion, the YMCA will sign the test form that is then returned by the rower to NRR. The test may also be taken for free at the Neptune Aquatics Center. Call (732) 833-5969 for an appointment. Alternatively, a certified lifeguard at a pool/beach club, summer camp, high school swim program, etc., can give the swim test using the NRR form. If not performed at the YMCA or the Neptune Aquatics Center, the lifeguard's certification number must be provided on the signed test form.

NRR will accept equivalent swim tests conducted by Rumson-Fair Haven Rowing or Rumson Recreation. Swim tests from other rowing clubs, swim teams, etc. will be considered on a case-by-case basis. Note: Rowers who are also lifeguards need only to provide a copy of their certification. A swim test is not required.