



*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
- Other: \_\_\_\_\_ \*

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

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



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**We recommend that you make a copy for your record.**

## NRR Swim Test

All NRR members 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:

1. The Red Bank Community YMCA by appointment. To make an appointment, call the Aquatics Director at (732) 741-2504, ext. 220. The fee is \$15 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.
2. 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 a YMCA, the lifeguard's certification number must be provided on the signed test form.
3. NRR will accept equivalent swim tests conducted by other rowing clubs, swim teams, etc. as long as the test meets or exceeds the NRR requirements.

Note: Rowers who are also lifeguards need only to provide a copy of their certification. A swim test is not required.

**Again, we recommend that you make a copy for your record.**