



*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
- Middletown Sports Complex
- Other: \_\_\_\_\_ \*

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

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

## 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 the Red Bank Community YMCA by appointment. To make an appointment, call the Aquatics Safety Coordinator at (732) 741-2504, ext. 223. 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. The test may be taken for free at the Neptune Aquatics Center; call (732) 833-5969 for an appointment. The test may also be taken at the Middletown Sports Complex Monday to Friday after 3PM; call Valerie Rogers at (732) 856-9700. 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, the Neptune Aquatics Center, or the Middletown Sports Complex, the lifeguard's certification number must be provided on the signed test form.

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