



SWIM TO ROW

The Hamilton Area and Capital Area YMCAs in collaboration with the Mercer County Park Commission and the Princeton National Rowing Association (PNRA) are excited to offer **Swim to Row** to Mercer County residents ages 11 - 13.

Swim to Row introduces youth in underserved communities to the sport of rowing - using YUSA's "Safety Around Water" curriculum to enhance participants' comfort level in the water, while encouraging their interest in the sport of rowing.

Swim to Row (\$25) - begins March 9 - April 29, 2021

Tuesdays and Thursdays from 5:00 - 5:45 p.m.

Weeks 1 - 4: One day of swimming at the Hamilton Area YMCA and one day on rowing machines at Princeton National Rowing Association in Princeton Junction.

Swimming will be taught by a Hamilton Area YMCA certified swim instructor. Rowing will be taught by a PNRA (Princeton Rowing National Association) instructor.

To test out of this level, student must be able to swim two laps and tread water for two minutes.

Applications

Applications for Swim To Row (level 1) are due by Monday, February 15. Applications can be e-mailed to Nicole Bizuga at nbizuga@hamiltonymca.org or mailed to or dropped off at the Hamilton Area YMCA: 1315 Whitehorse-Mercerville Road, Hamilton, NJ 08619

For more information, e-mail nbizuga@hamiltonymca.org. Please note that all programming will follow current CDC COVID-19 guidance.

Program presented by:



Hamilton Area YMCA
Capital Area YMCA

