



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



ROWING IS GROWING

Mercer County YMCAs in collaboration with the Princeton National Rowing Association (PRNA) and the Mercer County Park Commission are excited to bring a brand new program, **Rowing Is Growing**, to Mercer County residents ages 12-15. The program begins February 2019.

Rowing Is Growing 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.

Parent Information Sessions

A Parent Information Session is mandatory. Choose one of the following dates:

Tuesday, January 8, 2019

Trenton YMCA, 431 Pennington Avenue, Trenton • 6:00-7:00 pm

Thursday, January 10, 2019

Hamilton Area YMCA JKR Branch, 1315 Whitehorse-Mercerville Rd, Hamilton • 6:30-7:30 pm

Applications for the rowing program will be available at the Parent Information Sessions and are due by January 17, 2019

Program Overview (Three Levels)

► Swim2Row

Starts February 5, 2019
Tuesdays & Thursdays • 6:15-7:15 pm
All sessions at the Hamilton Area YMCA
Weeks 1-4 Two days of swimming
Weeks 5-8 One day of swimming,
one day on rowing machines

Swimming will be taught by certified Hamilton Area YMCA instructors.
Rowing will be taught by a PNRA instructor.

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

► Skills2Row

Starts Spring 2019
Tuesdays & Thursdays
Weeks 1-4 One day of swimming,
one day on rowing machines at Hamilton Y
Weeks 5-8 One day of swimming,
one day of rowing at Caspersen Rowing Center

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

► Ready2Row

Starts Spring 2019
Student must test out of Skills2Row to register for this level

Presented by the Hamilton Area YMCA,
Hopewell Valley YMCA, Trenton YMCA,
Mercer County Park Commission
and Princeton National Rowing Association.

