



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WINTER SWIM LESSONS at the Dillon Family Aquatics Center



WINTER SESSION 1 2025

January 20-February 28, 2025

Six week sessions, one class per week

COST

Fremont Family YMCA members - \$42

Non-members - \$84

Stroke School - \$52 FFY members; \$104 non-members

REGISTRATION DATES

WINTER SESSION

Monday, January 6, 2025 – registration open to Fremont Family YMCA members only

Monday, January 13, 2025 – registration open to non-members

Registration deadline – Thursday, January 16, 2025

Please register and pay on our website – fremontfamilyymca.org

CLASS DESCRIPTIONS

PARENT/TOT – ages 6 months to 3 years old. Tots are in the water with a parent while working on acclimating to being in the water.

Monday or Wednesday – 5:15-5:45 p.m.

KINDER SWIM – ages 3-5 years old. Kids will work on water acclimation without a parent. This is a beginning-level class to work on skills with instructor assistance.

Tuesday – 9:30-10 a.m. (four spots available)

Thursday – 10-10:30 a.m. (four spots available)

Monday or Wednesday – 5:15-5:45 p.m., 5:50-6:20 p.m. or 6:15-6:55 p.m.

LEVEL I – ages 5+. Intro to swimming basics with the assistance of an instructor.

Monday or Wednesday - 5:50-6:20 p.m. or 6:25-6:55 p.m.

LEVEL II – ages 5+. Work on coordination in the water and adding on the swimming basics with the swimmers becoming independent of the instructor.

Monday or Wednesday – 5:50-6:20 p.m. or 6:25-6:55 p.m.

LEVEL III – Swimmers have mastered all of the beginning skills independently and now work to swim distances and skills necessary for proper swimming form.

Monday or Wednesday – 5:50-6:20 p.m. or 6:25-6:55 p.m.

STROKE SCHOOL - Stroke School is an advanced series of swim instruction for youth who are interested in stroke proficiency or swim teams.

Monday and Wednesday – 5-5:45 p.m.

Tuesday and Thursday – 6-6:45 p.m.

Y-CARE LESSONS

Friday – 10-10:30 a.m. or 10:30-11 a.m.

PARENT TAUGHT MORNINGS

Thursday – 9:30-10 a.m.

LEVELS I and II Combined (aimed toward home-schooled youth)

Tuesday – 10-10:30 a.m.