



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUMMER SWIM LESSONS

at the Dillon Family Aquatics Center

SUMMER SESSIONS 2024

Each session will be three weeks in duration, two lessons per week

Choose from Monday/Wednesday or Tuesday/Thursday classes

Session #1 – June 3-20; Session #2 – July 8-25

COST

Fremont Family YMCA members - \$42

Non-members - \$84

REGISTRATION DATES

SESSION 1

Monday, May 20 – registration open to Fremont Family YMCA members only

Monday, May 27 – registration open to non-members

SESSION 2

Wednesday, June 26 – registration open to Fremont Family YMCA members only

Monday, July 1 – registration open to non-members



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/Wednesday – 10:10-10:40 a.m.

Tuesday/Thursday – 10:10-10:40 a.m.

KINDERSWIM – 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.

Monday/Wednesday – 10:10-10:40 a.m.; 10:45-11:15 a.m.; 11:20-11:50 a.m.

Tuesday/Thursday – 10:10-10:40 a.m.; 10:45-11:15 a.m.; 11:20-11:50 a.m.

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

Monday/Wednesday – 10:45-11:15 a.m. or 11:20-11:50 a.m.

Tuesday/Thursday – 10:45-11:15 a.m. or 11:20-11:50 a.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/Wednesday – 10:45-11:15 a.m. or 11:20-11:50 a.m.

Tuesday/Thursday – 10:45-11:15 a.m. or 11:20-11:50 a.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/Wednesday – 10:45-11:15 a.m. or 11:20-11:50 a.m.

Tuesday/Thursday – 10:45-11:15 a.m. or 11:20-11:50 a.m.

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

Monday/Wednesday – 9:30-10:15 a.m. or 10:30-11:15 a.m.

Tuesday/Thursday – 9:30-10:15 a.m. or 10:30-11:15 a.m.