



FREMONT FAMILY YMCA
SUMMER PROGRAMS AND CAMP 2025

FREMONTFAMILYYMCA.ORG



SUMMER YOUTH PROGRAMS

YOUTH SPORTS

YOUTH BASKETBALL CLINIC

Join us for a fun and exciting basketball clinic hosted by our Y staff for youth ages 5-12.

Date: June 1st

Cost: FREE

Registration deadline: May 30th

VAS (Vertical, Agility, Speed)

VAS is a dynamic training program focused on Vertical, Agility, and Speed for young athletes aged 8 to 14.

Session Dates: Session 1: June 6th - June 27th |

Session 2: July 11th - August 1st

Cost per session: \$60/members, \$80/non-members

Registration deadlines: Session 1: June 5th

Session 2: July 10th

SWIM AND SPORT INTRODUCTION CAMP

Do you want to keep your 11 to 14-year-old moving and engaged this summer? Fremont Family YMCA is holding our first ever All-Day Swim & Sport Introduction Camp for preteens and teens looking to try out new sports from Pickleball to Wallyball in our Never Played That Series, or dive into aquatic preparedness with our Junior Life Saving Training.

Dates: June 9th - June 20th

Cost: Varies, contact

programs@fremontfamilyymca.org for more info.

Registration deadline: June 4th

TENNIS LESSONS

Red/Orange/Yellow Ball Lessons for those looking to learn about the game of tennis or to improve their skills.

Ages: 3 - 14

Dates: June 13th - July 25th

Cost: Red Ball: \$30/members, \$60/non-members.

Orange/Yellow Ball: \$60/members, \$120/non-members

Registration deadline: June 4th

LITTLE TYKES

Little Tykes is for beginners diving into the world of tee ball and basketball. This is for youth ages 3-5.

Dates: June 17th - July 22nd

Cost: \$60/members, \$80/non-members

Registration deadline: June 10th

LITTLE DRIBBLERS

Little Dribblers provides children with a thorough introduction to basketball fundamentals through engaging, activities designed to build coordination, confidence, and basic skills.

Dates: June 19th - July 24th

Cost: \$60/members, \$80/non-members

Registration deadline: June 10th

YMCA REFEREE CERTIFICATION PROGRAM

Boys and girls ages 15-18 learn refereeing fundamentals for basketball, flag football, volleyball and Tee-ball to become a YMCA referee.

Dates: June 23rd/24th (Basketball), August 29th/30th, (Volleyball/NFL Flag Football), September 1st/2nd, Tee-ball)

Registration deadline: June 18th

Cost: FREE

TECH TUESDAYS

Join our 4-Week Tech Tuesday Cell Phone Photography class to learn the basics of photography, lighting, and editing all from your mobile device. Open to ages 9+.

Dates: July 8th - July 29th

Cost: FREE

TEE BALL

Learn the basic skills of tee ball and what it's like being on a team during our tee ball league.

Dates: August 5th - September 2nd

Early Bird: April 30th - June 4th - **Save \$10!**

Cost: \$60/members, \$80/non-members

Registration deadline: July 2nd



**Scan the QR code to register
for summer youth sports.**

SUMMER EVENTS AND MORE

EVENTS

PARENTS NIGHT OUT BINGO

Dates: May 20th, June 27th, July 29th and August 15th

TRIVIA NIGHTS

Dates: May 23rd, June 20th, July 25th

SENIOR BINGO NIGHTS

Dates: June 13th, July 29th and August 15th

YMCA CAMP CHRISTENSEN OPENS

Date: June 7th

SUMMER ROLLER SKATING

Dates: June 6th, July 18th, August 8th

SUMMER YOGA WELLNESS RETREAT

Date: June 27th

ANNUAL GOLF TOURNAMENT

Date: July 11th

3X3 YOUTH BASKETBALL TOURNAMENT

Date: August 2nd

ACTIVE PRIME TIMERS DINNER & DANCE

Date: August 19th

*Event dates and details subject to change.

SUMMER SHRED CHALLENGE

Join our 12-week Summer Shred Challenge. This program features weekly fitness plans, nutrition tips, education, and mindset coaching to transform your body this summer.

- **Cost:** \$125/members, \$200/non-members
- **Dates:** June 2nd - August 18th
- (We will meet in-person on Monday's from 12-1PM with Zoom capabilities.)

SUMMER SWIMMING LESSONS

Summer Swimming lessons will start in June! Visit www.fremontfamilyymca.org/swimming-lessons to register for swimming lessons.



TRI AT THE Y

Our Youth & Adult Triathlon welcomes youth ages 7-15 and adults 16+ to test their swimming, biking, and running skills in a supportive community environment.

- **Cost:** \$30/members, \$50/non-members
- **Date:** August 2nd Youth: 9 am Adults: 10 am
- **Registration Deadline:** July 20th

SAVE THE DATE!

Youth Fall Sports will be here before we know it, so save the date for June 4th to save money on Early Bird registration. Standard registration opens July 28th.

Sports included:

- NFL Flag Football
- Volleyball
- Little Tykes



SUMMER CAMP AND SUMMER FUN CLUB



UNPLUG THIS SUMMER



Learn more by
scanning the QR
code above.



We have two great options to keep your kids engaged this summer. First, our Summer Camp is open to youth ages 4 – 13, starting June 2nd – August 8th!

Located just a few minutes outside of Fremont children can explore 120 acres, with a 50 acre lake. They'll come home tired, dirty, and brimming with new experiences every day!

Access to:

- Kayaks
- Paddleboards
- Fishing
- Sand beach

Second, our Summer Fun Club, school aged childcare, is open to 1st – 8th graders. This program offers structured activities, with a caring staff, and flexible scheduling.