

Fremont Area Swim Team **FAST**

Swim Suit Fitting
May 2, 6:00 PM



NEW SWIMMER ORIENTATION WEEK 6:00-7:00 PM MAY 2-3, 2022

Come check out what FAST has to offer. Learn about the registration process, ask questions, and meet the coaches! Gather at the southwest corner of the pool deck (deep end). New swimmer evaluations will be done at this time. Family members can watch from the balcony or pool deck.



CURRENT FAST SCHEDULE UNTIL MAY 27 (SUMMER SCHEDULE TBA)

Gold/Senior: Mon. - Fri. 4:00-5:30 PM
Silver: Mon. - Fri. 6:00-7:15 PM
Bronze: Mon. - Fri. 6:00-7:00 PM
All Groups: Tues. & Thurs. 5:30-6:45 AM



TO JOIN FAST...

- You must be a member of the Fremont Family YMCA (there is financial aid available)
- FAST is a YMCA **and** USA Swimming competitive swim team
- Sign up on the FAST Team Unify Page at fastymca.com



FAST GROUPS AND RATES

Bronze	Beginning Swimmers	\$35/month
Silver	Intermediate Swimmers	\$45/month
Gold	Advanced Swimmers	\$75/month
(The above groups are determined by age and/or ability. Group placement and "leveling up" is at coach's discretion)		
Senior	High School/College Swimmers	\$100/month



- A USA swimming registration fee of \$74, a YMCA swim league fee of \$10, and the first month of team dues are charged per swimmer when registering
- Contact Coach Shane Ahrens for more information

YMCA MISSION: God has given us the pathway to life and health through Jesus Christ and the Holy Scriptures. It is the mission of the Fremont Family YMCA to help put these Christian principles into practice through programs that help build healthy spirit, mind, and body for all.

NO YOUTH DENIED: Any youth may belong to the YMCA regardless of income or family situation. If you know of a youth who would like to belong, please contact our membership director, Katie Thompson at (402) 721-6952 or katiethompson@fremontfamilyymca.org



FAST Team
Unify Page

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