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FREMONT FAMILY YMCA EXPANDS “LEARN TO THRIVE” YOUTH SAFETY PROGRAM

FREMONT, Neb. — Fremont Family YMCA is expanding its Learn to Thrive program with support from the Fremont Area Community Foundation. Beginning with the 2026–2027 school year, the initiative will provide age-specific safety, wellness and life-skills education for every Fremont Public Schools elementary school.

Learn to Thrive currently provides swimming instruction to first-grade students and ice-skating experiences to second-grade students. The expansion will add Learn to Ride a Bike for kindergarten students, Outdoor Education for fourth-grade students and Family Nights for all elementary students and their families.

Together, these programs will reach approximately 2,100 Fremont Public Schools students and their families.

“Not every child has access to a bicycle, swimming lessons or outdoor recreation, and sometimes parents may not have the experience or confidence to teach those skills themselves,” said Tim Benson, CEO of Fremont Family YMCA. “Learn to Thrive removes barriers such as cost, transportation and access. These practical skills build confidence, encourage healthy habits and, in the case of swimming, can save a child’s life.”

Grant funding will help purchase bicycles, helmets and safety equipment, allowing YMCA instructors to bring programming directly to schools. It will also support equipment for experiences held at Fremont Family YMCA and Christensen Family YMCA Camp.

Program components include:

Learn to Ride a Bike — Kindergarten

This new mobile program will teach foundational riding skills and bicycle and scooter safety using bikes and equipment brought directly to elementary schools.



Learn to Swim — First Grade

Students will visit the Dillon Family Aquatic Center for swimming and water safety instruction, an especially important skill in a community surrounded by lakes and rivers.

Learn to Skate — Second Grade

This existing winter program introduces students to ice-skating while encouraging physical activity during the colder months.

Outdoor Education — Fourth Grade

Students will visit Christensen Family Camp for hands-on learning in navigation, hiking safety, fishing, archery, and open-water safety.

Family Nights — All Elementary Students and Families

These new events will invite families to experience YMCA activities, enjoy a meal and connect with local nonprofit organizations and community resources.

“Teaching children practical life skills that promote safety, confidence and healthy lifestyles is an investment in the future of our community,” said Melissa Diers, executive director of the Fremont Area Community Foundation. “We’re excited to support the YMCA’s efforts to ensure these opportunities reach students throughout the Fremont area.”

Learn to Thrive is made possible by community organizations that share the YMCA’s commitment to youth safety and well-being. Pinnacle Bank supports Learn to Ride a Bike; the Fremont Public Schools Foundation and Fremont Rotary support Learn to Swim; the Fremont Family YMCA Foundation supports Learn to Skate; and Methodist Fremont Health supports Outdoor Education. The program’s expansion is supported by the Fremont Area Community Foundation, with additional support from All Metals Market.

For more information about Fremont Family YMCA, visit fremontfamilyymca.org or follow Fremont Family YMCA on social media.