



INDIAN BOUNDARY YMCA

SPRING SESSION 1 FEBRUARY 12 – MARCH 25, 2023

Unless otherwise noted, you can register for programs online at indianboundary.org or call our Front Desk at 630-968-8400.

AQUATICS

We don't just teach people how to swim — we teach children and adults how to stay safe in and around the water — and we've been doing it for 130 years!

Group Swim Lessons

Group swim lessons are set up for all ages and abilities! Times Vary. Check our website for available times and to register, call (630) 929-2428 with any questions.
\$60 member / \$90 non-member

Water Fitness

Splash around with our group exercise instructors for a great workout that is easy on your joints, and has a big heart-healthy impact on you. Water aerobics improves flexibility, strengthens muscles, and improves balance and coordination. Tuesdays & Thursdays 8:15-9:00 a.m.; & Fridays 5:30-6:30 p.m. Free to members.
To reserve your spot, stop by the Front Desk, call, or register online.

Parent/Child Swim Lessons (3 year-olds and younger)

Saturdays at 9 a.m. or Wednesdays at 6:10 p.m.
\$60 member / \$90 non-member

Private or Semi-Private Swim Lessons

For more information, contact Ryan Craig at 603-929-2428 or rcraig@ymcachicago.org.

SPORTS & REC

Serving Up Hope: Beginners Tennis (6-12 year-olds)

The clinic will consist of warm-ups, and stations with beach balls, handkerchiefs, foam balls, and multi-ribbons. Tuesdays, 5 - 5:45 p.m.
\$60 member / \$80 non-member

Basketball Clinic (KG-2nd Grade)

Designed to work on ball-handling, dribbling, passing, footwork, lay-up form, and shooting. Skills and drills class on Mondays, 5 - 5:45 p.m. Scrimmages on Wednesdays 5-5:45 p.m.
\$100 members / \$140 non-members

Volleyball (10-14 year-olds)

Designed to practice passing, setting, hitting, and serving skills, as well as play scrimmages. January 6th-February 10th on Fridays from 5:15 - 6 p.m.
\$70 members / \$100 non-members

Snag Golf (6-12 year-olds)

Snag golf is a cool and fun way to learn the basics of golf. You learn the ins and outs as a young master at golf! Fridays, 6 - 6:45 p.m.
\$60 member / \$80 non-member

Coed Winter Basketball League (KG-8th grade)

Winter League runs from February 20 - May 3 on Monday and Wednesday evenings. Refine your basketball skills through drills and competitive games. \$185 member / \$235 non-member
For more information, call Ryan Craig at 603-929-2428 or email at rcraig@ymcachicago.org.

Teen Time in Free Weight (13-15 year-olds)

Teen Time in the Free Weight Room is a supervised time for teens to come in and exercise while a YMCA Staff Member monitors for safety. See our most current Group Exercise Schedule for days/times.

Open Gym on Court 2

Burn off some excess energy on our obstacle course, using giant games and in our bounce house. Wednesdays & Saturdays, 12 noon - 3 p.m. (Bounce House available) Friday - Sunday, 12 noon - 3 p.m. Free to members and open to children up to 8 years old. A parent or guardian must be present at all times.

YMCA Dungenos & Dragons (5th-8th grade)

Join other adventurers for a thrilling journey into the world of Dungeons & Dragons! Creating one-shot adventures with all needed materials provided. This league is for all skill levels, and help will be given to new players! Come to the Indian Boundary YMCA and prove you are a Master of the Elements. Saturdays, 12 noon - 4.m.



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ADULT FITNESS CLASSES

Small Group Training

Led by Indian Boundary Y's most experienced Personal Trainer, this workout will be tailored to each participant to keep you challenged and motivated so you can celebrate each win!
Saturdays, 9 a.m. for 6 weeks
\$120 member / \$180 non-member

TRX

This Suspension Training class builds body power, strength, flexibility, and core at the same time! Each class is limited to only 6 participants—so register today!
Wednesdays, 8:30–9:30 a.m.
\$120 member / \$180 non-member

Personal Training

Our Personal Trainers are here to guide you on your individualized fitness journey regardless of your current experience level, age, or condition. Packages start as low as \$99 for three 30-minute sessions (first-time clients only) and are for Indian Boundary Y members only.
For more information, contact Kate Hahn at 630-929-2418.

Free Group Exercise Classes

We have over 24 classes on our Free Group Exercise Schedule including Zumba, Bodypump, Cycle, and Silver Sneakers. Workouts are better with a friend, so bring one to try the Y! Stop by or call the Membership Desk at 630-968-8400 for details on our guest policy.
See our website for the most up-to-date class schedule.

Private Fitness Classes

Email Kate Hahn at khahn@ymcachicago.org for a quote on a private fitness class for your team, group, or organization.

FAMILY PROGRAMMING

Year Round DCFS Licensed Preschool

Open enrollment in our DCFS Licensed Early Learning Center! Full and part-day options are available. For more information, or to tour the Early Learning Center, call 630-968-8400 or email cmack@ymcachicago.org.

Before/After School

Our before and after-school programs are open for enrollment at Indian Boundary Y and Holmes Elementary School. For more information, email mgriffith@ymcachicago.org.

Preschool Program

We believe in creating an environment that will inspire each child to reach their fullest potential in the areas of social, emotional, physical, and academic development.
Mondays – Fridays, 8 a.m. – 4 p.m.
For more information, contact cmack@ymcachicago.org.

Rental Spaces

We have several indoor and outdoor spaces, including a 6-lane pool, available to utilize for your groups, events, meetings, and more. Also, consider us for your special events such as birthdays, graduations, or baby showers.
For more information, email Kate Hahn at khahn@ymcachicago.org.

MARK YOUR CALENDAR

Parent's Night Out (KG–5th grade)

Need a Break? Bring your kids to the Y for an evening of fun and activities while you enjoy your evening knowing they are safe. Kids will enjoy pizza, gym time, moon jumps, movies, and more!
Friday, March 10th, 6–9 p.m. (St. Patrick's Day theme)
\$20 member / \$25 non-member

Livewires (5th–8th grade)

Parents can enjoy the night off, and kids can enjoy a night at Indian Boundary Y!
Saturday, February 18th & Saturday, March 18th, 6–9 p.m.
\$15 per child

Easter Egg Hunt

To register your family, call 630-968-8400. Free and open to the community.
Thursday, April 6th (evening)

Top Golf Event

It's Indian Boundary's Golf Night Out! Join us for an evening of fundraising at Topgolf in Naperville and help make a difference for Fry Y kids and families.
Thursday, April 13th, 6–9 p.m.

Hobgoblin Heist

A Hobgoblin and his band of goblin lackeys have stolen the renowned Carnelian Jewel from the town of Blasingdell. The Duke of Blasingdell has sent out a request for brave adventurers willing to venture into the cave which the goblins call home in an attempt to steal back the precious artifact.
February 4th, 12 noon – 4 p.m.