



INDIAN BOUNDARY YMCA

2024 Spring Sports

Youth Sports

Effective February 11 - March 23 (6 weeks)

Basketball Clinics (4 Classes)

(3-4 Graders & 5-8 Graders)

Feb. 12-March 20 (6 weeks)

Mondays, 5-5:45 PM & 5:45-6:30 PM or
Wednesdays, 5-5:45 PM & 5:45-6:30 PM

\$75 Member / \$90 Non-Member

Level up your game! This clinic is designed to get you ready for organized 5v5. Working on ball-handling, dribbling, passing, footwork, and shooting. Then apply these skills during our scrimmages!

Basketball Skills

(K-3rd Graders)

Feb. 20-March 19 (5 weeks)

Tuesdays, 5-5:30 PM

\$60 Member / \$80 Non-Member

For new basketball players! Basketball Skills session is a 4 week session that will cover the basics of basketball like rules, dribbling, passing, defense, shooting, etc. through fun drills and games!

Serving Up Hope Tennis Clinic

(6-10 yr olds)

Feb. 20-March 19 (5 weeks)

Tuesdays, 5:30-6:15 PM

\$65 Member / \$85 Non-Member

Serving up Hope is a beginners tennis clinic. Focuses on fundamentals like strokes, footwork, hand-eye coordination, and rules of the game!

Scan the
QR Code
to visit
our
Website!



Snag Golf

(K-3rd graders)

Feb. 20-March 19 (5 weeks)

Tuesdays, 6:30-7 PM

\$60 Member / \$80 Non-Member

Starting New At Golf indoors! Snag golf is a cool and fun way to learn the basics of golf! Utilizing plastic clubs, you learn the ins and outs of proper form and technique for putting, chipping, and driving

Sports Of All Sorts

(Ages 3-Kindergarten)

Feb. 14-March 20 (6 weeks)

Wednesdays, 11:30-12 PM

\$80 Member / \$100 Non-Member

Come join us during our midday gym class for 3-5 year olds! Each day the kids will play fun games & physical activities utilizing safe and engaging equipment! Specific sports that may be introduced are soccer, basketball, golf, and more!

Indoor Soccer Clinic (2 Classes)

(K-5th Graders)

Feb. 23-March 22 (5 weeks)

Fridays, 5-6 PM (K-2nd) & 6-7 PM (3-5th)

\$75 Member / \$90 Non-Member

Designed to work on fundamentals and cognitive understanding of soccer! Kids will have fun learning how, when, and where to execute their skills during a game!

Coed Volleyball Clinic

(10-14 yr olds)

Feb. 23-March 22 (5 weeks)

Fridays, 5:15-6:15 PM

\$68 Member / \$86 Non-Member

Designed to practice passing, setting, hitting, defensive and serving skills, as well as play scrimmages!

For more information on sports

Nick Reeverts, Sports Manager, at 630.929.2432 or nreeverts@ymcachicago.org

Indian Boundary YMCA | 711 59th St., Downers Grove, IL 60516 | www.ymcachicago.org/indian-boundary/



INDIAN BOUNDARY YMCA

2024 Spring Sports & Aquatics

SPORTS CONTINUED

Youth Spring Basketball League

Basketball is a great sport that teaches teamwork and confidence! Grab your friends and compete in our youth spring league starting early April! There are three leagues (K-2, 3-4, 5-8 grade). Please reach out to Nick Reeverts, Sports Manager, for more information. Stay Tuned!

Private Sports Lessons

Lessons for sports include basketball, tennis, soccer, volleyball, ultimate frisbee, golf, boxing, etc. Whether you are brand new, an intermediate gearing up for competitive play, or a league veteran, our sports instructors will develop a personal and customizable plan for you and your sports goals!

Contact Nick Reeverts, Sports Manager, nreeverts@ymcachicago.org for more details on instructors, scheduling and pricing

Private Court Rentals

Interested in renting out a court for yourself, a group, or an organization?

Contact Nick Reeverts, Sports Manager, nreeverts@ymcachicago.org for more details regarding court availability and pricing.

Open Gym Pickleball

Practice or play games with your friends and family during our Open Gym Pickleball Hours. Monday-Friday, 9am-12pm!

Contact Nick Reeverts, Sports Manager, nreeverts@ymcachicago.org for more details.

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!

Swim Lessons

Swimming is more than just a hobby – it is a life-saving skill that could prevent thousands of deaths each year. That's why our swim lessons focus on water safety, building character and increasing self-confidence. We will teach your child to swim confidently at his or her own pace, and enlist you as an active participant in the learning process. For adults ages 18 and older, it's never too late to learn or improve your swimming skills!

We offer 3 levels of swimming to meet the needs of a variety of participants:

Ages 6 months-Adult

Classes offered Monday, Wednesday, Thursday and Saturday

Group Lessons

\$60/\$90 per month for ongoing.

Session based class fees vary due to the number of weeks in session.

Water Fitness

There is something for everyone when it comes to Water Fitness. These classes are designed to promote a healthy way of life through exercises in the water and perfect at any stage in your life. Water Fitness classes offered at the Indian Boundary YMCA include:

Aqua Exercise Tuesdays & Thursdays 8:15-9:15 a.m., and Cardio Splash Fridays 8-9 a.m.

Lifeguard Class

Join our lifeguard training program by meeting these prerequisites: 15 years or older, a 300-yard swim (front crawl and breaststroke), treading water for 2 minutes without arms, and a timed 10-pound brick retrieval. Successful completion is a must; failure results in dismissal with a partial refund (excluding a \$50 deposit). Classes begin January 3 and end January 6.

For more information on aquatics

Ryan Craig, Aquatics Manager, at 630.929.2428 or rcraig@ymcachicago.org

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