



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP SWIM LESSONS!

INDIAN BOUNDARY YMCA
Aquatics



Are you interested in learning how to swim, become a better swimmer, or compete in competitions? Sign up now for group swim lessons this Fall! Starting September 8th!

Price:

\$60/month Downers Grove Park District residents!

Skills you will learn from our instructors!

- Stroke Mechanics
- Water Safety
- Breathing Techniques

Times:

Mondays, Tuesdays, and Wednesdays

5:00pm-5:30pm, 5:40pm - 6:10pm, 6:10pm - 6:40pm!