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!