At the heart of the Greater LaGrange YMCA is the power to transform—both yourself and the world around you.

A CLOSER LOOK

At the Y, we believe that gyms are more than just places to train for the next season; they’re communities for life. Eileen Skisak has been a YMCA member since the mid-1970s, when she picked up racquetball at the former Rich Port Y. Today, she’s a regular fixture at the Greater LaGrange Y, where you can typically find her swimming or cross training in preparation for one of the many races and triathlons she competes in each year. “I have been running competitively since about 1999,” Skisak says. “The hours at the Y are conducive to my work schedule, which is nice because I can go and train mid-day, since I live so close.”

A top competitor in her age bracket, Eileen enjoys opportunities to share her expertise with others at the Y, whether participating in group fitness classes or assistant coaching the Kids Running Club. She’s competed in more than 600 races to date, often alongside family and friends. “I have met so many wonderful people at the Y over the years and have formed solid friendships with many of them,” she says.

Getting healthy and staying fit are vital activities that should also be fun and inclusive. That’s why we’ve designed our programs to meet the needs of all of our members, no matter their age or skill level. At the Y, we provide a friendly and caring environment focused on helping you and your family gain strength, endurance and self-confidence.

THE Y MEETS COMMUNITY NEEDS

At the Y, we strengthen communities through youth development, healthy living and social responsibility because we believe in nurturing the potential of every child and teen, improving our community’s health and well-being, and giving back and providing support for our neighbors. When you support the YMCA, you do so knowing that we provide a nurturing environment in which youth and families develop the skills and relationships needed to be healthy and active in their communities.

Visit greaterlagrangeymca.org to learn more.
HELP US GROW STRONGER TOGETHER

You can change a life by making a gift to the Greater LaGrange YMCA. The impact of your gift will be felt when:

• A kindergartener starts school ready to learn because she attended the Y’s early learning program.
• Teens have a safe place to go after school and throughout the summer.
• An older adult stays active and builds new friendships with others in the community.

Make a Gift. Change a Life.
To learn more, call the Greater LaGrange YMCA at 708.352.7600 or make your gift today at donate.ymcachicago.org.

ABOUT THE YMCA OF METROPOLITAN CHICAGO
The Greater LaGrange YMCA is part of the YMCA of Metropolitan Chicago. We’re a nonprofit well-known for our 22 centers, five resident camps, and health and fitness programs. But we’ve also moved wellness beyond the gym to prepare our next generation with the physical, academic and social skills they need to thrive. Our neighborhood base helps strengthen communities through programs offered at hundreds of sites citywide. This work promotes academic readiness, character development, violence prevention, and fitness and healthy living. Come to the Y for personal fitness, sign up for a family program, or play a more active role in our community service mission. When you join the Y, you’re part of something big.

Learn more at ymcachicago.org.