At the heart of the Indian Boundary YMCA is the power to transform—both you and the world around you.

A CLOSER LOOK
At the Indian Boundary YMCA, we know that making time for personal fitness can be challenging for working parents whose busy schedules already limit the time they have to spend with their families. It’s our goal to create a space where members of all ages can find health programs and activities that meet their needs, schedules and budgets.

Kathy K. wrote to us five years ago requesting financial assistance with her family membership at the Indian Boundary Y. The working mother of two had recently lost 80 pounds and wanted to create a healthier lifestyle for her husband and their daughters as she continued along her journey. Today, their family loves spending time together at the Y. The girls enjoy active play at the Y Kids Zone while their parents train together under the same roof. Since becoming a member, Kathy has achieved her goal of losing 120 pounds and continues to challenge herself with competitive distance running, all with the support of her family and our staff. “I have come a long way,” she says, “and I have the Indian Boundary Y to thank for it.”

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, energy and self-confidence.

THE Y MEETS COMMUNITY NEEDS
At the Y, we strengthen community through youth development, healthy living and social responsibility because we believe in nurturing the potential of every individual, improving our community’s health and well-being, and giving back and providing support for our neighbors. From fitness to wellness to community service, everything we do at the Y is an exercise in possibility.

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

You can change a life by making a gift to the Indian Boundary 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 Indian Boundary YMCA at 630.968.8400 or make your gift today at donate.ymcachicago.org.

ABOUT THE YMCA OF METROPOLITAN CHICAGO
The Indian Boundary 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.

THE INDIAN BOUNDARY YMCA
As a nonprofit organization committed to academic readiness, character development, violence prevention, and fitness and healthy living, the Indian Boundary YMCA has been proud to help our neighbors learn, grow and thrive for more than 60 years.

Between the whistles of a sports league, the splash from a swim lesson and the smile that says “you’re welcome,” the Indian Boundary YMCA strengthens bodies, minds and communities. Where some see obstacles, we see opportunities for our members, volunteers, program participants and staff to make a difference.

Since 1954, the Indian Boundary YMCA has served the thriving communities of Downers Grove, Westmont, Woodridge, Darien, Lisle and others. Today, for more than 14,000 members and 400 volunteers, the Y is a destination where local children and families have the opportunity to discover who they are and what they can achieve, and where people of all ages, interests and abilities can build and maintain healthy habits.

14,192 Y Members
$390,182 in annual community assistance
More than 400 volunteers
Serving our community for 61 years