

## YOUR DUNELAND FAMILY YMCA



Each day at the Y, families are coming together to get healthy. Children are engaging in physical activities, learning social skills and building self-confidence. Parents are enjoying working out in our group fitness classes while knowing their children are in a safe, nurturing environment.

**It's happening every day at the Y - families getting closer and living better so they can learn, grow and thrive.**

**Join us.**

## STATE WIDE MEMBERSHIP RECIPROCITY

Traveling, working in another region, exploring ... sometimes, it's just more convenient to use a Y in a different location. Now, our full facility YMCA members have the flexibility to use other Y facilities throughout the state, at no extra charge. Contact your local Y for details.

Our mission is to put Christian principles into practice through programs that build healthy spirit, mind, and body for all.



**DUNELAND FAMILY YMCA**  
215 Roosevelt Street  
Chesterton, IN 46304  
**(219) 926 4204**

[dunelandymca.org](http://dunelandymca.org)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROWING STRONGER TOGETHER

**EVERYONE IS WELCOME**  
**Membership**  
**DUNELAND FAMILY YMCA**



## We're a Lot More Than Just a Gym

We're a community. Here, surrounded by friends as well as by caring, knowledgeable staff, you can grow your spirit, mind and body in ways you never imagined. Every member of the Y is unique. That's why we provide individual attention and a range of programs to help you reach your goals and lead a healthier, happier life. Among our offerings:

### Youth Development

- Early Learning Academy for ages 6 weeks to kindergarten.
- Preschool - all day & half day
- Before and After School for K-5 at all five Duneland elementary schools
- Summer Day Camp

### Health, Well-being and Fitness

- Adult Group Fitness including Zumba, Cycling, Strength & Tone, Core Conditioning, Cardio, Weight Training, Silver Sneakers, Pilates and more
- Personal Training

### Sports, Play and Development

- Preschool and school age youth sports including soccer, basketball, flag football, t-ball, tumbling, track & field, cross country and more.
- Aquatics for youth and adults
- Open sports Monday - Fridays for youth ages 8 and older

### Volunteerism

- Events, Community Garden and Community Benches Projects, Christian Emphasis Committee & Social Responsibility



## EVERYONE IS WELCOME

At the Y, we make sure that everyone, regardless of age, income or background has the opportunity to learn, grow and thrive.

### Facility Hours

Monday - Friday	5:00am-10:00pm
Saturday	7:00am-6:00pm
Sunday	10:00am-4:00pm

### Fun Zone Hours

Monday - Friday and	8:00am-11:00am 4:00pm-8:00pm
Saturday	8:00am-11:00am
Sunday	10:00am-1:00pm

Fun Zone is a free service available for members while they are using the Y. Infants through 9 years of age are welcome. Fun Zone stays are limited to 2 hours per visit.

"The Y is a place I come to interact with wonderful, kind, community involved people and friends, and especially the friendly staff. Feeling welcome, achieving goals and feeling at home are just some of the reasons I love the Y."

Jan

## HELPING YOU LIVE BETTER



"The Y provides a place for people to come and better themselves through exercise and group activities."

Sam

### Membership Rates

Membership Type	Joiner Fee	Monthly Fee
Child	\$0	\$15
High School	\$0	\$15
Young Adult (18-26)	\$40	\$20
Adult (27-64)	\$50	\$42
Adult + 1 (18-64)	\$50	\$55
1 Adult Household	\$65	\$50
Household	\$75	\$69
Active Older Adult (65 years +)	\$40	\$25
Active Older Adult +1 (both 65 yrs +)	\$50	\$35

If you are a senior, check to see if you qualify for a FREE Silver Sneakers

