



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN  
YMCA**  
2705 Techny Road  
Northbrook, IL 60062  
[www.nsymca.org](http://www.nsymca.org)

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**FOR IMMEDIATE RELEASE**

**Registration Now Open for Spring Classes at the  
North Suburban YMCA**

**Northbrook, IL: March 2021** – Registration is underway for Spring session programs at the North Suburban YMCA with classes beginning the week of March 29. The Y offers an exciting variety of programs in fitness, sports, aquatics, and artistic enrichment for all ages. To meet the health and safety needs of the community during the pandemic, many classes and programs are available both virtually and in-person at the Y facility located at 2705 Techny Road in Northbrook.

With summer approaching, spring is traditionally a busy time for swim lessons and lifeguard classes. YMCA aquatics teachers offer top quality swim instruction that emphasize safety skills and confidence in the water, available for both group and private lesson settings.

For parents who are looking for programs to keep their kids active and moving, the Y offers a lively selection of gymnastics and sports classes, plus an array of classes and workshops that help promote creativity, wellness, and healthy living including: the “One and Done” art workshops, “Mini Movers Dance” for ages 3-5, “Jokin’ Around” comedy class for 1<sup>st</sup>-5<sup>th</sup> graders, the Girl Scout badge programs, “Expedition Mars” in the SmartLab for 1<sup>st</sup>-5<sup>th</sup> Graders, and so much more.

The NSYMCA also provides numerous virtual only-classes such as Cardio and Strength-training featuring a different workout each week, and Y.E.S. (YMCA Education Series) programming which includes Brain Games, Social Networking, Caregiver Support Group, Social Club, and new monthly workshops.

The option to create one's own class is also offered at the Y this Spring. Participants can work with a Y team member to create their own live or virtual sports, visual arts, performing arts, health & wellness, aquatics, or youth class.

For participants who choose to attend the YMCA in person, CDC, and State and local health guidelines and recommendations are in place. These guidelines include requiring masks throughout the building, temperature wellness checks before entering, smaller class sizes to allow for social distancing, and sanitization of all spaces after use.

"Our goal at the Y is to provide our community all the tools they need to access our new healthy living and youth development programs, whether they're here at the Y, or participate from home," remarked Kathy Fielding, CEO of the North Suburban YMCA.

Registration is also open for NSYMCA Summer Camps, with special rates available until May 2, 2021. The Y's 2021 camps include over 40 general and special interest day camps for children in pre-K through junior high school. All camp programs provide a safe, nurturing, and creative environment to support the development of each child. Campers can take full advantage of the Y's indoor pool, large gyms, outdoor sports fields, and playgrounds. Camps also deliver flexibility and value by offering sessions by the week and camps by the day.

For more information and to register, visit [nSYMCA.org](http://nSYMCA.org) or call 847-272-7250. The complete NSYMCA spring guide can be found [here](#).

### **About the North Suburban YMCA**

The North Suburban YMCA services Northbrook and 14 surrounding communities with programs and tools that help its residents become healthier, more connected, and confident, ensuring that everyone, regardless of age, income, or background, has the opportunity to learn, grow, and thrive. The NSYMCA focuses on Youth Development, Healthy Living, and Social Responsibility and is a charitable organization, inclusive and welcoming to all in our community. Learn more at [NSYMCA.org](http://NSYMCA.org).



**PHOTO CAPTION:** *Registration is underway for Spring session programs such as gymnastics, sports, and artistic enrichment for all age groups with classes beginning the week of March 29.*