



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**

**North Suburban YMCA Unveils Exciting New Fall Lineup**

*Registration now open.*

**Northbrook, IL: August 2021** – The NSYMCA is getting ready for an active Fall with an exciting lineup of new classes and events, many of which will be offered live and virtually. The new Fall Session Program Guide is now available, with classes beginning the week of August 23rd. The complete program guide can be viewed at [North Suburban YMCA's website](http://North Suburban YMCA's website).

Located at 2705 Techny Road in Northbrook, the Y offers a varied selection of programs for all ages and interests. Each Y department features new and engaging options along with its popular existing programs.

Some of the new programs include:

- **SIGN LANGUAGE 101** Age 16+ - This interactive class covers basic vocabulary including the alphabet, numbers, colors, people, emotions, places, and foods & drinks.
- **ACTIVE ADULTS CLASSES** including Balance for Walking, Basic Cardio, and Chair Yoga.
- **VISUAL ARTS CLASSES** inspire creativity for toddlers to seniors with offerings like Jewelry and Beyond, Graphic Novel Illustration, and Coffee and Crafts.
- **PRIVATE SWIM LESSONS** for ages 3 – Adult
- **MINI-MOVERS** dance classes for toddlers to age 5 include Creative Movement, Ballet, Jazz and Tap
- **MEDITATION CLASSES** for grades 1-8
- **DODGEBALL** for grades 2–6
- **SONGWRITING CLASS** for grades 5–8
- **AMAZING ANIMAL ROBOTICS** for grades 1-5
- **JUNIOR SCIENTISTS** for grades 4-6
- **SUPER HEROES LEGO WORKSHOP**

These new classes join the long list of programs available in aquatics, performing arts, gymnastics, fitness, sports, visual arts, adult health and enrichment, and special needs support. The Y continues to follow Covid-19 guidelines, and all youth and employees working with any youth will remain masked indoors whether they are fully vaccinated or not.

The Program Guide also announces a number of special community events designed to strengthen families and build strong relationships throughout the community including SeniorPalooza, Drive-in Movie Night, and a Holiday Giveback Volunteer program.

NSYMCA members enjoy added benefits, such as over 60 free fitness and yoga classes, registration discounts, admission to special members-only events, and free childcare while parents use the facility. For more information about membership and registration, call 847-272-7250 or visit [www.nsymca.org](http://www.nsymca.org).

### **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).



*Caption: Fun, creative early childhood programs are part of the North Suburban YMCA's wide-ranging selection of activities for all ages. Fall session classes begin August 23. Details and online registration are available at [www.nsymca.org](http://www.nsymca.org).*