



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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## **North Suburban YMCA Offers Family-Focused Winter Activities**

### **FOR IMMEDIATE RELEASE**

**Northbrook, IL; January 2022** – The cold winter months at the North Suburban YMCA offer a variety of exciting family activities for members that are only available at this time of year. Parents can now get their kids out of the house, work out, play games, and have fun together. All programs take place at the NSYMCA at 2705 Techny Road in Northbrook. Some activities require pre-registration due to space limitations.

### **Family-Focused Winter Activities for NSYMCA Members:**

**Family Play:** Sundays, Noon – 2pm - Families can play board games and enjoy a wide-open space to have some unsupervised family fun.

**Family Swim:** Saturdays/Sundays, 2:15 pm – 4:00 pm. Open swim for families or children with a guardian.

**Family Fitness:** Accompanied by a parent or guardian, the Fitness Center is open to children ages 10 and older; the Track area is open to children 12 and older. Parents with younger children can take advantage of the Y's free babysitting.

A membership to the North Suburban YMCA also entitles families to reduced pricing and priority registration for classes, programs, and camps. In addition, members have access to the fitness equipment and unlimited group exercise classes such as yoga, Les Mills, cycling, cardio & strength, aqua fitness and more.

“Our mission is to help build strong families in an inclusive, welcoming environment,” said Kathy Fielding, CEO of the North Suburban YMCA. “I encourage everyone to find out why the NSYMCA is the center of the community, and anyone who joins for January 31 will pay \$0 Joiner’s fee.”

For more information about the North Suburban YMCA’s programs and facilities visit [www.nsymca.org](http://www.nsymca.org) or call 847-272-7250.

### **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:*** The North Suburban YMCA offers members an exciting variety of wintertime activities for families, including working out with children ages 10 and older.