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**NORTH SUBURBAN  
YMCA**  
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FOR IMMEDIATE RELEASE

**YMCA Presents Annual Dance Recital on June 12**

**Northbrook, IL: May 2016** – Final preparations are underway for the North Suburban YMCA School of Dance’s annual “iDance” recitals, to be held Sunday, June 12 at the Glenbrook North High School Center for the Performing Arts. Over 250 dancers from the age of three through 18 will be showcased in a wide range of dance styles, including ballet, jazz, tap, contemporary, and hip hop. The recitals will begin at 11:00am and 4:00pm, with each show featuring entirely different routines.

Dance study provides young people with lifelong benefits, combining improved fitness and posture with an appreciation for self-discipline, teamwork, and artistic expression. The North Suburban YMCA offers a multitude of dance classes for children, teens, and adults, most of which culminate in the final recital performance. Dancers have the opportunity to continue their practice during the summer months with Summer Session classes, as well as a special “Ballet, Tap & Tumbling” day camp program for preschoolers.

“The iDance recitals are always the highlight of the year for our students,” notes Shannon Parry Mundorf, NSYMCA Senior Director of Arts. “They are excited to show their families and friends all they’ve accomplished, in beautiful costumes on the impressive GBN stage. It also is a wonderful opportunity for our young dancers to see our experienced students perform and be inspired to continue their studies.”

Admission to the iDance recitals is free and open to the public, with seating on a first-come basis. Glenbrook North High School is located at 2300 Shermer Road in Northbrook. For recital information, contact Shannon Parry Mundorf at [sparry@nsymca.org](mailto:sparry@nsymca.org) or 847 272 7250. For information about summer programs and online registration, visit [www.nsymca.org](http://www.nsymca.org).



*Photo Caption: Little ballerinas will be shining stars at the North Suburban YMCA's annual iDance recitals, to be held at Glenbrook North High School on June 12 at 11:00am and 4:00pm.*

**About the North Suburban YMCA**

The YMCA is a charitable organization and relies on donations to make services available for all families and individuals in its 15-city region. All board members are volunteers, who donate their time, talents and financial resources. Located at 2705 Techny Road in Northbrook, the YMCA has served the northern suburbs of Chicago for over 45 years. The Y is about youth development, healthy living, and social responsibility, providing programs and services that address the needs of our diverse community and are accessible to all. For more information or to make a donation, contact Kim Nyren at 847-272-7250 or [knyren@nsymca.org](mailto:knyren@nsymca.org), or visit [www.nsymca.org](http://www.nsymca.org).