



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 Announces Winter Programs**

*Registration is open for Y members; opens December 13 for nonmembers.*

**FOR IMMEDIATE RELEASE**

**Northbrook, IL; November 2021** – The North Suburban has published their upcoming Winter classes online at [www.nsymca.org](http://www.nsymca.org). With a wide variety of choices that promote health and wellness for all ages, many programs will be offered both virtually and in person at the Y, located at 2705 Techny Rd. in Northbrook.

Program highlights include:

- New weight loss course
- Preschool basketball
- Robotics and Engineering for elementary schoolers
- Digital Art for high schoolers
- What else?

The Y continues to offer their popular classes for the Special Needs community, Dance for ages 2 through adult, Visual Arts classes, Gymnastics, and swim lessons.

A monthly membership at the North Suburban YMCA entitles you to reduced pricing for classes and programs and priority registration. It also includes access to the fitness equipment and unlimited group exercise classes such as yoga, Les Mills, cycling, cardio & strength, aqua fitness and so much more.

For participants who choose to come to the YMCA in person, CDC guidelines and the guidelines and recommendations of state and local government authorities are in place. These include requiring masks throughout the building, smaller class sizes to allow for social distancing, and sanitization of all spaces after use.

“We have so many exciting choices, there is no better time to join our community,” remarked Kathy Fielding, CEO of the North Suburban YMCA. “Our programs will keep the whole family’s body and mind engaged and challenged.”

For more information, to view the full program guide, or to register online, 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).

Insert picture of a class

***Caption:*** *The North Suburban YMCA’s Winter Program registration is open now for Y members; open December 13 for nonmembers.*