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FOR HEALTHY LIVING
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**NORTH SUBURBAN
YMCA**

2705 Techny Road
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www.nsymca.org

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FOR IMMEDIATE RELEASE

Three Generations of Family Share Fun and Fitness at the North Suburban YMCA

Northbrook, IL: August 2014 – Long before the rise of Zumba, Hot Yoga, and Pilates – even before Jane Fonda pulled on her first pair of leg warmers – Shirley David of Northbrook was a committed fitness pioneer. Her daughter, Pam Streeter, remembers how working out at the North Suburban YMCA was an integral part of her family’s life as far back as the 1970s. “We joined the Y in 1974,” recalls Streeter, also of Northbrook. “My mom worked out every day before work, doing step classes and other aerobics. She met a lot of her closest friends at the Y.”

Fast forward four decades, and three generations of Streeter’s family are now happily involved in programs at the NSYMCA. Pam and Shirley regularly work out together, and Pam enjoys participating in cardio funk classes with her teenage daughters. Pam’s husband Mark also goes to the fitness center with their daughters, in the same building where they once enjoyed Indian Princesses. The Streeters are one of a growing group of multigenerational families that enjoy Y fitness classes and other activities together.

“The Y has very deep roots in this community, so it’s not unusual to have three generations of the same family involved in our programs,” notes Howard Schultz, NSYMCA Executive Director/CEO. “We have a vibrant senior population that uses our facility to stay physically and socially active, and their grown children frequently return to the area to raise their own families. The Y becomes a bonding experience for the extended family, since there’s something here for every age group and interest.”

Pam Streeter feels that her early experiences at the Y laid the foundation for a lifetime of healthy activity. “My mom always recognized the importance of exercise, and she made working out at the Y a priority. We lived right around the corner so we would walk over together,” she says. “As she’s gotten older, she realizes that it’s kept her in great shape all these years and that motivates her to keep it up almost every day.”

The younger members of Streeter’s family also continue to be active at the Y, in ways that have evolved over time. “My daughters have been involved since they were little, taking dance classes, swimming, gymnastics, and art. Now that they’re in high school, they still dance at the Y and also come with me to cardio classes, or go to the fitness center with their dad. I think my kids have had even more memories than I do because the Y offers so much more than it did when I was growing up. The programs make it a family place for any age group, and they offer more and more opportunities to bring families and community together.”

Registration is now open for Fall session programs at the North Suburban YMCA, located at 2705 Techny Road in Northbrook. For detailed program information, visit www.nsymca.org.



Caption: Three generations of NSYMCA members continue to share the Y’s programs. From left Pam Streeter and her family: mother Shirley David, daughters Hannah and Allison, and husband Mark.

About the North Suburban YMCA

The YMCA is a not-for-profit entity 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 Barb Flanagin at 847-272-7250 or bflanagin@nsymca.org, or visit www.nsymca.org