



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN  
YMCA**  
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[www.nsymca.org](http://www.nsymca.org)

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FOR IMMEDIATE RELEASE

**North Suburban YMCA Announces Exciting New Fall Program Choices**

*Registration now open with an emphasis on safety first*

**Northbrook, IL** – The North Suburban YMCA’s fall program registration is now open to the community, with classes beginning the week of August 24. In addition to its variety of classes for all ages, the Y’s fall offerings include a virtual and in-person series of new classes and workshops that help promote wellness and healthy living while living in the age of COVID-19.

Since its opening in June, the Y has been diligently adhering to CDC guidelines, and the guidelines and recommendations of state and local government authorities, and has had the following safety protocols in place since its re-opening:

- \* Masks: All participants are required to wear face coverings over their nose and mouth when at the NSYMCA, but may remove them while participating in physical activity if they can maintain a distance of at least six feet during the activity
- \* Wellness Checks: The NSYMCA provides temperature checks and screening prior to allowing participants into the classrooms.
- Sanitization: The Y continues enhanced cleaning procedures, encourages frequent handwashing, and has hand sanitizer readily available. All spaces are sanitized after use.
- Class Sizes: Reduced class sizes allow for increased social distancing whenever possible.
- Monitoring: The Y monitors the safety of all programs offered, and will make changes if needed to ensure the safety of our staff and members.

Some of the Y’s exciting new program choices for Fall 2020 include:

- \* Virtual Programming

- \* Youth Basketball Skills
- \* New Dance classes – Hip Hop, Bollywood, Teen & Adult formats
- \* Visual Art Classes (Virtual & In-Person)
- \* Girl & Boy Scout Badge Program
- \* Outdoor Fitness Classes

“We’re excited to offer the community a new series of programs designed to meet the needs of all ages that strengthen both mind, body, and spirit,” noted NSYMCA CEO, Kathy Fielding. “Whether it’s our virtual or in-person programs, our priority is the safety of our members, staff, and the communities we serve.”

Due to reduced class sizes to allow for increased social distancing, the Y recommends signing up early for classes. For more information, and to register for Fall programming, 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.



Caption: *Fall registration for the North Suburban YMCA is now open to the community and features exciting new health and wellness programs. Details and online registration are available at [www.nsymca.org](http://www.nsymca.org)*