



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN
YMCA**

2705 Techny Road
Northbrook, IL 60062
www.nsymca.org

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FOR IMMEDIATE RELEASE

YMCA Encourages Families to “Take On Summer!” at Healthy Kids Day

Northbrook, Illinois: April 2012 – The North Suburban YMCA will open its doors to the public for its annual Healthy Kids Day on Saturday, April 28 from 1:30 to 4:00 pm. This year’s theme, *Take On Summer!*, encourages families to get out and enjoy summer activities together with an emphasis on exercise, nutrition, and other healthy lifestyle choices. Over 500 guests participated in the Y’s 2011 event.

Healthy Kids Day activities will include family games, relay races, and fitness experiences, as well as the chance to try out the WIBIT aquatic obstacle course in the Y’s pool. The pool will also be open from 12:30 to 1:30 exclusively for individuals with special needs and their families. Local businesses and community organizations will join in the fun with snacks, giveaways and information packets. Visitors will have the opportunity to learn about YMCA programs and summer camps, and to see the renovations currently underway at the facility.

The North Suburban YMCA is located at 2705 Techny Road in Northbrook. For more information about Healthy Kids Day or other YMCA programs, visit www.nsymca.org or call 847 272 7250.



Photo Caption: The WIBIT water obstacle course is just one of the attractions to enjoy at the YMCA’s Healthy Kids Day on April 28.

About the North Suburban YMCA

The YMCA is a not-for-profit entity and relies on donations to fund capital improvements and transform the facility. All board members are community volunteers, who donate their time, talents and financial resources. Located at 2705 Techny Road in Northbrook, the YMCA has served area families in its twelve-city region for over 40 years. The Y is about youth development, healthy living, and social responsibility, providing programs and services that meet the needs of our community and are accessible to all. For more information or to make a donation call Tara Bilby at 847-272-7250, tbilby@nsymca.org, or visit www.nsymca.org.

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