



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN
YMCA**

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FOR IMMEDIATE RELEASE

Readers' Choice Awards Confirm the North Suburban YMCA's Position as the Center of the Community

Northbrook, IL – The North Suburban YMCA was recently honored with seven category wins in the Daily Herald's Readers' Choice Awards, taking the prize for best overall camp, sports camp, art studio, bar/bat mitzvah venue, dance studio, fitness center and gym, and swim school. The award winners are determined by votes from readers.

The Northbrook-based Y is a charitable organization that supports the health and well-being of families and individuals from 15 of Chicago's northern suburbs. With hundreds of programs for all ages, the Y promotes youth development, healthy living, and social responsibility for thousands of participants every year.

"We are thrilled to receive recognition as the best choice in so many categories," said Kathy Fielding, CEO of the NSYMCA. "It validates the outstanding work of our dedicated staff who strive to support our members, the community, and our philanthropic mission, and shows that we are indeed recognized as the center of the community."

The NSYMCA's Readers' Choice Category wins include:

- **Best Fitness Center/Gym:** Y Membership has flexible, affordable pricing that includes free unlimited fitness classes such as yoga, pilates, zumba, and spin classes. Personal training and virtual options are available.
- **Best Dance Studio:** The Y's North Suburban School of Dance combines artistic expression with physical well-being for students from preschool to adult.
- **Best Swim School:** The "Gold Standard" aquatic program features multi-lingual instruction to ensure that children from all backgrounds have the chance to learn water safety.
- **Best Day Camp/Best Sports Camp:** The Y's flexible, enriching and fun day camps, afterschool programs, and early childhood education classes, offer rewarding experiences that promote learning and social skills.

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- **Best Art Studio:** Visual arts classes run the gamut from pre-school playtime to advanced digital media and adult technique programs.
- **Best Bat/Bar Mitzvah Venue:** The Y offers superb party rooms, rental equipment, onsite set-up, and party packages to accommodate any event, from B'nai Mitzvah Parties to wedding showers to birthday parties.

Much more than just a place to work out, the NSYMCA is a charitable organization that keeps its programs affordable through its Community Strong Financial Assistance Fund (formerly the Strong Kids Financial Assistance Fund). One out of five people using the Y receives scholarships to pay for classes, camps, and other life-changing activities.

Since 1968, the NSYMCA has been the place where neighbors come together to learn, connect, and celebrate. The Y's mission is to serve the community while continuing to adapt to its ever-changing needs, from providing community support like sponsoring blood drives and flu shots, to social responsibility initiatives like hosting food drives and offering diversity and inclusion initiatives. Serving the entire community with fitness, youth, and senior programs, the Y also supports individuals with special needs, from peer-mentored dance classes to the popular Special Olympics swim team, and runs a free Y.E.S. (YMCA Education Series) that welcomes local experts on health, personal finance, law, and other topics for public workshops.

For more information, visit www.NSYMCA.org or call 847-272-7250.



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Photo Caption: The North Suburban YMCA was honored with 7 Readers' Choice awards including best camp, sports camp, swim school, art studio, dance, fitness center and gym, and bar/bat mitzvah venue.