



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN
YMCA**
2705 Techny Road
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www.nsymca.org

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FOR IMMEDIATE RELEASE

Enrichment Programs at YMCA Enhance Preschoolers' Development

Northbrook, IL: October 2015 – As child development specialists know, the ages of three to five are a time of staggering growth for children's social, physical, and intellectual skills. Their burgeoning vocabularies express their expanding curiosity, independence, and energy as they take their first steps into structured activities outside the home. At this crucial stage, parents can support their child's growth by choosing enrichment programs that make learning fun and engaging.

"Programs for preschoolers should always emphasize the development of the whole child," notes Shannon Cartier, Youth Education Director at the North Suburban YMCA. "Any type of class, whether it is focused on sports, art, dance, or another activity, should help children practice fundamental skills of social interaction, academic building blocks, and physical coordination. The key is to appeal to children's interests so they naturally want to learn and participate."

The North Suburban YMCA, located at 2705 Techny Road in Northbrook, offers a wide assortment of preschool-age activities designed to engage and encourage children on multiple levels. These include diverse options in most of the Y's core program areas: aquatic instruction, visual and performing arts, health and wellness, sports, and educational enrichment. Preschoolers can learn to swim, express themselves with art, meet new friends on the basketball court, and whip up snacks in a cooking class, all under one roof. In addition, the Y offers Preschool Education Classes to promote school readiness, and Y-Time Afterschool Care for children in kindergarten and above.

"Having such a wide variety of programs at one facility is a great advantage for families," says Cartier. "Children feel comfortable trying new things in an environment that is familiar and secure, and parents know that they can rely on experienced, qualified YMCA teachers. It also gives parents the opportunity to get some exercise or socialize with their friends while their children are in class. The Y provides a shared experience that benefits the whole family."

Registration is open for all fall programs at the North Suburban YMCA. For detailed program information, visit www.nsymca.org.



Photo Caption: Preschoolers at the North Suburban YMCA expand their creativity and personal skills in a cheerful, comfortable setting.

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.