



FOR YOUTH DEVELOPMENT
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

Family Fun Fills Summer Schedule at North Suburban YMCA

Northbrook, IL: July 2015 – Summer is here, with unique opportunities to make special memories for the whole family. The North Suburban YMCA will host a number of community events this summer, designed to bring families together for fun bonding experiences. These varied events, most of which are open to the public, make use of the Y's welcoming facility at 2705 Techny Road in Northbrook to deliver engaging, memorable programs for the entire family.

"Strengthening family bonds is a central mission of the YMCA," notes Howard Schultz, President and CEO of the NSYMCA. "Throughout the year, we present special events that bring families together. They are opportunities to get away from the distractions of technology and hectic schedules, and make lasting memories."

The NSYMCA's upcoming summer family events include:

July 18-19: Summer Family Campout -- Families can enjoy the fun of camping without leaving town at the Y's overnight campout. Pitch a tent on the Y's spacious lawn and enjoy s'mores, campfire songs, games, and some unplugged family time. The NSYMCA's Adventure Guides staff will be on hand with information about family events throughout the year. Registration and set-up opens at 4:00pm on July 18. The participation fee is \$20 for NSYMCA members, \$35 for non-members.

August 13: Party at the Y – The entire community is invited to this end-of-summer tradition, featuring a cookout, bounce houses, live music, and fun activities. Admission is free, and everyone is welcome. The Party kicks off at 6:00 pm on August 13.

The Y has also scheduled a number of events through the fall as kids transition into the school year. They will include a family picnic on Sunday, September 13; a back-to-school bonfire and campout on Friday, September 25; a movie and art family activity night on Friday, October 16; and one of the year's biggest events, the annual Spooktacular Halloween Party on October 25. All events are open to the public either for free or for a nominal fee.

In addition to these special events, the Y offers ongoing opportunities and activities for families to share time together. The Y's **Adventure Guides** program presents parent/child outings and events throughout the year, including campouts, field trips, community service projects, and more. The Y's pool is available to members for **open family swim** seven days a week year-round. Hours vary by day; visit www.nsymca.org or call 847 272 7250 for scheduling information.

"We all know that summer goes too fast. We get so busy that it's hard to connect with our families," notes Schultz. "The Y's family programs are designed to help everyone take a break from their hectic schedules and really enjoy each other during these precious summer months. We're looking forward to a wonderful season of bringing people together."

For more information about these family programs at the North Suburban YMCA, visit www.nsymca.org or contact Don Enger or Frank Lenardi at 847 272 7250.



Photo caption: The annual Community Party at the Y is one of many YMCA events to bring families together.

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.

