



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN  
YMCA**  
2705 Techny Road  
Northbrook, IL 60062  
[www.nsymca.org](http://www.nsymca.org)

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FOR IMMEDIATE RELEASE

**Registration is Open for YMCA Spring Session**

**Northbrook, IL: March 2015** – Registration is underway for Spring Session programs at the North Suburban YMCA, with classes beginning the week of April 6. The Y offers a wide variety of programs in fitness, sports, aquatics, and artistic enrichment for all ages. Participants who sign up before March 30 receive an early registration discount of up to 10 percent.

Spring is a perfect time to try a new activity at the Y, and the upcoming session boasts a variety of new classes. Budding and experienced artists alike will get to explore their creative side in new visual arts classes, such as Princesses and More and Superhero Art. Curious kids will flourish with new programs like Pee Wee Science, and the youngest children will enjoy the new Mommy & Me class. Adults will also have the chance to participate in the fun, with new offerings like Garden Art and Indoor Kayaking.

Spring is also the perfect time to make sure children will be safe around the water this summer with top quality swim instruction. YMCA teachers emphasize safety skills and confidence in their developmental approach to aquatics instruction, in either group or private lessons. In addition to youth instruction, the Y's Aquatics Department also offers specialty programs in kayaking, lifeguarding, SCUBA, and water exercise.

The complete YMCA Program Guide is available online at [www.nsymca.org](http://www.nsymca.org), and print copies may be requested at the Y's customer service desk. The Y is located at 2705 Techny Road in Northbrook. For more information about YMCA programs, call 847 272 7250.



*Photo Caption: Swim lessons at the North Suburban YMCA emphasize safety and confidence in a nurturing environment. Registration is now open for Spring Session swim lessons and a wide variety of other programs at the Y.*

**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](mailto:bflanagin@nsymca.org), or visit [www.nsymca.org](http://www.nsymca.org).