



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN  
YMCA**  
2705 Techny Road  
Northbrook, IL 60062  
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FOR IMMEDIATE RELEASE

**YMCA Celebrates Founders Day on June 6**

**Northbrook, IL: May 2016** -- June 6 marks the 172nd anniversary of the Y, a global organization that began with a simple but powerful idea: a strong, supportive community can help people build healthier, happier lives. Since its founding, the Y has grown into one of the world's largest volunteer organizations, renowned for its commitment to helping people of every background reach their potential.

From its humble beginnings on June 6, 1844 in London by George Williams and 11 friends, the Y saw to and met the practical and spiritual needs of young men flocking to London during the Industrial Revolution. Since then, the Y has grown and changed, meeting the needs of children, families, and adults in over 10,000 communities in the U.S. and 119 countries around the globe.

Along the way, the Y is responsible for a number of innovations that influenced history and are part of our daily lives. For instance:

- Basketball and volleyball were both invented at the Y.
- Night school and English as a Second Language (ESL) classes began at the Y.
- The world's first indoor pool was at a Y, and the concept of group swim lessons started at the Y.
- The United Service Organizations (USO) was created with help from the Y, and the Peace Corps was patterned after a Y program.
- Father's Day was created at a Y.

For over 45 years in Northbrook, Illinois, the North Suburban YMCA has been a leading nonprofit dedicated to strengthening our communities through youth development, healthy living, and social responsibility. The NSYMCA has helped thousands of community members through its comprehensive programs for all ages, including specialized opportunities for individuals with special needs, senior citizens, and families facing financial difficulties. The NSYMCA fosters partnerships with a wide variety of other community organizations to create a network of positive support for everyone in its 15-city region.

For more information about the history of 'firsts' at the Y and how the Y continues to make a tremendous impact in Northbrook and the surrounding northern suburbs, contact Kim Nyren, NSYMCA Development Manager, at [knyren@nsymca.org](mailto:knyren@nsymca.org) or visit [www.nsymca.org](http://www.nsymca.org).



***Photo Caption: George Williams and friends formed the first YMCA in London in 1844. Ys around the world will celebrate their 172<sup>nd</sup> Founders Day on June 6.***

#### **About the North Suburban YMCA**

The YMCA is a charitable organization 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 Kim Nyren at 847-272-7250 or [knyren@nsymca.org](mailto:knyren@nsymca.org), or visit [www.nsymca.org](http://www.nsymca.org).