



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN
YMCA**
2705 Techny Road
Northbrook, IL 60062
www.nsymca.org

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FOR IMMEDIATE RELEASE

YMCA Opens Registration for Winter and Spring Programs

Northbrook, IL: November 2015 – The North Suburban YMCA has published a new program guide for its Winter and Spring sessions, featuring dozens of new classes and special programs for kids and adults alike. Registration is open immediately for NSYMCA members, and will open for non-members on December 14, 2015. The complete program guide can be viewed on the North Suburban Y's website, www.nsymca.org.

Located at 2705 Techny Road in Northbrook, the NSYMCA offers a multitude of activities at its updated 80,000 square foot facility. Programs include aquatics, fitness, yoga, performing and visual arts, sports, and early childhood education, specially designed to suit a range of ages and ability levels. Among the exciting programs for the upcoming months are:

- More than 25 new art classes, including a variety of digital media classes for children, teens, and adults
- Expanded enrichment programs for preschool-age children, encompassing art, dance, music, and school-readiness development
- A series of fun family events, including a first-ever Y Family Ski Day at Alpine Valley on January 31
- New fitness classes maximizing recently upgraded facilities and equipment, along with a new session of the successful Lose to Win group fitness challenge.

Y members enjoy added benefits, such as free fitness and yoga classes, registration discounts, admission to special members-only events, and free childcare while parents use the facility. New members who join in December pay no Joiner's Fee and also get their third month free.

Winter program classes begin January 4. Register before December 31 to take advantage of reduced early registration rates. For more information about membership and registration, call 847 272 7250.

the Y
FOR YOUTH DEVELOPMENT
FOR WELL-BEING
FOR SOCIAL RESPONSIBILITY

TOGETHER WE CAN BUILD A BETTER US

2015-2016 Winter-Spring Program Guide
NORTH SUBURBAN YMCA

WELCOME TO A BETTER YOU

When you're part of the North Suburban YMCA, you're a member of a community that's committed every day to helping you and your family through programs focused on:

Youth Development
At the Y, kids are given the opportunity to discover who they are and what they can achieve, under the guidance of caring adults who believe in their potential.

Healthy Living
We help kids, adults, families, and seniors from all walks of life improve their health and well-being, and by doing so, we build a stronger community.

Social Responsibility
With our doors open to all, we bring together people from all backgrounds and support those who need us most. Our members, volunteers, supporters, and staff demonstrate the power of what we can achieve.
For a better you. For a better community. For a better us.

NEW Family and Youth Programs
Preschool Education Classes
Family Programs and Events
Digital Media Classes
Summer Camp Snapshot

NEW Fitness and Personal Wellness
Lose to Win Program Weight Loss Program
TRX classes, FREE for members.
Adult Programs Coordinator

WINTER SESSION: Jan 4th - Mar 27th
EARLY REGISTRATION MEMBERS: NOW
EARLY REGISTRATION NON-MEMBERS: 12/14/15
REGULAR RATES BEGIN: 12/21

SPRING SESSION: Apr 4th - Jun 12th
EARLY REGISTRATION MEMBERS: NOW
EARLY REGISTRATION NON-MEMBERS: 03/14/16
REGULAR RATES BEGIN: 03/21/16

MULTI CLASS REGISTRATION DISCOUNT
RECEIVE 25% OFF
SEE INSIDE FOR DETAILS

Photo Caption: The YMCA's Winter/Spring Program Guide is now available at www.nsymca.org. Registration is open for members; non-members may register beginning December 14.

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.