North Suburban YMCA

The Community Place

2022 Winter/Spring Program Guide

Winter 2021: 1/4-3/20
Member Registration: Now
Non-member: 12/13
Regular Rate Begins: 12/13

Spring 2022: 3/28-6/5
Member Registration: Now
Non-member: 3/7
Regular Rate Begins: 3/7

2707 Techny Rd.Northbrook, IL 60062 • nsymca.org • 847-272-7250

TABLE OF CONTENTS

PROGRAM	PAGE
HEALTH & WELLNESS	4
FREE Yoga/Cycle	5
Small Group Exercise	6
Personal Training/ Youth Fitness	7
Chronic Disease Prevention	8
Adult Fitness	9
YMCA EDUCATION SERIES (Y.E.S.)	10
ADULT PROGRAMMING	10
AQUATICS	12
ATHLETICS	18
Gymnastics	20
Adult Sports	22
PERFORMING ARTS	23
VISUAL ARTS	31
YOUTH DEVELOPMENT	35
ADVENTURE GUIDES	35
SMARTLAB	38
SPECIAL SERVICES	40
Registration Information	41
Registration Form	42

PROGRAM ENROLLMENT:
All programs have a minimum and maximum enrollment. If the minimum enrollment is not met prior to the start of the session, the NSYMCA may have to cancel,postpone or consolidate the program with another program. If the program is cancelled, a voucher will be issued.

OUR BAD!
The NSYMCA has made every effort to prepare our marketing materials as accurately as possible, however errors can occur. Circumstances may require that adjustments be made to programs, fees, schedules, etc. The NSYMCA reserves the right to make any such adjustments. We apologize for any inconvinience these errors may have caused

SAFETY FIRST!
The NSYMCA's priority is to provide wellness facilities, programs, and services in a safe and effective manner. The NSYMCA prioritizes the health and well-being of our members, staff, and the communities we serve, taking into account CDC guidelines and the guidelines and recommendations of state and local government authorities. See website for current policies.

AREAS WE SERVE

Buffalo Grove
Deerfield
Glencoe
Glenview
Highland Park
Highwood
Lake Forest
Lake Bluff
Libertyville
Lincolnshire
Northbrook
Northfield
Riverwoods
Wheeling
Winnetka

OUR MISSION

The North Suburban YMCA promotes values that build strong families and the health of each individual's spirit, mind and body in an inclusive, welcoming environment. The YMCA is a community-based organization and believes that its programs and services should be available to everyone. Our scholarship program ensures that no one is turned away due to the inability to pay.

Building Hours

Monday-Friday:	Saturday:	Sunday:
5:00am - 9:00pm	6:00am - 7:00pm	6:00am - 5:00pm
Free Babysitting While You Work Out	**Pool Hours**	**Gym Hours**

Please check our website for the most up to date Childwatch Hours, Pool Schedule and Gym Hours. Please visit our website for more details.

Holiday Hours

Christmas Eve: Dec. 24: Y Closes at 2 pm	**Christmas Day:** Dec. 25: Closed	**New Year's Eve:** Dec. 31: Y Closes at 2 pm
New Year's Day: Jan. 1: 9:00 am - 5:00 pm	**Easter Sunday:** Apr. 17: Closed	**Memorial Day:** May. 30: 6:00 am - Noon

ON THE FOLLOWING DATES THERE WILL BE LIMITED ADULT FITNESS CLASSES AND NO PAID PROGRAM CLASSES:

Winter Break 2021: 12/20-1/3	Spring Break 2022: 3/21-3/27	Easter Break: 4/15 after 3pm - 4/17
Healthy Kids Day 5/14 until Noon	Memorial Day Weekend: 5/28-5/30	

THE TEAM

Kathy Fielding
kfielding@nsymca.org
CEO

Barb Savino
bsavino@nsymca.org
VP of Finance & HR

Shannon Mundorf
sparry@nsymca.org
Sr. Director of Arts & Risk Management

Megan Vazquez
mvazquez@nsymca.org
Sr. Director of Sports & Wellness

Alex Brodell
abrodell@nsymca.org
Sports Coordinator

Karen Brownlee
kbrownlee@nsymca.org
Adult Programming Coordinator

Heidi Busch
hbusch@nsymca.org
Membership Director

Missy Contri
mcontri@nsymca.org
Aquatics Director

Edwina Del Giudice
edelgiudice@nsymca.org
Guest Services Manager

Roman Edingburg
redingburg@nsymca.org
Wellness Coordinator

Ricky Gonzalez
rgonzalez@nsymca.org
Camp & Sports Director

Nicole Hatfield
registrar@nsymca.org
Program Coordinator

Val Lober
vlober@nsymca.org
Dance Coordinator

Tom March
tmarch@nsymca.org
Aquatics Liaison

Debbie Madeley
dmadeley@nsymca.org
Development Director

Ellen Mirochnick
emirochnick@nsymca.org
Special Services Coordinator

Kim Nyren
knyren@nsymca.org
Director of Community Investment

Mike Ortiz
mortiz@nsymca.org
Marketing Coordinator

Laurelei (Kiki) Sanabria
lsanabria@nsymca.org
Gymnastics Coordinator

Dan Savino
dsavino@nsymca.org
Facilities Coordinator

Shannon Sliwinski
ssliwinski@nsymca.org
Youth Education & Smartlab Director

Joanna Szewczuk
rentals@nsymca.org
Rentals Coordinator

Cathie Winnie
cwinnie@nsymca.org
Visual Arts Director

MEMBER BENEFITS

Financial assistance scholarships are available to those in need, stop at the guest services desk for more information!

FREE

- Unlimited group exercise classes including yoga, Pilates, TRX, cycle, and Les Mills programming
- Fitness assessment and consultation
- Special events for the whole family
- Family swimming and lap swimming
- Monthly life enrichment seminars
- Open gym, volleyball, basketball, and pickleball
- Indoor & Outdoor Classes
- Virtual Classes
- Babysitting while you workout

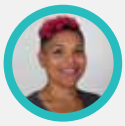
DISCOUNTS

- Camp
- Personal training
- Small group training
- Swim lessons
- Sports and gymnastics
- Performing and visual arts classes
- Educational enrichment classes
- Massage by Ruby Therapeutic Massages

FACILITY FEATURES

- Two floors of the latest in cardio, strength, free weights and circuit training equipment
- Modern strength training center and track for all levels of users
- Six-lane pool, sauna, steam room, and whirlpool
- Full-sized gymnasium
- Three racquetball courts with free play
- Men's and women's locker rooms
- Family locker room

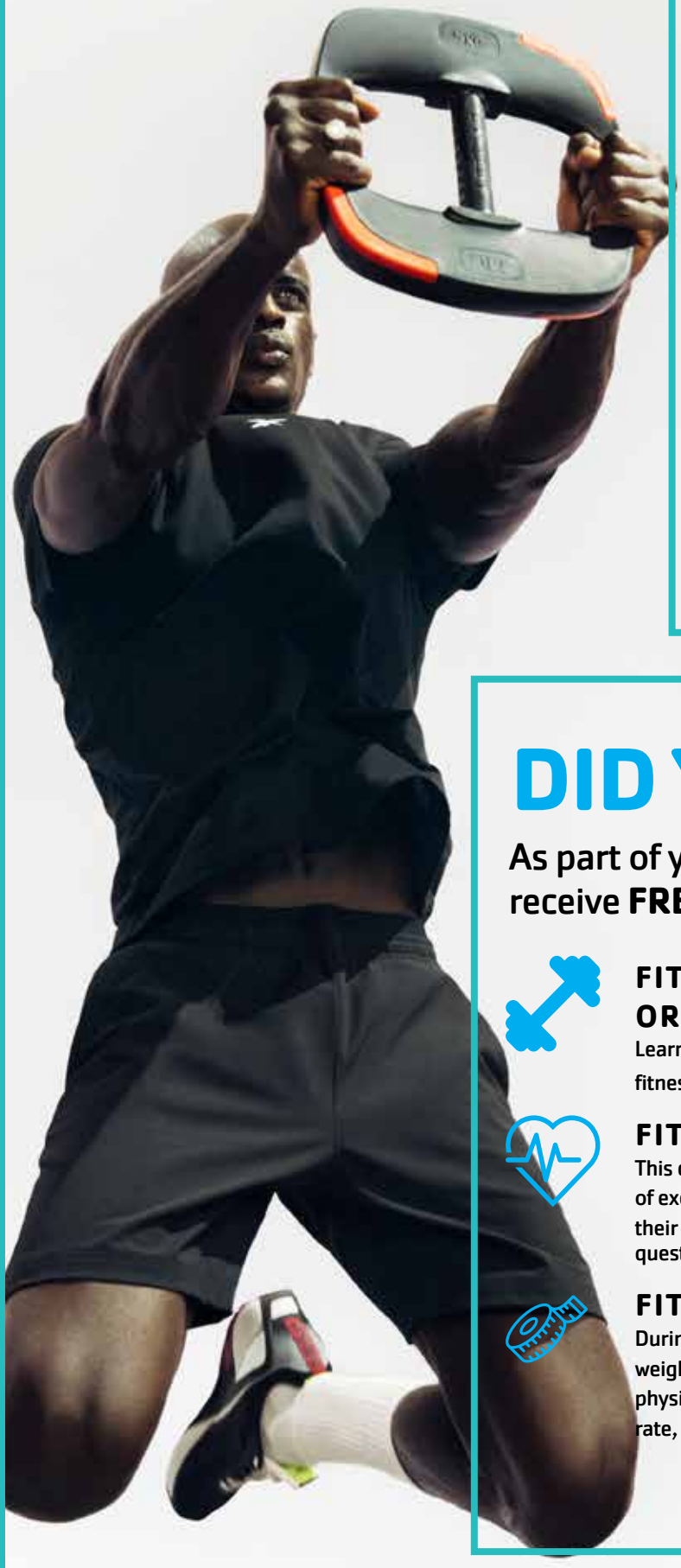
HEALTH AND WELLNESS



Megan Vazquez
Sr. Director of
Sports & Wellness
mvazquez@nsymca.org

Roman Edingburg
Wellness Coordinator
redingburg@nsymca.org

Karen Brownlee
Adult Programs Coordinator
kbrownlee@nsymca.org



FIND OUT WHAT YOU'RE MADE OF

InBody Composition Analysis

GET YOUR ANALYSIS TODAY!

For more info, contact
Mvazquez@nsymca.org

DID YOU KNOW?

As part of your membership, you receive **FREE** complimentary:

FITNESS CENTER ORIENTATIONS:

Learn the cardio and/or strength equipment in the fitness center.

FITNESS CONSULTATIONS:

This consult gives a member an idea of what types of exercises they can do, what classes to take for their fitness level, and the opportunity to ask specific questions about any programs that we offer.

FITNESS ASSESSMENTS:

During this appointment, a member's body composition, weight and measurements will be obtained and a physical test will be done to determine recovery heart rate, upper body, and trunk strength.

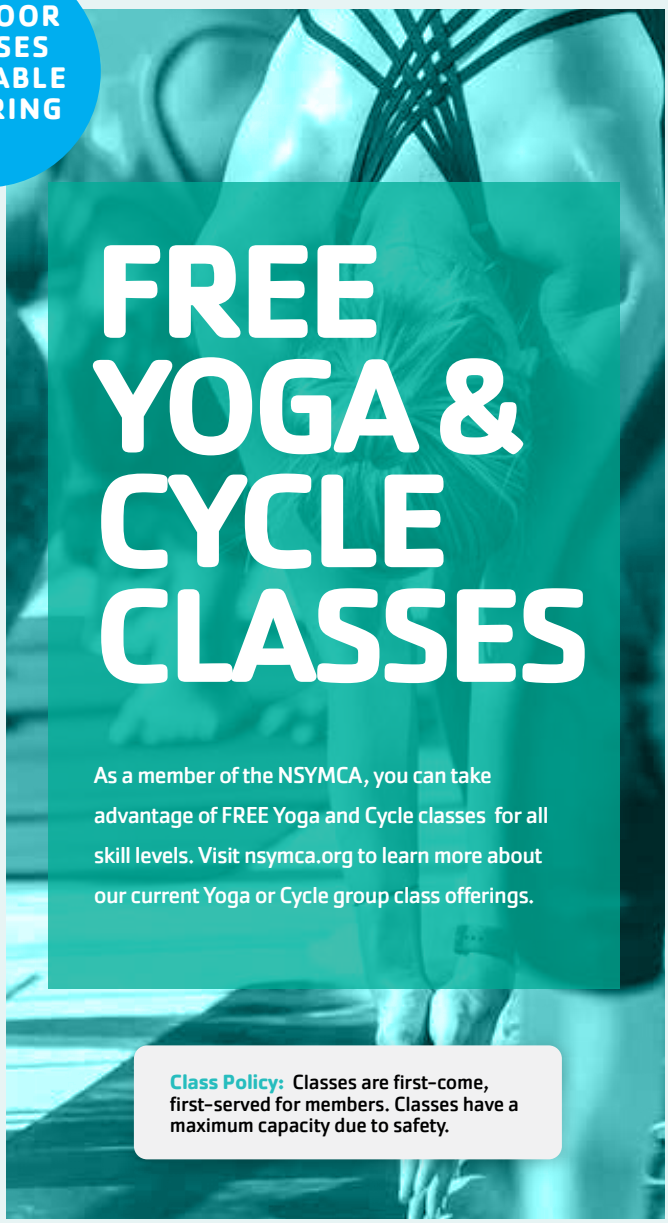
OUTDOOR CLASSES AVAILABLE IN SPRING

FREE UNLIMITED CLASSES FOR MEMBERS

MORE THAN 60 CLASSES!

VIRTUAL Y — Check out our Virtual Options at Virtual Y!

- Les Mills BODYCOMBAT™
- Les Mills BODYPUMP™
- Les Mills CXWORX™
- Les Mills GRIT™
- Les Mills RPM™
- Les Mills TONE™
- Les Mills BODYFLOW™
- Cardio Classes
- Cycling Classes
- Strength Classes
- Cardio & Strength Combo Classes
- HIIT Classes
- Zumba®
- Dance-Based Fitness
- Active Adult Classes
- Aqua Classes
- Yoga Classes
- Pilates Barre Classes
- Balance Classes
- TRX Suspension Training
- Barre Sculpt



FREE YOGA & CYCLE CLASSES

As a member of the NSYMCA, you can take advantage of FREE Yoga and Cycle classes for all skill levels. Visit nsymca.org to learn more about our current Yoga or Cycle group class offerings.

Class Policy: Classes are first-come, first-served for members. Classes have a maximum capacity due to safety.

WELLNESS WEDNESDAYS

STARTING: WED, JAN 12, 2022

Make an appointment with a YMCA wellness Staff to ask questions on healthier eating, getiing more physical activity, lifestyle changes, and stress prevention .

SHARE YOUR EXPERIENCES!

Follow us:

@nsymca

BEAUTY REDEFINED

new

18 years and up

Tired of the new year; new you promise? Tired of making the same old resolutions? Tired of saying "this is the year?" Learn to body acceptance with the Beauty Redefined Small Group Course. Through the non-profit, Beauty Redefined, this small group will help you develop a sense of purpose and self-worth outside of your appearance. Gain the confidence to allow you to live without constant body monitoring, decrease body shame, and increase body acceptance. This course will help you improve your understanding of your own health and fitness outside of objectifying and appearance-based terms. Increase your feelings of self-compassion toward yourself and others while decreasing your self-comparison. This course will help you: recognize harmful messages in media and culture about female bodies, reflect on the ways those ideals have impacted our lives, and redefine the ways you think about beauty, health, and individual worth.

CIRCUIT TRAINING

Adult

Cardio and strength-training exercises burn more calories while toning your muscles at the same time. A different workout each week with equipment provided to challenge your body. All fitness levels welcome.

FORM YOUR OWN GROUP

18 years and up

Don't see a group that fits your needs? Contact Megan Vazquez at mvazquez@nsymca.org about forming your own group today!

2022 WINTER/SPRING SESSION				Winter			Spring		
				NOW	12/13		NOW	3/7	
Class	Age	Day	Time	$ YM	$ YM	$ NM	$ YM	$ YM	$ NM
Beauty Redefined	18 yrs & up	T	11:30-12:30 pm	$220	$242	$330	$200	$220	$300
		W	5:30-6:30 pm						
Circuit Training		Th	9:00-10:00 am						
Healthier You! Weight Loss Course		W	11:30-12:30 pm	$240	$264	$360	$240	$264	$360
Heatlhier You! Accountability Circle			8:00-9:00 am	$220	$242	$330	$200	$220	$300

HEALTHIER YOU! WEIGHT LOSS COURSE

new

18 years and up

Overwhelmed by all of the nutrition information out there? Reset and begin again with this lifestyle change program that can help you make more informed choices. The Healthier You! Weight Loss Course will assist you with making small and measurable behavior modifications that will help you make long lasting lifestyle changes. Offered virtually and in-person.

HEALTHIER YOU! ACCOUNTABILITY CIRCLE

new

18 years and up

This is a small group for anyone who needs support and accountability – key to staying fit and healthy. Group includes 30 minutes of strength, interval and stretching exercises and 30 minutes of nutrition habits discussion. Offered virtually and in-person.

SAVE THE DATE

HKD5K

Healthy Kids Day 5K Walk/Run

MAY 14, 2022

INDIVIDUAL TRAINING

Trainers will help you maintain dedication and eliminate guesswork from your exercise program. You will receive a training program custom-designed for your individual needs and goals.

MIND-BODY TRAINING

One-on-one yoga and/or Pilates sessions allow you the opportunity to receive personal guidance and instruction, with 100% of the trainer's attention.

PARTNER TRAINING

Work with a friend, family member or co-worker to meet the same goals while working with a trainer.

SPECIAL NEEDS PERSONAL TRAINING

Certified trainers who participated in the ACSM/ Exercise Connection certificate are available to work with individuals with special needs to create a personal exercise plan which has been proven to increase focus, improve academic performance and reduce stereotypical behaviors for individuals on the spectrum of autism. This program is available to all individuals with special needs. For additional information, please contact Ellen Mirochnick at emirochnick@nsymca.org

ZOOM OPTION AVAILABLE!

INDIVIDUAL TRAINING		
Session	YM	NM
1 hour	$60	$100
4 hours	$240	$400
8 hours	$480	$800
12 hours	$694	
16 hours	$880	
24 hours	$1220	

PRIVATE MIND-BODY PERSONAL TRAINING	
Y MEMBERS ONLY	
1 hour	$75
4 hours	$300
8 hours	$560
12 hours	$840

PARTNER TRAINING	
Y MEMBERS ONLY	
4 hours	$400
8 hours	$720
12 hours	$960

SPECIAL NEEDS PERSONAL TRAINING		
Session	YM	NM
1 hour	$60	$100
4 hours	$240	$400
8 hours	$480	$800
12 hours	$694	
16 hours	$880	
24 hours	$1220	

YOUTH GROUP TRAINING 101

9-12 years

Youth Group Training 101 will focus on the basics using bodyweight, posture, and mobility to build a good foundation and develop proper form for strength & cardio endurance workouts.

YOUTH GROUP TRAINING 201

9-12 years

Building upon the fundamentals learned in 101, Youth Group Training 201 will begin to implement weights and equipment to encompass all aspects of proper weight lifting.

4 HOURS OF PERSONAL TRAINING FOR $188!
See Student Personal Training in the chart below.

2022 WINTER/SPRING SESSION				Winter			Spring		
				NOW	12/13		NOW	3/7	
Class	Age	Day	Time	$ YM	$ YM	$ NM	$ YM	$ YM	$ NM
Youth Group Training 101	9-12yrs	M	4:15-5:15 pm	$165	$187	$220			
Youth Group Training 201							$150	$170	$200
Student Personal Training (NSYMCA members only)	10-22yrs	contact mvazquez@nsymca.org		4 hours of Personal Training for $188					

DIABETES PREVENTION PROGRAM

18 years and up

Helps adults at high risk of developing type 2 diabetes reduce their risk by taking steps to improve their overall health and well-being. **Research by the National Institute of Health has shown that programs like the Y's Diabetes Prevention Program can reduce the number of new cases of type 2 diabetes by 58% overall and 71% in adults over the age of 60. Financial Assistance is Available**

ENHANCE® FITNESS

All Levels

The YMCA's Enhance® Fitness is a proven community-based senior fitness and arthritis management program. It helps older adults become more active, energized, and empowered for independent living. For more information, please contact Megan Vazquez at mvazquez@nsymca.org

HEALTHIER YOU! WEIGHT LOSS COURSE

new

18 years and up

Overwhelmed by all of the nutrition information out there? Reset and begin again with this lifestyle change program that can help you make more informed choices. The Healthier You! Weight Loss Course will assist you with making small and measurable behavior modifications that will help you make long lasting lifestyle changes. Offered virtually and in-person.

2022 WINTER/SPRING SESSION			Winter			Spring		
			NOW	12/13		NOW	3/7	
Class	Day	Time	$ YM	$ YM	$ NM	$ YM	$ YM	$ NM
Y's Diabetes Prevention Program	contact mvazquez @nsymca.org		$529					
Enhance Fitness	M,W,F	11:15-12:15 pm	FREE		$396	FREE		$360
Healthier You! Weight Loss Group	W	11:30-12:30 pm	$240	$264	$360	$240	$264	$360

Being a true local bank means doing our part to give back to the organizations that unite and strengthen our area. We're proud to support the North Suburban YMCA and its dedication to ensuring everyone in our community has the opportunity to learn, grow, and thrive.

WINTRUST COMMUNITY BANKS

wintrust.com/findus

Banking products provided by Wintrust Financial Corp. banks. MEMBER FDIC EQUAL HOUSING LENDER

BALANCE FOR WALKING

Adult

Balance for Walking is a unique class where you practice a myriad of balance exercises while walking across the gym or parking lot (depending on the weather) at your own pace. These independent exercises are followed by group exercises focusing on balance, endurance, core strength and finally a series of stretches to improve flexibility.

BASIC CARDIO

Adult

Utilize low-impact moves in this joint-friendly class. Geared for a low to moderate intensity level, the class will include cardiovascular, strengthening, and stretching exercises.

CHAIR YOGA

Adult

In this class, you can use the chair as a support and stabilizer during yoga poses, or do all the poses standing up if you so choose! This is the perfect class for all ages and abilities, and will help to improve your physical and mental fitness.

CORE & FUNCTIONAL STRENGTH

Adult – (Winter Session Virtual only)

This class is designed for seniors and for people with special bodily challenges who want to pay close attention to form and function. In C&FS we work to build strength focusing on core, posture and how body parts interact while moving functionally throughout your day. We incorporate bodyweight exercises, dumbbells and balance moves to build strength and endurance. The class ends with 15 minutes of flexibility exercises designed to reduce muscle soreness and improve functionality.

IMPROVE YOUR BALANCE

Adult – (Winter Session Virtual only)

If you have any concerns about your balance or are noticing changes in your ability to balance, this class is for you. Improve Your Balance takes you through a series of standing and seated exercises to strengthen your muscles and joints, to improve your posture and flexibility, and to build your endurance and awareness of your body in space. The Winter Session is virtual only.

Offered in person at the NSYMCA and virtually through Zoom

2022 WINTER/SPRING SESSION				Winter			Spring		
				NOW	12/13		NOW	3/7	
Class	Age	Day	Time	$ YM		$ NM	$ YM		$ NM
Balance for Walking	Adult	M	8:00-9:00 am	FREE		$120	FREE		$108
		F				$132			$120
Basic Cardio		M	10:05-11:00am			$120			$108
		W				$132			$120
		F							
Chair Yoga		Tu	11:15-12:15 pm			$154			$140
Core and Functional Strength			8:00-9:00 am	$132	$143	$176	$120	$130	$160
		Th							
Improve Your Balance		W	8:00-8:45 am	$121	$132	$143	$110	$120	$130

curative

COVID-19 Testing

available in the North Suburban YMCA parking lot

Self-collected, shallow nasal PCR test

No out of pocket costs

Results within 1-2 days from receipt of the sample at the lab

Schedule an appointment at cur.tv/nsymca

YMCA EDUCATION SERIES

North Suburban YMCA

LEARN FROM EXPERTS IN OUR COMMUNITY ABOUT TOPICS THAT ARE OF INTEREST TO YOU!

The NSYMCA, in cooperation with our partners, is pleased to present the YMCA Education Series (Y.E.S.) where professionals share their expertise about health, wellness, life planning, estate planning, financial planning, internet safety, physical therapy, fitness, meditation, nutrition, and the list goes on. Each week different speakers share their knowledge during virtual presentations which are also recorded and offered as podcasts for later viewing. To find a list of upcoming Y.E.S. programs visit our website at www.nsymca.org!

For more information on how to be a presentor or sponsor, contact Kim Nyren at knyren@nsymca.org.

THANK YOU TO OUR Y.E.S PARTNERS

Friendship • Philanthropy • Community Service • NWCF

Illinois Bone & Joint Institute® — Move better. Live better.

Northwestern Medicine®

Shalom Memorial Funeral Home Memorial Park

Margolis Weldon LLC — Estate Planning & Elder Law

Brookdale Senior Living

BOTTOM LINE FINANCIAL, INC

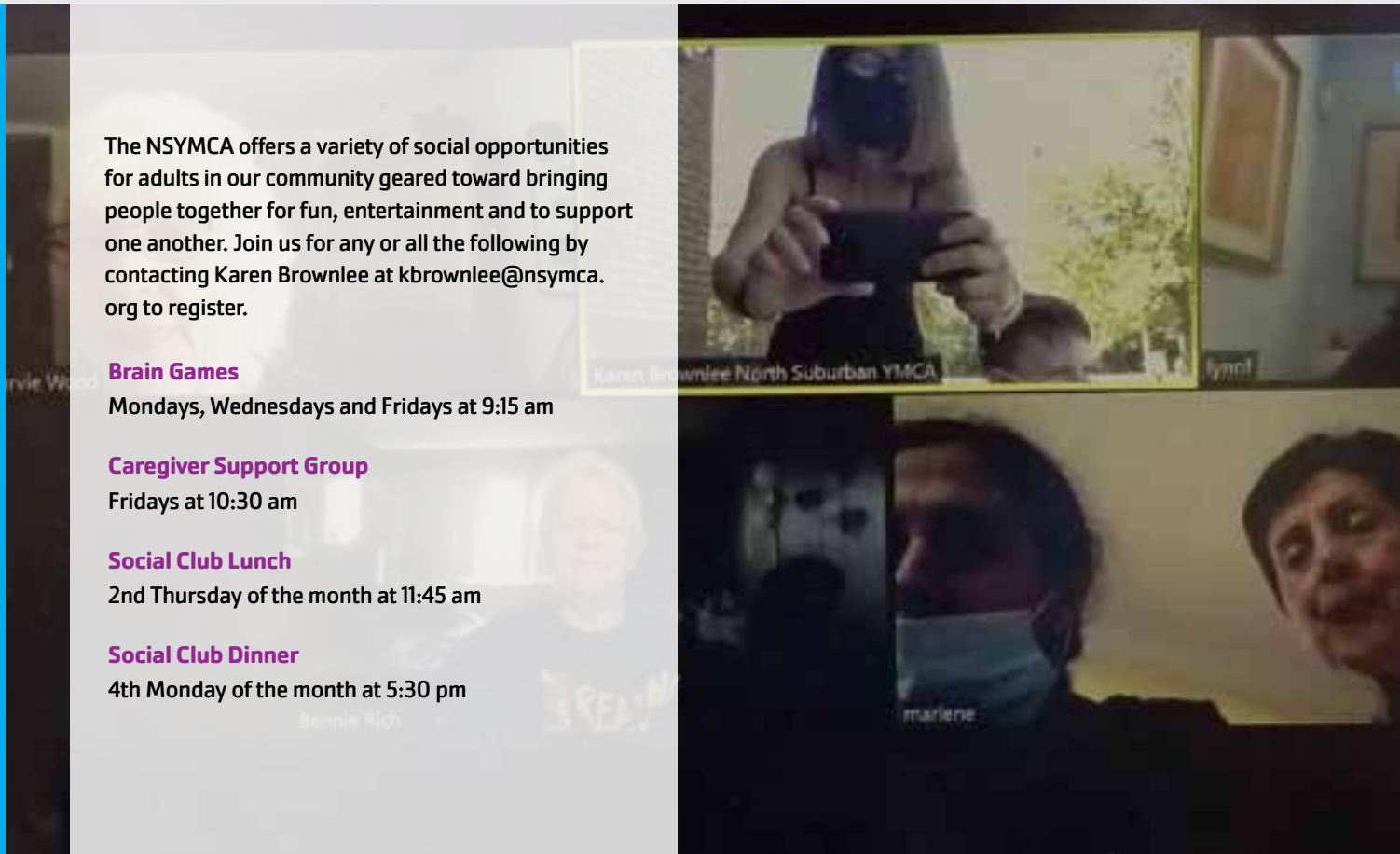
Team Rehabilitation Physical Therapy Barrington

MPB My Personal Bookkeeper

BNB Financial Services, LLC

Heartland Institute of Financial Education

ADULT PROGRAMMING



The NSYMCA offers a variety of social opportunities for adults in our community geared toward bringing people together for fun, entertainment and to support one another. Join us for any or all the following by contacting Karen Brownlee at kbrownlee@nsymca.org to register.

Brain Games
Mondays, Wednesdays and Fridays at 9:15 am

Caregiver Support Group
Fridays at 10:30 am

Social Club Lunch
2nd Thursday of the month at 11:45 am

Social Club Dinner
4th Monday of the month at 5:30 pm

YOUR MEMBERSHIP IS WHAT YOU DO FOR YOU, AND YOUR DONATION IS WHAT YOU DO FOR YOUR COMMUNITY

DONATE TODAY! – NSYMCA.ORG/GIVE

NSYMCA Rentals

CELEBRATE YOUR NEXT OUTDOOR OR VIRTUAL EVENT AT THE NORTH SUBURBAN YMCA!

THE NSYMCA OFFERS RENTAL EQUIPMENT AND ONSITE SET-UP TO ACCOMMODATE YOUR NEXT OUTDOOR OR VIRTUAL EVENT.

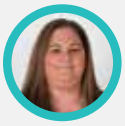
CREATE YOUR OWN THEMED PARTY

VIRTUAL PARTIES

TENT RENTALS

For more information contact Joanna Szewczuk at rentals@nsymca.org

AQUATICS



Missy Contri
Aquatics Director
mcontri@nsymca.org

Tom March
Aquatics Liaison
tmarch@nsymca.org

FREQUENTLY ASKED QUESTIONS

Q: **What level do I register my child for?**
A: All swimmers will be tested on the first day of class and placed in the appropriate level. If your swimmer tests into a different level not offered during that class, they will need to move to the correct class.

Q: **Does the Y allow make-up lessons?**
A: Due to the popularity of the program our classes fill to capacity. This makes make-up classes not possible. We find that moving a child to another class even one time affects the dynamics of the class. Our instructors teach to the individual and will work to ensure that missing one or two classes will not affect the child's progress.

Q: **Can my child sign up for 2 swim lessons?**
A: Participants can register for only one swim lesson per day. Participants cannot register for consecutive swim lessons on the same day. Data has shown that back to back lessons are not efficient for learning as the lesson starts over with a different instructor for the second 30-minute swim class.

Q: **My child has some special needs/ circumstances. Do you have instructors that are trained in special needs?**
A: Swimmers with special needs are always welcome. We have a well developed swim program and staff that are highly versed in special needs. If your child does have needs, please let the instructor know so we can offer the best lesson possible.

Q: **Where do the parents sit?**
A: The best vantage point is the viewing area upstairs or the chairs on the pool deck. This allows the swimmers to remain focused on their lesson and instructor. The instructor will help the children during class and if a parent is needed the instructor will call them over.

DID YOU KNOW?

The YMCA has long been known as the gold standard for swim lessons. After all, the Y organized the very first group swim lessons in 1909. Here at the NSYMCA, we continue that tradition, offering swim lessons for individuals of all ages and abilities. Our knowledgeable and helpful staff want to ensure everyone has a chance to be confident, happy, and safe in the water.

HELP SAVE A CHILD'S LIFE!

2 SECONDS 2 LONG

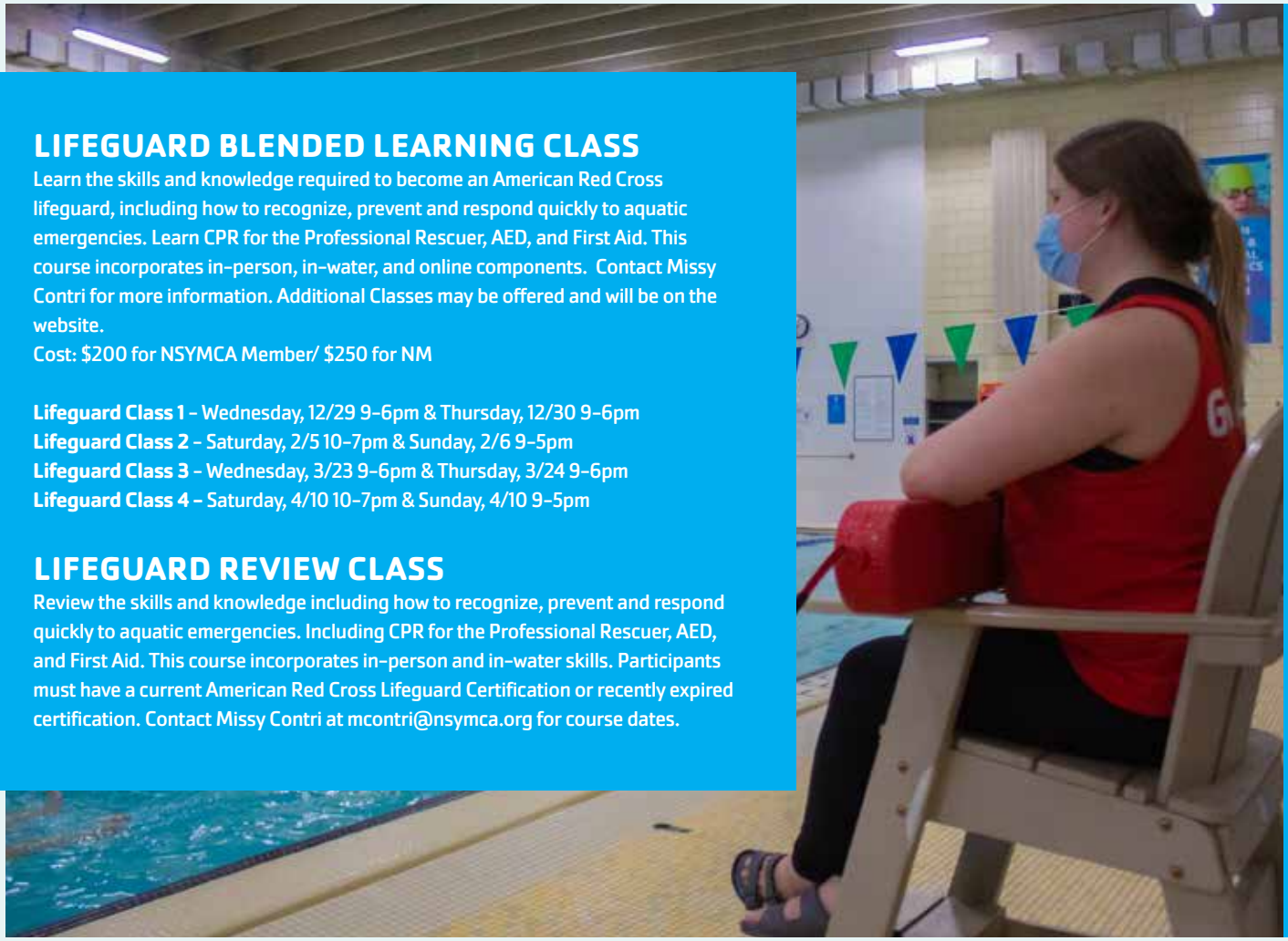
Swim Safety Program

This program was made possible in part by a generous donation from The Buehler Foundation and Swimmers for Life.

Drowning is the leading cause of death for children 1 to 4 years old and is the second leading cause of death for children from 5 to 14 years old. The 2 Seconds, 2 Long Swim Safety Program is focused on giving all 1st & 2nd graders in our community the opportunity to become safe around water without regard to their ability to pay for lessons.

We have brought this program to 6 schools and educated over 2,000 children about swim safety. We are continuing to expand to other schools in Northbrook, Wheeling and Deerfield.

For more information, please contact Nicole Hatfield at registrar@nsymca.org.



LIFEGUARD BLENDED LEARNING CLASS

Learn the skills and knowledge required to become an American Red Cross lifeguard, including how to recognize, prevent and respond quickly to aquatic emergencies. Learn CPR for the Professional Rescuer, AED, and First Aid. This course incorporates in-person, in-water, and online components. Contact Missy Contri for more information. Additional Classes may be offered and will be on the website.
Cost: $200 for NSYMCA Member/ $250 for NM

Lifeguard Class 1 - Wednesday, 12/29 9-6pm & Thursday, 12/30 9-6pm
Lifeguard Class 2 - Saturday, 2/5 10-7pm & Sunday, 2/6 9-5pm
Lifeguard Class 3 - Wednesday, 3/23 9-6pm & Thursday, 3/24 9-6pm
Lifeguard Class 4 - Saturday, 4/10 10-7pm & Sunday, 4/10 9-5pm

LIFEGUARD REVIEW CLASS

Review the skills and knowledge including how to recognize, prevent and respond quickly to aquatic emergencies. Including CPR for the Professional Rescuer, AED, and First Aid. This course incorporates in-person and in-water skills. Participants must have a current American Red Cross Lifeguard Certification or recently expired certification. Contact Missy Contri at mcontri@nsymca.org for course dates.

RED CROSS LIFEGUARD TRAINING

North Suburban YMCA Swim Lessons use a learn-to-swim progression from water orientation to stroke development that meets the needs of swimmers of all levels. Participants learn water safety skills and proper swimming technique in a fun and supportive environment.

In a progressive program such as ours, correct placement is a key to success. All swimmers will be tested on the first day of class and placed in the appropriate level. Children will be advanced to the next level as soon as they have mastered the required skills. Some levels are more difficult than others and are designed to take several sessions to complete before advancing. For specific swim levels please visit us online at nsymca.org.

PARENT-CHILD SWIM LESSONS

6 months – 3 years with Adult

Parents accompany their child in the water, which allows infants and toddlers to gently discover the aquatic environment and encourages them to enjoy the water while learning. Children will explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills. Children must wear swim diapers (with snug-fitting elastic around the legs) under a swimsuit.

PRESCHOOL SWIM LESSONS

3 – 6 years

Our preschool swim lessons introduce water propulsion, floating, body awareness, and independence, all while focusing on water safety. We introduce the basic swim strokes, including front crawl and back crawl. Swimmers will learn swim skills designed for preschoolers based on their body development. Preschool levels are: Pike, Eel, Ray, and Starfish.

YOUTH SWIM LESSONS

6 – 14 years

Youth swim levels will introduce water propulsion, floating, body awareness, and independence, all while introducing the basic swim strokes of front crawl and back crawl. Advanced levels will learn the competitive stokes and work on building swim endurance. Youth levels are: Polliwog, Guppy, Minnow, Fish, Flying Fish, and Shark.

ADULT & TEEN SWIM LESSONS

14 years – Adult

Adults and teen lessons are taught in a smaller group setting, concentrating on the needs of individual swimmers as their skills progress. Beginner and Intermediate levels will emphasize water propulsion, floating, body awareness, and independence, all while introducing the basic swim strokes of front crawl, back crawl, and breaststroke. Stroke Refinement students will continue to improve strokes while also building swim endurance.

2022 WINTER/SPRING SESSION				Winter			Spring		
				NOW	12/13		NOW	3/7	
Class	Age	Day	Time	$ YM	$ YM	$ NM	$ YM	$ YM	$ NM
PARENT – CHILD SWIM LESSONS									
Parent – Child	6 mos – 3 yrs	W	6:00 – 6:30 pm	$132	$154	$198	$120	$140	$180
		Th	10:15 – 10:45 am						
		Sa	10:15 10:45 am				$84	$98	$126
PRESCHOOL SWIM LESSONS									
Preschool Block – All Preschool Levels	3 – 6 yrs	M	6:00 – 6:30 pm	$150	$170	$210	$135	$153	$189
		Tu	10:15 – 10:45 am	$165	$187	$231	$150	$170	$210
			4:15 – 4:45 pm						
		W	6:00 – 6:30 pm						
		Th	10:15 – 10:45 am						
			5:25 – 5:55 pm						
		Sa	10:15 10:45 am				$105	$119	$147
			10:50 – 11:20 am						
		Su	12:35 – 1:05 pm				$120	$136	$168
YOUTH SWIM LESSONS									
All Youth Levels	6-14 yrs	M	6:35 – 7:05 pm	$150	$170	$210	$135	$153	$189
			7:10 – 7:40 pm						
		Tu	4:50 – 5:20 pm	$165	$187	$231	$150	$170	$210
			5:25 – 5:55 pm						
		W	6:35 – 7:05 pm						
			7:10 – 7:40 pm						
		Th	4:15 – 4:45 pm						
			4:50 – 5:20 pm						
		Sa	9:05 – 9:35 am				$105	$119	$147
			9:40 – 10:10 am						
			11:25 – 11:55 am						
			12:00 – 12:30 pm						
		Su	12:00 – 12:30pm				$120	$136	$168
		Su	1:10 – 1:40 pm						
ADULT & TEEN SWIM LESSONS									
Beginner/Intermediate	14 & up	M	11:00 -11:30 am	$165	$187	$231	$135	$153	$189
			7:45 – 8:15 pm				$150	$170	$210
		W	7:45 – 8:15 pm						
Stroke Refinement		M	7:45 – 8:15 pm				$135	$153	$189

STAY UP TO DATE BY VISITING NSYMCA.ORG

FREE WATER FITNESS CLASSES

AQUA BLAST

Adult

An invigorating water workout that is a mid-intensity level class for all ages, skill and fitness levels. The workout is designed for shallow water where more resistance occurs so challenge your body and core through water resistance exercises.

AQUA COMBO

Adult

This gentle combination of shallow water and deep water aerobics is perfect for those who want a great all-around workout. This class promotes strength, relaxation, improved circulation, and increased mobility and flexibility. This class is designed for anyone with any joint or mobility problems, recovering from surgery, or simply needing a slow, gentle exercise program.

AQUA ZUMBA

Adult

Zumba philosophy with traditional aquatic fitness disciplines, Aqua Zumba classes blend it all into a workout that's cardio-conditioning, body-toning and most of all, exhilarating beyond belief.

LAP SWIM AVAILABLE

SEE NSYMCA.ORG FOR LAP SWIM AND WATER FITNESS SCHEDULE INFO.

PRIVATE SWIM LESSONS

3 years old – Adult

These one-on-one lessons are 30 minutes in length. DIRECTOR'S APPROVAL IS NEEDED PRIOR TO REGISTRATION. Interested swimmers should fill out a Private Swim Lesson request form. We are known for our special needs private lessons specifically designed for each participant with the initial goal of water safety in and around the water. Please contact Missy Contri at mcontri@nsymca.org for more information.

2022 WINTER/ SPRING SESSION	Winter		Spring	
Day	$ YM	$ NM	$ YM	$ NM
M	$450	$750	$405	$675
Tu	$495	$825	$450	$750
W				
Th				
F			$360	$600
Sa			$315	$525
Su			$360	$600

SPECIAL OLYMPICS SWIM TEAM

6+ years

The North Suburban YMCA Special Olympics swim team competes in the Special Olympics of Illinois swim meets, offering our swimmers the best combination of team sport and individual challenge. All participants for competition must be at least 8 years old and able to swim 25 yards on their back and front.

2022 WINTER/SPRING SESSION			Winter		Spring	
Age	Day	Time	$YM	$ NM	$YM	$ NM
All Ages	F	3:45 - 4:25 pm	$187	$231	$136	$168
8 - 12 years	F	4:30 -5:10 pm				
13 - 21 years	F	5:15 - 6:00 pm				
All Ages	Su	11:00 - 11:40 pm				

Please email mcontri@nsymca.org for skill assessment and class placement.

FLYING TURTLES SWIM TEAM/ CLUB

6 years – 18 years

The North Suburban YMCA swim team program focuses on endurance & stroke mechanics while offering a great swim workout.

- All participants must be able to swim the full lengths of front and back crawl as well as breaststroke with proper breathing.
- Current swim lesson participants may join without trying out. Swimmers with Minnow or Fish level skills will join the intermediate group. Swimmers with Flying Fish or Shark level skills will join the advanced group.
- Swim team members will be limited to 1 or 2 days of practice a week.
- Must be an NSYMCA member to participate in swim meets if available.

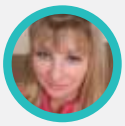
TRYOUTS ARE AVAILABLE. PLEASE EMAIL MCONTRI@ NSYMCA.ORG FOR SKILL ASSESSMENT OR CLASS PLACEMENT.

2022 WINTER/SPRING SESSION				Winter 1/5-3/14				Spring 3/28-6/3			
				2 DAY		1 DAY		2 DAY		1 DAY	
Class	Age	Day	Time	$YM	$ NM	$YM	$ NM	$YM	$ NM	$YM	$ NM
Swim Team - Intermediate	6 yrs - 18 yrs	M/W/F	4:15 - 4:55 pm	$250	$350	$200	$250	$225	$315	$180	$225
Swim Team - Advanced		M/W/F	5:00 - 5:40 pm								

ATHLETICS

Ricky Gonzalez
Camp & Sports Director
rgonzalez@nsymca.org

Alex Brodell
Sports Coordinator
abrodell@nsymca.org



Laurelei (Kiki) Sanabria
Gymnastics Coordinator
lsanabria@nsymca.org

This program was supported by the Ruth Schultz Bright Days Fund

VOLLEYBALL

Grades 2-4

This co-ed program focuses on learning and improvement on the fundamental skills and knowledge of volleyball such as passing, setting, and serving. This class is great for all ranges of play from beginners looking to try the sport all the way to advanced players trying to improve their game.

2022 WINTER/ SPRING SESSION		Winter			Spring		
		NOW	12/13		NOW	3/7	
Day	Time	$ YM	$ YM	$ NM	$ YM	$ YM	$ NM
M	6:15 - 7:15 pm	$150	$170	$200	$135	$153	$180
W		$165	$187	$220	$150	$170	$200

BASKETBALL SKILLS & DRILLS

Grades 1–5

Basketball Skills & Drills introduces the game of basketball in a safe and fun environment through skill-building activities and non-traditional games. The program emphasizes teamwork and good sportsmanship while building confidence and skills.

Players will learn and strengthen the basic skills of the sport like ball handling, passing, shooting, rebounding, defense and more. Each session will also feature a wide variety of more than 30 innovative and exciting activities including: around the world shooting, hot lava dribble, dribble knock out and money ball. We want every child that participates in this program to feel safe, excited and eager to play basketball!

2022 WINTER/SPRING SESSION			Winter			Spring		
			NOW	12/13		NOW	3/7	
Grade	Day	Time	$ YM	$ YM	$ NM	$ YM	$ YM	$ NM
1-2	Tu	4:15 - 5:15 pm	$165	$187	$220	$150	$170	$200
3-5	Th							

MOVE & PLAY

new

4–5 years

Moving our bodies is important now more than ever! In Move & Play, preschoolers will have gym time to get their wiggles out by engaging in a wide variety of sports, physical activity games and FUN! Our experienced coaches will get your youngster on the right track to developing a love for fitness and activity in a safe and creative environment.

SPORTS AND GYMNASTICS

3–5 years

Burn some energy and have fun! Class will have tumbling, trampoline, and gymnastics work combined with sports such as basketball, soccer and t-ball. We emphasize having fun in a non-competitive environment while learning how to play as a team and improving individual sports and gymnastics skills.

new

PRESCHOOL BASKETBALL

4–5 years

In this class your child will start their basketball playing experience in a fun and supportive environment. During the class, activities are introduced to promote proper balance, equipment, hand eye coordination, following directions and early basketball fundamentals.

2022 WINTER/SPRING SESSION				Winter			Spring		
				NOW	12/13		NOW	3/7	
Class	Age	Day	Time	$ YM	$ YM	$ NM	$ YM	$ YM	$ NM
Move & Play	4–5 yrs	Tu	10:00 – 10:45 AM	$143	$165	$198	$130	$150	$180
Sports & Gymnastics	3–5 yrs	W	9:30 – 10:15 AM						
Preschool Basketball	4–5 yrs	Th	10:00 – 10:45 AM						

Allstate®
You're in good hands.

Character Development Camp for Title I Youth

The NSYMCA is a proud recipient of a grant from Allstate to provide access and transportation for summer day camp at the Y to several middle school youth from Title I schools in Wheeling. The camp experience will include a focus on character development (social-emotional learning) and leadership development. Thank you, Allstate for helping us tend to the futures of our area youth!

TUMBLE TOTS

new

2-3 Years Old w/ Caregiver

Join your toddler as they experience a gymnastics class for the first time with our Tumble Tots program! This Caregiver-Child class focuses on developing good habits in the gymnastics gym and develops gross motor skills, coordination, and socialization. Tots will be lead through a variety of skills on the gymnastics apparatus with their grown up there to help!

LITTLE GYMNASTS

3-4 years

This class is for boys and girls with little or no experience in a structured gymnastics class. Emphasis is on development of motor skills, coordination, and making new friends. This class covers stretching, basic tumbling and an introduction to various gymnastics positions and equipment.

TERRIFIC TUMBLERS

5-6 years

This class is designed for boys and girls who are new to our gymnastics program or have successfully completed our Little Gymnasts program and want to enhance coordination and improve body awareness and strength. In addition to the basic tumbling, more advanced tumbling skills and instruction on bars, beam, and vault will help enable a smooth transition into the Progressive Level Gymnastics.

This program was supported by the Ruth Schultz Bright Days Fund

2022 WINTER/SPRING SESSION				Winter			Spring		
				NOW	12/13		NOW	3/7	
Class	Age	Day	Time	$ YM	$ YM	$ NM	$ YM	$ YM	$ NM
Tumble Tots	2-3 w/ Caregiver	M	10:30-11:00 am	$90	$110	$140	$81	$99	$126
		Sa	9:30-10:00 am	$99	$121	$154	$72	$88	$112
Little Gymnasts	3 - 4 yrs	M	10:00 - 10:30 am	$90	$110	$140	$81	$99	$126
			1:00 - 1:30 pm						
			6:45 - 7:15 pm						
		W	10:00 - 10:30 am	$99	$121	$154	$90	$110	$140
			1:00 - 1:30 pm						
		F	10:00 - 10:30 am				$81	$99	$126
			1:00 - 1:30 pm						
		Sa	10:00 - 10:30 am				$72	$88	$112
Terrific Tumblers	5 - 6 yrs	M	1:30 - 2:15 pm	$100	$120	$150	$90	$108	$135
		W	10:30 - 11:15 am	$110	$132	$165	$100	$120	$150
			1:30 - 2:15 pm						
			6:45 - 7:30 pm						
		F	10:30 - 11:15 am				$90	$108	$135
			1:30 - 2:15 pm						
		Sa	10:30 - 11:15 am				$80	$96	$120

UPCOMING EVENTS

SUMMER CAMP OPEN HOUSE
JANUARY 18

TRIVIA NIGHT
FEBRUARY 5, 2022

COMMUNITY STRONG CASINO FUNDRAISER
APRIL 29

HEALTHY KIDS DAY
MAY 13, 2022

DRIVE-IN MOVIE NIGHT
MAY 20

BEGINNER
Grades 1–8

This is the first level in our Progressive Gymnastics Program. Emphasis will be on floor work, form, and improving strength. Basic work on uneven bars, balance beam, and vault will be taught.

INTERMEDIATE
By placement only

Gymnasts will be learning progressively harder skills on all apparatus. They will continue to increase strength, flexibility, and proper form. Director approval is required for this class.

ADVANCED
By placement only

Gymnasts in this level will work on improving their form and technique. They will also work on strength, conditioning, and new skill development. At this level, twice weekly classes are encouraged. Director approval is required for this class.

2022 WINTER/SPRING SESSION				Winter			Spring		
				NOW	12/13		NOW	3/7	
Class	Grades	Day	Time	$ YM	$ YM	$ NM	$ YM	$ YM	$ NM
Progressive Level	1–8	M	4:15 – 5:15 pm	$120	$130	$160	$108	$117	$144
			5:15 – 6:15 pm						
		W	4:15 – 5:15 pm	$132	$143	$176	$120	$130	$160
			5:15 – 6:15 pm						
		F	4:15 – 5:15 pm				$108	$117	$144
			5:15 – 6:15 pm						
		Sa	10:00 – 11:00 am				$96	$104	$128
			11:00 – 12:00 pm						

OPEN GYMNASTICS

Open gym allows gymnasts, cheerleaders and tumblers to work on their skills under the supervision of NSYMCA Gymnastics Coaches. Participants must be at least 8 years old. Punch cards are available at the front desk.

1-punch for $10
5-punch for $40
10-punch for $70

PRE-TEAM GYMNASTICS
By placement only

The Pre-Team gymnastics program focuses on continuing to develop new and more difficult skills on gymnastics apparatus while fine-tuning previously learned skills in preparation for the competitive team program. Focus is on strength, flexibility, conditioning and form. Pre-Team gymnasts are required to attend practice two days per week.

COMPETITIVE TEAM
By Tryout Only

The Competitive Team is an USAG Xcel Gymnastics Team that will be working on optional routines on all apparatus. Gymnasts are required to attend practice three days a week and must be NSYMCA Members. To arrange a tryout, please email sparry@nsymca.org.

2022 WINTER/SPRING SESSION				Winter			Spring		
				NOW	12/13		NOW	3/7	
Class	Age	Day	Time	$ YM	$ YM	$ NM	$ YM	$ YM	$ NM
Pre-Team	By Placement Only	M, W	4:15–6:30 pm	$336	$378	$441	$304	$342	$399
Competitive Team		M, W, F		$544	$608		$476	$532	

The NSYMCA Competitive Gymnastics Team is a USA Gymnastics Xcel Team that competes throughout the area in USAG Sanctioned meets. Please note that additional fees are required for meets and team apparel.

FREE FOR MEMBERS

ADULT LAP SWIMMING

Adult lap swimming is available every day. Visit us at nsymca.org for an updated pool schedule.

PICKLEBALL*

Wed. – Th.	11:30 am – 3:30 pm
Fri.	6:30 – 8:30 pm
Sat. & Sun.	12:00 – 3:00 pm

*Pickleball can be played by appointment outside of the open pickleball schedule. Reservations must be made at least 2 hours in advance at nsymca.org/appointment.

RACQUETBALL

Adult

The North Suburban YMCA is pleased to have Howie Robins on staff to serve you. As an enthusiastic and skilled A-level player and instructor, Howie is an AmPRO Certified Advanced Instructor and a member of the United States Racquetball Association. **Members can make reservations online at nsymca.org for free open court time.**

WANT TO LEARN HOW TO PLAY LIKE A PRO?

Register for Drill Classes!
Learn how to
- Return/ Serve
- Backhand and Drill/Play
- Ceiling Shots
- Kill Shots / Rollout
- Pinch/ Passing Shots

$ YM	$ NM
1 class $20	1 class $30
3 classes $54	3 classes $81
6 classes $102	6 classes $153

PRIVATE LESSONS AVAILABLE!

For more information on dates and times please contact: Ricky Gonzalez at rgonzalez@nsymca.org or call 847-272-7250

We've just celebrated our 1st anniversary!

GLENVIEW Herald | NORTHBROOK Herald

YOUR HOMETOWN NEWSPAPERS

The Northbrook Herald and Glenview Herald, products of the Daily Herald Media Group, are weeklies **delivered FREE each Thursday to your home.**

Sign up today to get your FREE copy of the latest news, sports and features about YOUR communities.

SUBSCRIBE FOR FREE TODAY

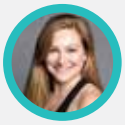
Go to: **signmeup@dailyherald.com**
or call **(847) 427-4335**

Leave us your name, address, email address and phone number, and we'll arrange for delivery every Thursday

PART OF Daily Herald MEDIA GROUP

North Suburban
School of Dance
North Suburban YMCA

Shannon Mundorf
Sr. Director of Arts
& Risk Management
sparry@nsymca.org



Val Lober
Dance Coordinator
vlober@nsymca.org

ALL DANCE CLASSES CAN BE SIMULCAST. FOR MORE INFORMATION CONTACT SHANNON MUNDORF.

VISIT ONLINE TO VIEW OUR MOST UP TO DATE DANCE DRESS CODE.

PRIVATE DANCE LESSONS

$60 PER LESSON

6 years & up

Private lessons are a great way for dancers to catch up or quickly improve their skill. Students work one on one with our teacher to learn material from their selected genre of dance. This can be a onetime lesson to work on a specific skill or an ongoing set of lessons to help students improve their overall skills. Please contact the Performing Arts Office to set up a time for your dancer.

MOVE WITH ME

Walking – 24 months

This care-giver and child class introduces your little mover to dance and a structured class setting. Move with your tot in a play-based curriculum that teaches concepts such as self-space and general-space, body parts and directions. A variety of props are used throughout the class and provide an enriched learning environment. Dancers do not need to be potty trained.

DISCOVERY

2-3 years old

Introduce your mini mover to dance in this fun and creative class that gets your child up and bouncing around! This class presents a developmentally appropriate approach that focuses on teaching concepts such as size, level, tempo and pathways. A variety of props make this class a fun and enriched learning environment perfect for some of our youngest movers. Dancers do not need to be potty trained – a diaper may be worn for this class.

2022 WINTER/SPRING SESSION				Winter			Spring		
				NOW	12/13		NOW	3/7	
Class	Age	Day	Time	$ YM	$ YM	$ NM	$ YM	$ YM	$ NM
Move With Me	Walking -24mo	Tu	10:00 - 10:30 am	$124	$135	$165	$113	$123	$150
Move With Me	Walking -24mo	Th	5:15 - 5:45 pm						
Discovery	2-3 yrs	M	4:15 - 4:45 pm	$113	$123	$150	$102	$111	$135
Discovery	2-3 yrs	W	10:30 - 11:00 am	$124	$135	$165	$113	$123	$150

Orthopedic Care Dedicated To Helping You Move Better & Live Better.

Find relief and orthopedic solutions for muscle, bone or joint injuries as well as chronic conditions like osteoporosis or arthritis

- Orthopedic Care
- Rheumatology
- Pain Management
- Pediatrics
- Podiatry
- Outpatient Joint Replacement
- OrthoAccess Immediate Care
- Sports Neurology
- Rehab
- MRI
- Health and Performance
- Sports Medicine

ibji.com

IBJI is Proud to Sponsor the NSYMCA

BALLET RHYTHMS

3 years old by 9/1/21

Preschoolers work on large motor skills, simple ballet steps, creative movement and limited tumbling. Fun stretches, creative games, and a variety of props are used to enhance learning.

BALLET BEATS

4 years old by 9/1/21

Students improve large motors skills, while learning basic ballet positions and begin work on simple ballet movements. The continued use of fun stretches, creative games, and a variety of props enhance learning.

BALLET AND JAZZ BEATS

4–5 years old by 9/1/21

In this combination class, students work on basic ballet and jazz steps. This class will teach the large motor skills, basic ballet positions and steps along with beginning jazz technique. A great introduction to both disciplines.

BALLET AND TAP BEATS

4–5 years old by 9/1/21

In this combination class, students work on basic ballet and tap steps. This class will teach the large motor skills, basic ballet positions and steps along with beginning tap technique. A great introduction to both disciplines.

TAP BEATS

4–5 years old by 9/1/21

This introductory tap class focuses on developing the motor skills needed for tap technique. Focus on rhythm plays a key role for students. This is a great class for those anxious to make noise with their feet!

BALLET DESIGNS

5 years old by 9/1/21

Kindergarten students work on basic ballet skills and movements. More complex concepts in dance are introduced along with more challenging tumbling. Hard work is still rewarded with fun dance games and the use of props.

1, 2, DANCE ALL 3

5 years old by 9/1/21

This Kindergarten class encompasses Ballet, Tap, and Jazz and is a great introduction to all three styles of dance through the use of movement games and technique. Students focus on more complex ballet movements, basic jazz and basic tap rhythms.

2022 WINTER/SPRING SESSION					Winter			Spring		
					NOW	12/13		NOW	3/7	
Class	Age	Day	Time	Recital	$ YM	$ YM	$ NM	$ YM	$ YM	$ NM
Ballet Rhythms	3 yrs	W	1:45 – 2:15 pm	2	$124	$135	$165	$113	$123	$150
		Th	4:45 – 5:15 pm	1						
		Sa	9:00 – 9:30 am	2				$90	$98	$120
Ballet Beats	4 yrs	W	4:30 – 5:15 pm	1	$135	$146	$187	$123	$133	$170
		Th	5:45 – 6:30 pm	2						
		Sa	9:30 – 10:15 am	2				$98	$106	$136
Ballet/Jazz Beats	4–5 yrs	W	12:30 – 1:30 pm	2				$123	$133	$170
Ballet/Tap Beats	4–5 yrs	Th	10:00 – 11:00 am	1	$146	$157	$198	$133	$143	$180
Tap Beats	4–5 yrs	Sa	10:20 – 10:50 am	2	$124	$135	$165	$90	$98	$120
Ballet Designs	5 yrs	Th	6:30 – 7:15 pm	1	$135	$146	$187	$123	$133	$170
		Sa	11:00 – 11:45 am	2				$98	$106	$136
1, 2, Dance All 3	5 yrs	M	4:15 – 5:15 pm	1	$133	$143	$180	$120	$129	$162

STUDENT DIVISION

BALLET

6 years and up

Ballet is the foundation of all dance forms. Emphasis is on placement, balance, control, discipline, and clean lines. It is STRONGLY recommended when studying all other dance forms. Strength and flexibility will also be highlighted through the use of good technique. Ballet positions, barre work, center combinations, and large movements are part of the ballet syllabus. Each level is studied for at least one year, with some levels requiring two or more years.

BALLET: POINTE

By placement only

Dancing en pointe requires considerable strength and skill and is a central part of a professional dancer's training. Students must be at least 12 years old and have had several years of ballet training in order to develop the strength and support their bodies need en pointe. In order to be considered for pointe work, students must be enrolled in at least two ballet classes per week and have approval from the instructor.

2022 WINTER/SPRING SESSION					Winter/Spring		
					NOW	12/13	
Class	Age	Day	Time	Recital	$ YM	$ YM	$ NM
Ballet 1	6-10 yrs	Tu	4:15-5:15 pm	1	$279	$300	$378
		W	6:15-7:15 pm	1			
		Sa	11:45 am -12:45 pm	2	$253	$272	$342
Ballet 2	By Placement	Tu	5:15-6:15 pm	1	$279	$300	$378
		W	4:15-5:15 pm	2			
Ballet 3		W	5:15-6:15 pm	1			
		Sa	9:00-10:15 am	2	$272	$291	$361
Ballet 4		M	5:00-6:15 pm	2	$257	$275	$342
		Sa	12:15-1:30 pm	2	$272	$291	$361
Ballet 4 + Pointe Prep/Pointe I			12:15-2:00 pm	2	$329	$348	$418
Ballet 5		W	6:15-7:30 pm	1	$300	$321	$399
Ballet 5 + Pointe II		W	6:15-8:00 pm	1	$363	$384	$462
Ballet 5/6		Sa	10:15-11:45 am	Both	$310	$329	$399
Ballet 5/6 + Pointe III			10:15-12:15 pm	Both	$348	$367	$437
Ballet 6 + Pointe		M	7:30-9:00 pm	Both	$293	$311	$378

STUDENT DIVISION

JAZZ

6 years and up

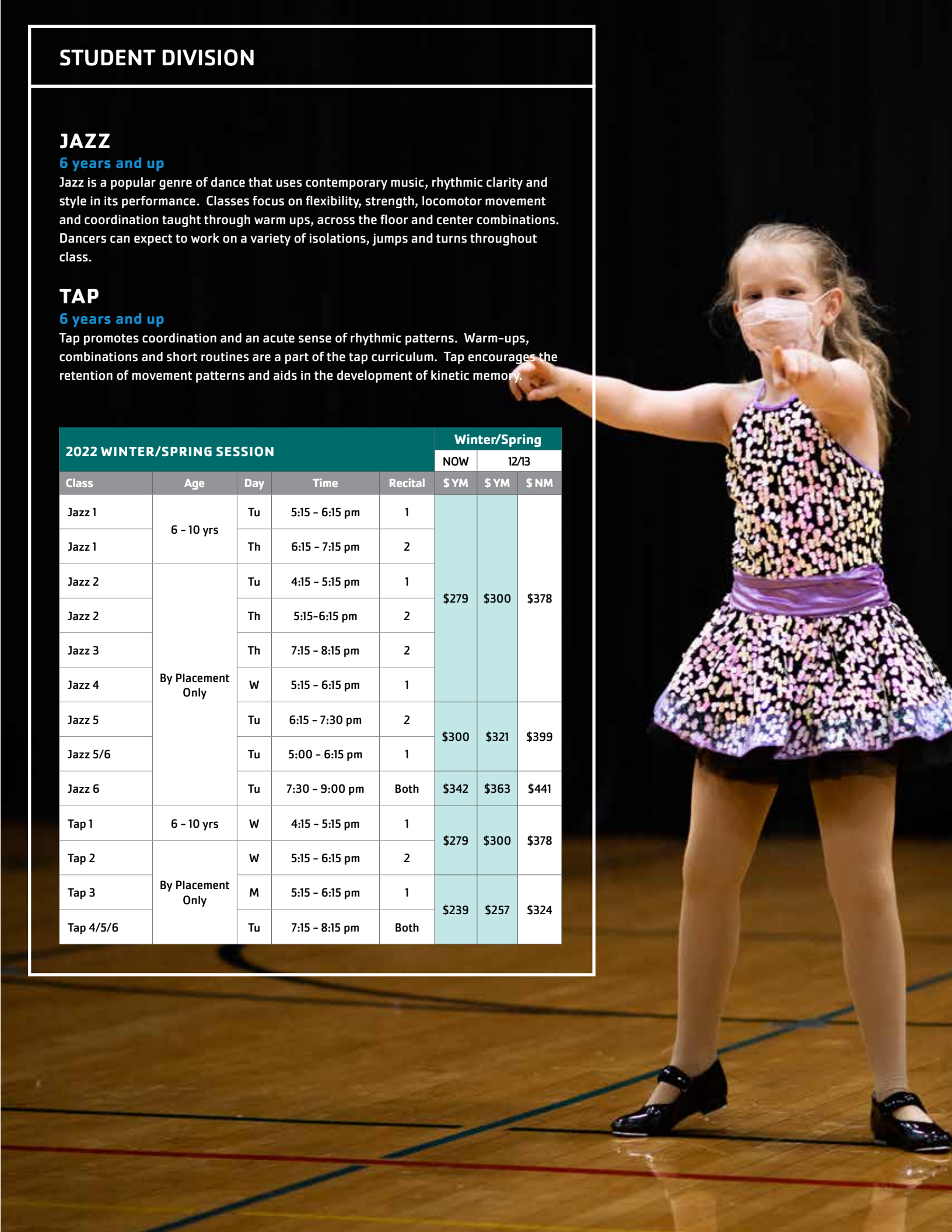
Jazz is a popular genre of dance that uses contemporary music, rhythmic clarity and style in its performance. Classes focus on flexibility, strength, locomotor movement and coordination taught through warm ups, across the floor and center combinations. Dancers can expect to work on a variety of isolations, jumps and turns throughout class.

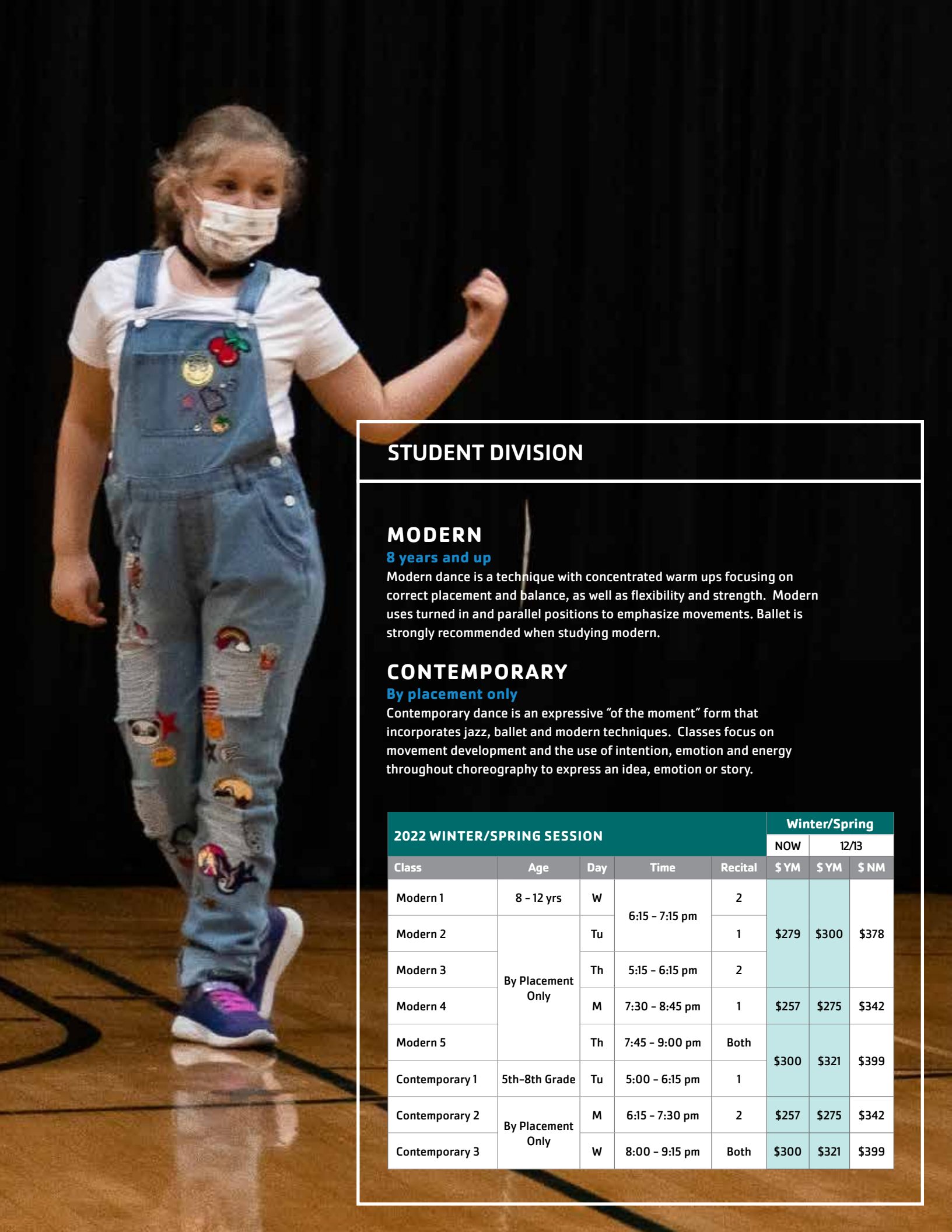
TAP

6 years and up

Tap promotes coordination and an acute sense of rhythmic patterns. Warm-ups, combinations and short routines are a part of the tap curriculum. Tap encourages the retention of movement patterns and aids in the development of kinetic memory.

2022 WINTER/SPRING SESSION					Winter/Spring		
					NOW	12/13	
Class	Age	Day	Time	Recital	$ YM	$ YM	$ NM
Jazz 1	6 - 10 yrs	Tu	5:15 - 6:15 pm	1	$279	$300	$378
Jazz 1		Th	6:15 - 7:15 pm	2			
Jazz 2	By Placement Only	Tu	4:15 - 5:15 pm	1			
Jazz 2		Th	5:15-6:15 pm	2			
Jazz 3		Th	7:15 - 8:15 pm	2			
Jazz 4		W	5:15 - 6:15 pm	1			
Jazz 5		Tu	6:15 - 7:30 pm	2	$300	$321	$399
Jazz 5/6		Tu	5:00 - 6:15 pm	1			
Jazz 6		Tu	7:30 - 9:00 pm	Both	$342	$363	$441
Tap 1	6 - 10 yrs	W	4:15 - 5:15 pm	1	$279	$300	$378
Tap 2	By Placement Only	W	5:15 - 6:15 pm	2			
Tap 3		M	5:15 - 6:15 pm	1	$239	$257	$324
Tap 4/5/6		Tu	7:15 - 8:15 pm	Both			





STUDENT DIVISION

MODERN

8 years and up

Modern dance is a technique with concentrated warm ups focusing on correct placement and balance, as well as flexibility and strength. Modern uses turned in and parallel positions to emphasize movements. Ballet is strongly recommended when studying modern.

CONTEMPORARY

By placement only

Contemporary dance is an expressive "of the moment" form that incorporates jazz, ballet and modern techniques. Classes focus on movement development and the use of intention, emotion and energy throughout choreography to express an idea, emotion or story.

2022 WINTER/SPRING SESSION					Winter/Spring		
					NOW	12/13	
Class	Age	Day	Time	Recital	$ YM	$ YM	$ NM
Modern 1	8 - 12 yrs	W	6:15 - 7:15 pm	2	$279	$300	$378
Modern 2	By Placement Only	Tu		1			
Modern 3		Th	5:15 - 6:15 pm	2			
Modern 4		M	7:30 - 8:45 pm	1	$257	$275	$342
Modern 5		Th	7:45 - 9:00 pm	Both	$300	$321	$399
Contemporary 1	5th-8th Grade	Tu	5:00 - 6:15 pm	1			
Contemporary 2	By Placement Only	M	6:15 - 7:30 pm	2	$257	$275	$342
Contemporary 3		W	8:00 - 9:15 pm	Both	$300	$321	$399

STUDENT DIVISION

MUSICAL THEATRE

9 years and up

Musical Theatre is a style of performance that encompasses dance and acting. Students will dance and act to songs from a variety of classic and modern Broadway musicals.

ACRO

7 years and up

This program was supported by the Ruth Schultz Bright Days Fund

Acro is a style of dance that combines dance technique with precision acrobatic tumbling skills. Classes focus on development of strength, flexibility and acrobatic skills such as handstands, cartwheels, walkovers and more. Through these skills, dancers learn to effortlessly incorporate acrobatic movements into their dance technique. Dancers interested in Acro should have at least 1 year of dance experience in any genre. Dancers should be enrolled in at least one other dance class of their choosing.

POMS

9 years and up

This energetic class is perfect for students who want to have fun, or may be interested in joining a poms team. High energy dance-based routines are taught and focus on precision, flexibility, jumps and turns.

HIP HOP

6 years and up

This class focuses on teaching rhythmic patterns, agility, coordination and strength in an energetic and fast paced class. Class focuses on movement development and choreography without suggestive music or movements.

PBT AND STRETCH

Ages 6+

This class is taught by a certified Progressing Ballet Technique and mUvmethod flexibility instructor. Designed for dancers looking to build strength, flexibility and stamina, this class focuses on developing deep core muscles while increasing flexibility in a safe method. In addition, dancers will work on alignment and ballet positions using tools such as a stability ball, therabands, and mUvbands. A supply list will be provided at the beggining of the session.

2022 WINTER/SPRING SESSION					Winter/Spring		
					NOW	12/13	
Class	Age	Day	Time	Recital	$ YM	$ YM	$ NM
Musical Theatre 1	8-12 yrs	Tu	5:15 - 6:15 pm	2	$279	$300	$378
Musical Theatre 2	By Placement Only		6:15 - 7:15 pm	2			
Musical Theatre 3			7:30 - 8:30 pm	1			
Acro 1	7 - 11 yrs	Th	4:15 - 5:15 pm	2			
Acro 2	By Placement Only		6:15 - 7:15 pm	1			
Acro 3			5:15 - 6:15 pm	2			
Poms 1/2	7-11 yrs		4:15 - 5:15 pm	1			
Poms 3	By Placement Only		6:15 - 7:15 pm	2			
Hip Hop 1	6-9 yrs	M	5:15 - 6:15 pm	1	$239	$257	$324
Hip Hop 2	By Placement Only		7:15 - 8:15 pm	1			
Adaptive Hip Hop	10+ yrs		6:15 - 7:15 pm	2			
PBT & Stretch		Tu	4:15 - 5:00 pm	N/A	$258	$279	$357

ADULT DIVISION

ADULT BALLET

18 years and up

Designed for adults with some previous ballet training. Barre combinations as well as center combinations focusing on stability and balance are the foundations of this class. Studying ballet can improve posture and the overall sense of well-being.

ADULT BALLET BARRE AND STRETCH

18 years and up

Enjoy the numerous health and wellness benefits of a traditional ballet barre technique class that focuses on developing length and strength while finding balance in different ballet combinations. After a barre, release the body with a lengthening stretch portion of class to increase your flexibility.

ADULT BEGINNING TAP

14 years and up

This introductory class will focus on setting the foundations for a fun tap experience by working on rhythms, syncopation, and balance. A great class for teens and adults who wish to start 'from the top' with a new style.

ADULT CONTEMPORARY JAZZ

18 years and up

This class will introduce participants to the contemporary jazz dance style that focuses on gaining flexibility and balance while expressing emotion, dynamics and energy in a traditional styled dance class.

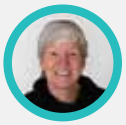
ADULT PRIVATE DANCE LESSONS

18 years and up

Learn a style of dance at your own pace in a one-on-one setting. Private lessons offer a great way for a beginner, or experienced dancer, to get personalized feedback and advancement. This class is perfectly tailored to what you are looking for in a dance class. This is also great for persons in a rehabilitation setting, as dance can help with posture, core strength, and a lengthening of the spine. Please contact the Performing Arts Office to set up a time that works for you!

2022 WINTER/SPRING SESSION				Winter			Spring		
				NOW	12/13		NOW	3/7	
Class	Age	Day	Time	$ YM	$ YM	$ NM	$ YM	$ YM	$ NM
Adult Ballet	18 yrs & Up	M	10:30-11:45 am	$143	$153	$190	$129	$138	$171
Adult Beginning Tap		M	6:15 - 7:15 pm	$133	$143	$180	$120	$129	$162
Adult Contemporary Jazz		W	7:15 - 8:15 pm	$146	$157	$198	$133	$143	$180
Adult Ballet		Th	10:30-11:45 am	$157	$168	$209	$143	$153	$190
Adult Barre & Stretch		Th	7:15-8:15 pm	$146	$157	$198	$133	$143	$180

VISUAL ARTS



Cathie Winnie
Visual Arts Director
cwinnie@nsymca.org

ANNUAL ART SHOW

Take a Winter Art class and be a part of our Annual Art Show at the Northbrook Public Library! During the month of March, every Winter student has a piece of artwork displayed in the Library.
Note – there will not be able a reception this year due to Covid.

COMMUNITY EVENTS

FREE CHILDREN'S ART PROGRAM AT THE LIBRARY!

Art should be available to everyone, which is why we have partnered with both the Northbrook and Glenview Public Libraries to offer a FREE art program for children this fall. You need to register for the programs by calling: Glenview Public Library at 847-729-7500; Northbrook Public Library at 847-272-6224.

JUNIOR HIGH AND HIGHSCHOOL ARTISTS

Looking for a place to showcase and sell your artistic pieces, such as stationary, bags, duct tape wallets, or photos? We now have a display case to highlight our local young artists. For an artist application, please contact Art Director, Cathie Winnie at cwinnie@nsymca.org.

2D & 3D COMMUNITY GALLERIES

Calling all artists! We are looking for artists who would like to exhibit and sell their work in our Community Galleries. We are also seeking artists who make ceramics, jewelry, or other handcrafts to display and vend their wares at a Pop-Up Gallery in the lobby. For an artist application, please contact Art Director Cathie Winnie at cwinnie@nsymca.org.

GIRL SCOUT/EAGLE SCOUT BADGE PROGRAM

Our Scout Badge Program is designed to help your local Girl Scouts complete their badges. Girl Scouts, we can help you earn these badges: Digital Arts, Arts in the Outdoors, Artist, Craft Creative Play, Storytelling and more! Eagle Scouts can complete their projects with several different departments. For more information or to set up a workshop for your scouts, please contact Visual Art Director, Cathie Winnie at cwinnie@nsymca.org or Nicole Hatfield at registrar@nsymca.org.

2–6 YEARS OLD

ART EXPLORERS

5–9 years

Come explore the fun world of art and all it's many mediums – build sculptures, paint pictures, roll out a print.

CLAY & SWIM

3–6 years

This combination class includes a swimming lesson with a tactile clay art project that promotes creativity. Y Staff will transfer your child to the pool and help with changing of clothes; no adult needed.

PRESCHOOL ART

3–6 years

This class exposes preschoolers to drawing, painting and the creative process, setting them up for a lifetime of creative thinking. *No class on 3/20, 5/8

SIDE BY SIDE FUN new

2–4 years

Looking for fun together time? Be a part of your child's first art encounter which will stimulate fine motor skills and create tactile and sensory experiences. *No class 3/20, 5/8

2022 WINTER/SPRING SESSION				Winter			Spring		
				NOW	12/13		NOW	3/7	
Class	Age	Day	Time	$ YM	$ YM	$ NM	$ YM	$ YM	$ NM
Art Explorers	5- 9 yrs	Th	6:15-7:15 pm	$193	$215	$248	$158	$178	$208
Clay & Swim	3 - 6 yrs	M	9:15-10:15 clay, 10:30-11:00 swim	$208	$228	$258	$170	$188	$215
Preschool Art *no class 3/20, 5/8	3 - 6 yrs	Su	11:00-12:00 pm	$160	$182	$215	$104	$120	$144
Side by Side Fun	2 - 4 yrs	M	10:45-11:30 am				$116	$134	$161
Side by Side Fun *no class3/20, 5/8	2 - 4 yrs	Su	10:00-10:45 am				$104	$120	$144

K-3 GRADES

ADVENTURES IN ART

Grades 1–3

Do you have a vivid imagination? This very popular class is child-driven and encourages imagination, creativity, and spatial awareness through many 3D projects.

ART EXPLORERS

5–9 years

Come explore the fun world of art and all of it's many mediums – build sculptures, paint pictures, roll out a print.

CERAMICS & SCULPTURE

Grades K–4

Clay – it's squishy and tactile. Enjoy getting your hands messy using slabs, coils and pinch pots to create fun and functionals items that you'll cherish. All clay pieces are fired and glazed in our kiln.

DRAWING & PAINTING

Grades K–3

Do you love to draw? Or mix your own colors? Continue to improve your drawing and painting skills by learning the basic rules and principles of art.

2022 WINTER/SPRING SESSION				Winter			Spring		
				NOW	12/13		NOW	3/7	
Class	Age	Day	Time	$ YM	$ YM	$ NM	$ YM	$ YM	$ NM
Adventures in Art	1-3rd	W	4:15-5:15pm	$193	$215	$248	$158	$178	$208
Art Explorers	5 - 9 yrs	Th	6:15-7:15pm						
Ceramic & Sculpture	K-3rd	W	4:15-5:15pm	$226	$248	$281	$188	$208	$238
Drawing & Painting	K-3rd	M		$178	$198	$228	$143	$161	$188

4–8 GRADES

ADVANCED CERAMICS & SCULPTURE
Grades 4–8

Clay – there's nothing like it! Learn how to create more intricate pieces along with new decorative techniques to create cherished pieces. All clay pieces are fired and glazed in our kiln.

ADVANCED DRAWING & PAINTING
Grades 4–8

Enhance your art skills and your style by learning the rules of drawing while exploring various methods of painting.

ART JOURNALING
new
Grades 4–8

Need a way to express yourself but find writing in a journal boring – join Art Journaling! You'll be given a prompt in class such as how do you feel about bullies then you'll express your feelings via collage, doodling, etc. in your own journal.

ART UPPED
Grades 4–8

Calling those who have a vivid imagination and boundless creativity! This class is student driven with cutting edge projects that develop imagination, creativity, and spatial awareness through many 3D & 2D projects.

GRAPHIC NOVEL
new
Grades 4–8

Have you ever wanted to create a graphic novel? Students will work with our teacher, a trained graphic illustrator, to write, design and create your very own graphic novel using your tablet/laptop.

JEWELRY & METALSMITHING
new
Grades 4–8

If you love wearing jewelry, you'll love learning how to create your own! You'll be introduced to wire working, metal stamping, creating your own beads, paper jewelry and more!

MIXED MEDIA
Grades 4–8

Do you like to mix it up? Join our mixed media class and learn how to combine mediums together creating cohesive compositions resulting in beautiful pieces of art you'll be proud to display.

PAINTING TECHNIQUES
Grades 4–8

Ever wonder how to paint waves or realistic clouds? Explore the world of painting with acrylics, oils and watercolors. Learn the techniques and brushstrokes that make a painting pop.

2022 WINTER/SPRING SESSION				Winter			Spring		
				NOW	12/13		NOW	3/7	
Class	Grade	Day	Time	$ YM	$ YM	$ NM	$ YM	$ YM	$ NM
Advanced Ceramic & Sculpture	4–8th	W	5:15–6:15pm	$226	$248	$270	$188	$208	$228
Advanced Drawing & Painting		Th	5:15–6:15pm	$193	$215	$237	$158	$178	$198
Art Journaling		M	6:15–7:15pm	$178	$198	$218	$143	$161	$179
Art Upped		W	5:15–6:15pm	$193	$215	$237	$158	$178	$198
Graphic Novel		Tu	7:00–8:00pm						
Jewelry & Metalsmithing		Tu	5:15–6:15pm						
Mixed Media		M	5:15–6:15pm	$178	$198	$218	$143	$161	$179
Painting Techniques		M	6:15–7:15pm						

9–12 GRADES

ADVANCED PAINTING TECHNIQUES
new
Grades 9–12

Ever wonder how to paint waves or realistic clouds? Explore the world of painting with acrylics, oils and watercolors. Learn the techniques and brushstrokes that make a painting pop.

ART ABILITY
Grades 9–12

For those who need more one-on-one help when exploring art and enjoy a smaller classroom setting.

DIGITAL ART
new
Grades 9–12

Love the digital world? Each student will work on their piece at their own pace with their own tablet/laptop. It can be an assignment for school or a piece you're working on in your spare time. The teacher is a Graphic Illustrator by trade, knows most of the popular apps/software and is here to help hone your style/portfolio.

2022 WINTER/SPRING SESSION				Winter			Spring		
				NOW	12/13		NOW	3/7	
Class	Grade	Day	Time	$ YM	$ YM	$ NM	$ YM	$ YM	$ NM
Advanced Painting Techniques	9–12th	Tu	7:00–8:00pm	$193	$215	$237	$158	$178	$198
Art Ability		Tu	4:15–5:15pm	$193	$215	$237	$158	$178	$198
Digital Art		M	7:00–8:00pm	$178	$198	$218	$143	$161	$179

ART SOCIAL HOUR

Adult/16+

Want to sit around, meet new friends and be creative? Join our hour. You'll be glad you did!

ENHANCED WATERCOLORS

Adult/16+

There's nothing as brilliant as a watercolor piece – except when it's enhanced! Review basic transparent watercolor techniques. Then further enhance your works with watercolor pencils, ink and opaque gouache. Working from photos, Fran will demonstrate step-by-step skills to add texture, depth and drama to your pieces. A minimal supply list will be given upon registration.

MIXED MEDIA

Adult/16+

Want to start creating but unsure of what to do or where to start? Come experiment with a variety of art techniques that will give you the courage and confidence to start creating on your own.

2022 WINTER/SPRING SESSION				Winter			Spring		
				NOW	12/13		NOW	3/7	
Class	Age	Day	Time	$ YM	$ YM	$ NM	$ YM	$ YM	$ NM
Art Social Hour	16+	Tu	9:15-10:15 am	$138	$171	$204	$108	$138	$168
		Th	10:15-11:15 am	$138	$171	$204	$108	$138	$168
Enhanced Watercolors		W	6:30-8:30 pm	$270	$292	$325	$228	$248	$278
Mixed Media		Th	4:15-5:15 pm	$193	$215	$237	$158	$178	$198

FUN ART WORKSHOPS FOR ALL SKILL LEVELS!

JEWELRY

Grades 4-8

Friday, May 6, 2022
7:00-8:00 PM – Make Mom a heartfelt necklace for Mother's Day

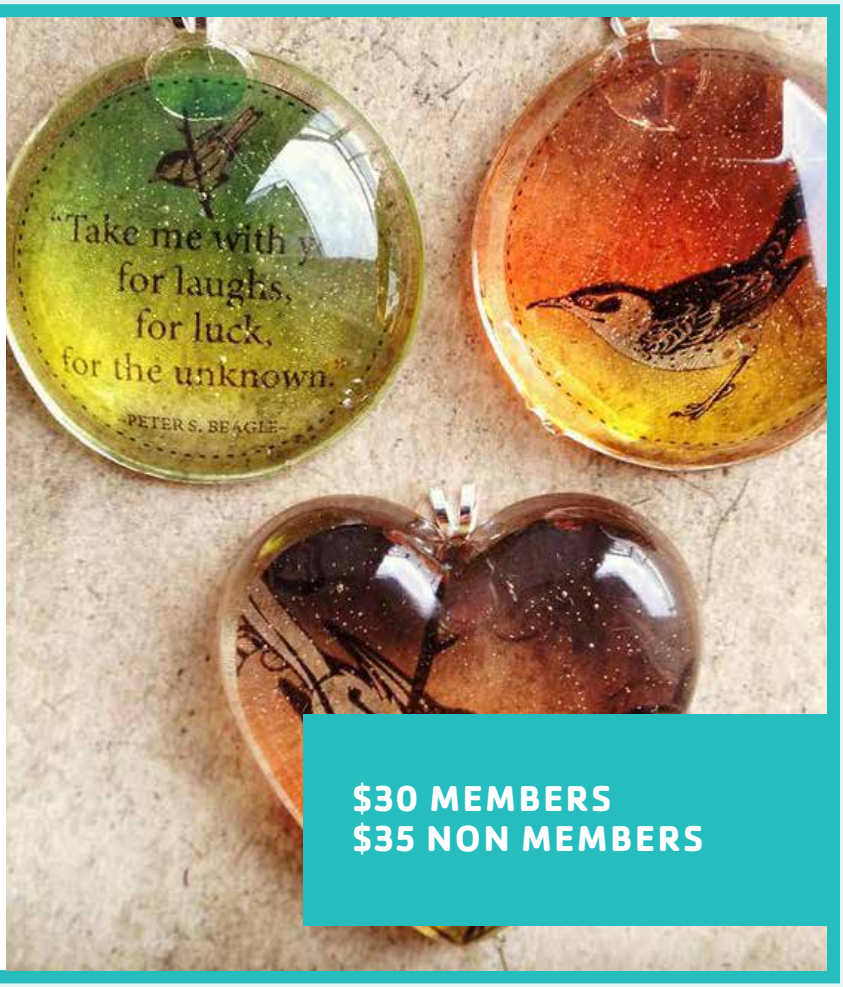
RESIN

Ages 16+

Friday, February 11, 2022
7:00-8:00 PM
Learn how to use Resin to create a pendent

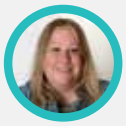
Friday, March 11, 2022
7:00-8:00 PM
Learn how to use Resin to create a coaster

Friday, April 15, 2022
7:00-8:00 PM
Learn how to use Resin to create a key chain



$30 MEMBERS
$35 NON MEMBERS

YOUTH DEVELOPMENT



Shannon Sliwinski
Youth Education &
Smartlab Director
SSliwinski@nsymca.org

NEED A RIDE FROM NORTHBROOK JR HIGH TO THE Y? CONTACT REGISTRAR@NSYMCA.ORG

Y-TIME

SUPERVISED AFTER-SCHOOL CARE

Rate		
Days	$ YM	$ NM
3 Days	$228	$288
4 Days	$304	$384
5 Days	$380	$480

With a focus on safety, health, social growth and academic enhancement, Y after-school programs serve youth with a variety of programs and activity options to explore and develop their interests and talents. In addition to enhancing what they have learned in school, Y-Time includes the following:

- Homework assistance
- Free recreation swimming
- Creating crafts
- Playing sports and games
- Exploring fun with food
- Add on a class such as dance, swim, yoga or art
- Free transportation provided from most area schools

For more information, please contact Shannon Sliwinski at ssliwinski@nsymca.org

SCHOOL DAYS OUT

Kindergarten – 5th grade

Camp is available every day that Districts 27, 28, 30, and 31 schools are all out! Activities include

• field trips • swimming • games • and art projects

Y- Camp: Jan 17th
Spring Break Camp: Mar 21st–25th

Register early, as these days fill up quickly! Camps run from 8:00 am – 6:00 pm on:

Rate	
$ YM	$ NM
$63	$78

Registration closes the Wednesday before. If there is availability we can add participants but a $10 fee is added.

*NO REFUNDS will be given one week prior to trip without doctor's note.

For more information, contact Shannon Sliwinski at ssliwinski@nsymca.org.

ARE YOU INTERESTED IN A PARENT/CHILD EVENT?

Have you thought about getting the whole family together for an Adventure Guides outing? Please contact Nicole Hatfield at registrar@nsymca.org.

In Adventure Guides, you and your child will:

- Spend quality time together developing strong bonds
- Improve communication skills and increase self-esteem
- Lay the foundation for positive, lifelong relationships
- Build a sense of community and belonging
- Learn, teach, and demonstrate leadership skills and positive values
- Give back to your community through service projects

See upcoming dates at nsymca.org/programs/adventureguides

MAGIC WORKSHOP

Are you ready to amaze all your friends? Now is your chance as you learn to do incredible magic with the "Magic Team of Gary Kantor"! This one-day workshop will teach children how to perform amazing magic tricks. The tricks are designed to be perfect for all ages. Following the class, the children will be putting on shows and amazing audiences with their new magical skills. Each class teaches new tricks, so be sure to sign up for multiple classes. And in addition to just learning the tricks, children will be given their very own magic kit to take home.

2022 WINTER/SPRING SESSION			Winter/Spring		
			NOW	12/13	
Grade	Day	Time	$ YM	$ YM	$ NM
K-5th	Feb 18	5:00 - 5:55 pm	$20	$25	$35
	April 6				

SOUND BATH WORKSHOP FOR PARENTS & KIDS

new

This unique workshop is for children or children and their parents who need to relax after a long day. Learn about sound healing and preparing you for a deep, rejuvenating sleep. We use instruments such as crystal sound bowls, chimes, and other instruments that you and your child will have a chance to play at the end of the meditation!

2022 WINTER/SPRING SESSION			Winter/Spring		
			NOW	12/13	
Grade	Day	Time	$ YM	$ YM	$ NM
K-5th	Feb 17	6:30-7:30pm	$30	$35	$45
	May 12				

BETTER CARE IN THE HEART OF YOUR COMMUNITY

Strong communities are healthy communities. That's why Northwestern Medicine partners with local organizations to address needs that go beyond medical care. Together, we deliver evidence-based programming that helps residents understand everything from preventive care and nutrition to how to manage chronic conditions, such as diabetes. It's part of our commitment to creating stronger communities through better education, better access – and better medicine.

Learn how we make a difference. Visit **nm.org/community**.

BETTER Northwestern Medicine®

© 2021 Northwestern Medicine. All rights reserved.

Northwestern Medicine Glenview

2701 Patriot Boulevard, Glenview 847.535.7157 | Immediate Care Center: 847.475.CARE (2273), TTY: 711

CHESS WIZARDS

Grades K–5

Enter into the magical and exciting world of chess with Chess Wizards! You will participate in epic chess games, fun and interactive lessons, tournaments, team matches, trivia and more! Our specialized classes are a blast for everyone kindergarten through fifth. Whether you have been playing chess for your entire life and want to improve, are brand new to the game, or you just want to have a fun experience with your friends – Chess Wizards is the place for you!

GET COOKING WITH TASTE BUDS KITCHEN

Grades K–5

Calling all chefs! Let's get cooking! Taste Buds Kitchen presents a weekly culinary adventure that will be the highlight of your week. Have you ever wondered what children around the world eat for snack time? Join Taste Buds Kitchen for a trip around the world as we explore and create sweet and savory treats from all corners of the globe. From measuring and mixing and to slicing, dicing and baking, each week we'll learn a new recipe you'll want to make again at home for family and friends. Let's add new stamps to our culinary passport, all without leaving the kitchen! Attend both Fall I & Fall II sessions for all new recipes each class! All recipes are vegetarian.

MINDFULNESS FOUNDATIONS

new

Grades 1–4

After the year our children have had, they could use some relaxation and stress relief. In this new class brought to us by a certified Meditation specialist your child will strengthen their understanding of feeling, thoughts and the basics of mindfulness through multimedia activities.

BEAT MIXING

new

Grades 2–6

Is your child interested in making digital music or remixing on a computer or tablet? Look no further than Beat Mixing 101 with Bach to Rock. Using a free and safe internet-based program, students will learn the basics of recording, editing and mixing to create their own beats and produce their own hits. No musical experience is required!

DODGEBALL CLASS

Grades 2–6

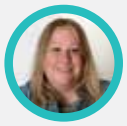
Come play everyone's favorite game! Class will have participants play the classic game in a supervised and safe environment. Program uses soft balls and safety is discussed each week. Each week will be a new version or variation of the game, where children can remain active and engaged. Minimum children required for class to run.

2022 WINTER/SPRING SESSION				Winter			Spring		
				NOW	12/13		NOW	3/7	
Class	Grade	Day	Time	$ YM	$ YM	$ NM	$ YM	$ YM	$ NM
Chess Wizards	K-5th	F	4:15 - 5:15 pm	$275	$330	$385	$250	$300	$350
Taste Bud Cooking	K - 5th	W	4:15 - 5:15 pm	$352	$385	$462	$320	$350	$420
Mindfulness Foundations	1st-4th	Th	5:00 - 5:45 pm	$275	$297	$407	$250	$270	$370
Beat Mixing	2nd - 6th	W	6:00 7:00 pm	$242	$275	$352	$220	$250	$320
Dodgeball Class	2nd-6th	Sa	10:30-11:15 am	$110	$132	$165	$90	$108	$135

PRIVATE SINGING LESSONS

If your child is ready to take their singing to the next level, 1:1 coaching is for them! They will learn technical vocal skills needed to sing like their favorite artist which will ultimately give them confidence in their own unique voice. For more information, contact Shannon Sliwinski at ssliwinski@nsymca.org

SMARTLAB



Shannon Sliwinski
Youth Education
Director
SSliwinski@nsymca.org

Provided by: ROBOTHINK

AMUSEMENT PARK TYCOON

new

BY ROBOTHINK

1st-5th Grade

Get ready for the best robotics program ever! Throughout the program, students will create their own amusement park, from the name of the park, the price of admission, the design of the roller coasters and even the layout of the park itself! Students will learn about gear ratios, potential and kinetic energy, centrifugal force and more. In addition, students will have an opportunity to look at running an amusement park from an entrepreneurial perspective.

BATTLE ROBOTS

new

BY ROBOTHINK

1st-5th Grade

Do you think you can build the strongest and most agile robot? Can your robot win a head to head combat mission? Learn engineering strategies for building sturdy structures using unique RoboThink bricks, then apply that knowledge to build multiple robots for friendly competitions. You'll have a blast as you play robot soccer, compete in robot relay races and other challenges in this fun robotics program.

ENGINEER SELF-DRIVING CARS

new

BY ROBOTHINK

1st-5th Grade

Let's hit the road! As the head of their new car company, your child will create a brand name, logo and line of cars including some of their favorite motorized vehicles. Students will learn about gear ratios, sensors, energy and more! They will also learn about a few things that are under the hood as they build the original smart car, modern day autonomous vehicles, rubber band racers and more!

2022 WINTER/SPRING SESSION				Winter			Spring		
				NOW	12/13		NOW	3/7	
Class	Age	Day	Time	$ YM	$ YM	$ NM	$ YM	$ YM	$ NM
Amusement Tycoon	1st - 5th	M	4:15 - 5:45 pm				$300	$350	$400
Battle Robots	1st - 5th	Tu	4:15 - 5:45 pm	$330	$385	$440			
Engineer Self Driving Cars	1st - 5th	M	4:15 - 5:45 pm	$300	$350	$400			
Engineering Construction Machines	1st - 5th	M	4:15 - 5:45 pm				$270	$315	$360
Video Game Design	1st - 5th	Tu	4:15 - 5:45 pm	$330	$385	$440			
			6:00 - 7:30 pm				$300	$350	$400

ENGINEER HEAVY-DUTY CONSTRUCTION

new

BY ROBOTHINK

1st-5th Grade

Let's move some dirt! In RoboThink's program, children will explore the world of construction! Your child will build models of their favorite construction vehicles, like bulldozers, wrecking balls and steamrollers as they learn to working with partners and learning with the group. They will also be able to experiment with various gears, axles, rubber bands and string to bring their smart cars to life!

VIDEO GAME DESIGN

BY ROBOTHINK

1st-5th Grade

Want to make the next addictive video game? In this program, you're a budding game developer! Students will choose from a selection of different games to build. This program teaches the basics of Scratch, where, in each session, your child is given a new game to design or a new aspect to the games they've already made. Students can even create their own game entirely from scratch! Students will also refine their entrepreneurial skills as they learn ways to market their product.

Go clean.
Go happy.
Guaranteed.

NORTHBROOK • 2300 WAUKEGAN RD.
HIGHLAND PARK • 64 SKOKIE VALLEY RD.
VERNON HILLS • 860 S. MILWAUKEE AVE.
SKOKIE • 9208 SKOKIE BLVD. *COMING SOON!*

Waterway CARWASH
waterway.com

Banking for you and the next generation

We've come a long way over the years. While we still offer the same friendly service from our Bankers, we also offer the convenience of mobile and online banking, bill pay and so much more.

At First Bank, we're ready to bank with you and the next generation for years to come. **Contact one of our Bankers today and let us show you what we can do for you.**

First Bank of Highland Park
YOUR INTEREST IS OUR PRIORITY

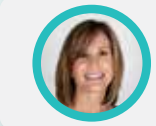
HIGHLAND PARK
1835 First Street
(847) 432-7800

NORTHBROOK
633 Skokie Boulevard
(847) 272-1300

FIRSTBANKHP.COM

Member FDIC
NMLS# 421795

SPECIAL SERVICES



Ellen Mirochnick
Special Services Coordinator
emirochnick@nsymca.org

EXERCISE CONNECTION

In partnership with the YMCA's Special Services, an Exercise Connection (EC) instructor leads a class for individuals with Autism Spectrum Disorder, Developmental Delays and other special needs. This highly visual, well-structured class encourages independence and enhances social skills while improving fitness levels. Visit exerciseconnection.com for more information.

YOGA

Enjoy a weekly yoga practice designed for those with special needs. Improve strength, balance, and flexibility while reducing stress. Practice guided meditation along with breathing techniques designed to calm the mind and body.

HAWKS S.T.E.A.M.

This class is designed to engage young adults in a hands on S.T.E.A.M. (Science, Technology, Engineering, Art, Math) curriculum adapted for individuals with unique needs.

SPECIAL SERVICES PERSONAL TRAINING

Certified trainers who participated in the ACSM/Exercise Connection certificate are available to work with individuals with special needs to create a personal exercise plan which has been proven to increase focus, improve academic performance and reduce stereotypical behaviors for individuals on the spectrum of autism. This program is available to all individuals with special needs. For additional information, please contact Ellen Mirochnick at emirochnick@nsymca.org

SWIM PROGRAMS

Special Olympics Swim Team

Special Olympics Swim team offers our swimmers the best combination of team sport and individual challenge. See page 19.

Private Swim Lessons

We are known for our special needs private lessons specifically designed for each participant with the initial goal of water safety in and around water. See page 15.

2022 WINTER/SPRING SESSION				Winter			Spring		
				NOW	12/13		NOW	3/7	
Class	Age	Day	Time	$ YM	$ YM	$ NM	$ YM	$ YM	$ NM
Exercise Connection	11+ yrs	Sa	10:00-11:00 am	$363	$385	$484	$297	$315	$396
			11:00 -12:00 pm						
			12:00 -1:00 pm						
Yoga			12:00 -12:45pm	$183	$198	$209	$135	$162	$171
HAWKS S.T.E.A.M.	Middle & High School	Th	4:30-5:15 pm	$198	$213	$228	$180	$195	$210
SN Personal Training 1HR	Contact Ellen Mirochnick for more information at emirochnick@nsymca.org.			$60		$100	$60		$100
SN Personal Training 45min				$45		$85	$45		$85

NOT YET A MEMBER?

JOIN TODAY TO BE A PART OF A COMMUNITY!

VIRTUAL Y

VIRTUAL ONLY MEMBERSHIPS AVAILABLE

REGISTRATION INFORMATION

***Adventure Guides and Camp policies differ.**

Registration Information

To register, use the form printed in this program brochure or on-line at www.nsymca.org. Please note your class or program will not be guaranteed until you receive email confirmation and are on a first-come, first-served basis. No registration will be processed without appropriate waiver signature.

Member Rates

Memberships must remain current throughout the entire class period to qualify for member rates. Memberships up for yearly renewal during the session will be sent a renewal notice. If the membership is not renewed during this period, the participant will be charged the non-member class rate for remaining classes.

Waiting Lists

If you are on a waiting list and your class selection becomes available, you will be contacted to confirm your enrollment.

Program Cancellation

Classes with less than the minimum number of participants are subject to cancellation. If the NSYMCA cancels a class, every effort will be made to accommodate the transfer of the participant into another class. Full refunds are available if the NSYMCA cancels a class.

Refund and Credit Policy for Programs

In order to withdraw from a program and receive a check refund and/or YMCA credit (voucher), a withdrawal form must be completed and returned prior to the start of the session. Withdrawals after the start of the session will not receive a refund unless accompanied by a doctor's note for medical reasons.

• Refunds and credits (vouchers) will be applied to any outstanding balance owed to the NSYMCA before they are issued.

• YMCA credit (vouchers) will appear on your account and may be used by you or any immediate family member within 1 year.

• Please allow 4-6 weeks to receive your check refund and will be made payable to the participant or their parent.

NSF Policies

The NSYMCA will charge a $25 fee for any membership or program dues that are returned by the bank or credit card company. Each billing member will receive 1 exception per year.

BEST VALUE AROUND!

- Free Babysitting while you work-out
- Unlimited Yoga
- Unlimited Cycle
- Unlimited Fitness Classes
- Unlimited Racquetball
- Unlimited Lap Swim
- And so much more!

Membership Rates as of 1/1/21	
Member Category	**Dues per Month**
Virtual Memberships	
All Ages (Not eligible for program discounts)	$10
Youth Memberships	
Youth (1-26)	$33*
Young Adult (27-35)	$43*
Adult Memberships	
Adult (36 and older)	$63*
Adult Couple	$83*
Senior Memberships	
Seniors (60+)	$57*
Senior Family (1 Senior + Spouse & Children**)	$77*
Family Memberships	
1 Adult + 1 Child**	$68*
1 Adult + 2 or more children**	$77*
2 Adults + 1 Child**	$88*
2 Adults + 2 or more children** **(Existing Family Member will stay active at $94 as long as membership is active)**	$98*
Household: A Household Membership is defined as two (2) adults, dependent children**, elderly parents, and live-in nannies or au pairs, residing in the same household. (Proof of residency is required.) Household membership is limited to four (4) adults. A $10 charge is added to the monthly membership fee for each adult added over 4 to the group membership.	$105*
***Save up to 7% when you take advantage of annual rates. Ask for details.**	

The NSYMCA reserves the right to collect any unpaid membership dues.

* The Joiner's Fee, equaling one month's membership dues, is paid at the time of joining the YMCA. It is re-assessed if membership lapses more than 30 days.

** Child is defined as under 26 years old.

REGISTRATION FORM

OFFICE USE ONLY

☐ Virtual only Membership

Applicant Information

Family Name:	
Address:	
City, State, Zip Code:	
Cell/Home Phone:	
Email:	

Please Complete the Following for Youth Programs

Parent/Guardian #1's Name:			
Work Phone:		Cell Phone:	
Parent/Guardian #2's Name:			
Work Phone:		Cell Phone:	
Emergency Contact:			
Relationship to Applicant:		Phone:	

Method of Payment

Credit Card #:			
Exp Date:		CVV#	
Card Holder's Name:			

The NSYMCA welcomes all individuals. Please describe any accommodations needed for successful inclusion into our programs.

PROGRAM WITHDRAWALS

I understand that as of January 2018, withdrawals after the start of the session will not receive a refund unless accompanied by a doctors note for medical reasons.

Signature:

1 in 5 Y participants receive financial assistance through the Strong Kids Financial Fund.

I would like to make a monthly/one-time donation to the Strong Kids Fund!

☐ $25 ☐ $50 ☐ $75 ☐ $100 ☐ Other $ _____

Starting: ____/_____/_____ Ending: ____/_____/_____

Program Name	Session	Day	Time	Participant's Name First & Last	Gender	DOB MM/DD/YY

COVID19 LIABILITY WAIVER

Coronavirus, COVID-19 is an extremely contagious virus that spreads easily through person-to-person contact. Federal and state authorities recommend social distancing as a means to prevent the spread of the virus. COVID-19 can lead to severe illness, personal injury, permanent disability, and death.
I understand that my participation in NSYMCA programs and/or accessing NSYMCA facilities could increase the risk of contracting COVID-19.
The NSYMCA in no way warrants that COVID-19 infection will not occur through participation in NSYMCA programs or accessing NSYMCA facilities.

WAIVER OF RISK & RELEASE

I agree to abide by the facility, program, and membership policies of the NSYMCA at all times while on the premises. I give permission for the above-named participant to be included in photos for publicity purposes. I understand the NSYMCA is not responsible for personal property or personal injury sustained by the participant and I hereby agree to identify and hold harmless the NSYMCA from such losses or injuries. In the event I cannot be reached in an emergency situation involving the above-named participant(s), I hereby give permission to the program leader to seek medical treatment for the above-named participant(s). The NSYMCA reserves the right to change or alter any program without notice.

POLICIES

Membership must remain current throughout the entire class period to qualify for member rates. Prices are subject to change. A full refund will be issued if you cancel prior to the registration deadline, or if the NSYMCA cancels class. Refunds will be given by check or NSYMCA credit voucher only. Refer to the previous page for complete registration policy. The NSYMCA does not turn anyone away due to inability to pay. If you need assistance, please stop by the Guest Services Desk. Policies are subject to change. If you would like to contribute to the Strong Kids Campaign, please contact Kathy Fielding, CEO, at 847-272-7250 ext. 1213. By signing below, I acknowledge all of the NSYMCA's Policies.

Signature:

the YMCA

North Suburban YMCA community strong fundraiser
Formerly Ken & Alta Thiel Strong Kids Fundraiser

SPECIAL THANKS TO OUR COMMUNITY STRONG SPONSORS!

Allstate®
You're in good hands.

Northwestern Medicine®

ILLINOIS BONE & JOINT INSTITUTE®
Move better. Live better.

WINTRUST
COMMUNITY BANKS

HILL & STONE

Waterway Carwash

SUNSET FOODS

First Bank of Highland Park
YOUR INTEREST IS OUR PRIORITY

NORTHBROOK Herald

Tito's Handmade VODKA
AUSTIN ★ TEXAS

FGK SERVICES
FOR YOUR BUILDING NEEDS
www.fgkservices.com
(847) 282-0580

AVAMPLIVOX®

Viso graphic

Ruby Therapeutic Massage

d·k FILM

North Shore

Jordan's FOOD OF DISTINCTION

DQ

NOTHING bundt CAKES

PGA TOUR SUPERSTORE VERNON HILLS

GiftsForYouNow.com

CreativeMarketingAssociates

Green City Gardens

team TRUX @ properties

NYREN COMPANY

B2R BACH TO ROCK
★ AMERICA'S MUSIC SCHOOL ★

NORTH SUBURBAN YMCA
2705 Techny Rd
Northbrook, IL 60062
nsymca.org
847-272-7250

FOLLOW US:

@nsymca

North Suburban YMCA
community strong fundraiser
Formerly Ken & Alta Thiel Strong Kids Fundraiser

SAVE THE DATE

CASINO NIGHT

FRIDAY
APRIL 29, 2022

NSYMCA.ORG/COMMUNITYSTRONG