



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
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**NORTH SUBURBAN
YMCA**
2705 Techny Road
Northbrook, IL 60062
www.nsymca.org

FOR IMMEDIATE RELEASE

North Suburban YMCA Takes Top Prizes in Make It Better “Best” Awards

Get your child comfortable in the water with the highly qualified instructors at the North Suburban YMCA.

Northbrook, IL: The North Suburban YMCA received “Best of” recognition in three categories of the 2018 Make It Better Awards, named as the best [swim school](#), [indoor pool](#), and [racquet sports club](#) in the Chicago suburbs. Presented by Make It Better Magazine on June 26, the awards are determined by votes by readers.

Best Suburban Swim School and Best Indoor Pool

The Y’s indoor pool is home to the Y’s comprehensive aquatics program, with swim instruction, fitness classes, lap swimming, and lifesaving certification courses for all ages. On a national level, the YMCA has been a leading force in teaching American youth how to swim since the early 1900s. At the NSYMCA, highly trained swim teachers provide personalized instruction in private and group settings for individuals of all ages and ability levels. In addition, along with many program offerings for individuals with cognitive or physical disabilities, the Y has an aquatics Special Services Swim Program for individuals ages three to adult, and a Special Olympics swim team.

The Y’s swim instructors are multilingual, speaking up to seven different languages collectively, ensuring that everyone has a chance to be confident and safe in the water. In total, the Y conducts over 4,000 swim lessons each year, improving health and safety for thousands of participants. State-of-the-art equipment and trained staff members make the pool entirely accessible to individuals using wheelchairs and the elderly.

As part of its 50th Anniversary Celebration, the NSYMCA has launched a series of strategic initiatives highlighted by an anti-drowning program entitled “2 Seconds 2 Long.” This community-based program seeks to prevent children from drowning by providing free water safety screening tests for second-graders, followed by free swim lessons for those who qualify, to keep them safe around water. Launched as a pilot program last winter, “2 Seconds 2 Long” will be running in seven schools this fall, with more to be launched as additional funds and schools can be matched up.

Best Suburban Racquet Sports Club

For racquetball enthusiasts, the NSYMCA offers multiple courts available for open court and league play. Private and group lessons are available with Howie Robins, an AmPRO Certified Advanced Instructor and member of the US Racquetball Association. Court time is free of charge for Y members. The Y courts are also used for Wallyball, personal and group training and even table tennis when scheduled.

“We are so pleased to receive this recognition, since it reflects the widespread attraction and enthusiasm for the NSYMCA from all over the North Shore,” notes Howard Schultz, President/CEO of the NSYMCA. “These are just three of the areas in which our Y goes above and beyond to provide top-quality programs and facilities for our community. Most importantly, the Y is available to everyone in the community, with financial assistance available to those who need it. Awards like these show that we are achieving our goals, which inspires us to continue to aim higher.”

Celebrating its 50th anniversary in 2018-19, the NSYMCA is well known in the community for the breadth and quality of its programs, as well as its welcoming, inclusive atmosphere. Located at 2705 Techny Road in Northbrook, the NSYMCA serves 15 local municipalities with a full spectrum of classes, camps, and community events for all ages in its 80,000 square foot facility. Major renovations and continuing upgrades have enhanced the Y’s facility, creating an attractive, accessible and energy-efficient environment for members and guests.

For information about programs at the North Suburban YMCA, visit [NSYMCA.org](https://www.nsymca.org).

About the [North Suburban YMCA](https://www.nsymca.org)

Celebrating its 50th Anniversary in 2018/19, the North Suburban YMCA provides individuals in Northbrook and 15 surrounding communities with programs and tools that help them become healthier, more connected, and confident, ensuring that everyone, regardless of age, income, or background, has the opportunity to learn, grow, and thrive. The NSYMCA focuses on Youth Development, Healthy Living, and Social Responsibility and is a charitable organization, inclusive and welcoming to all in our community. Learn more at [NSYMCA.org](https://www.nsymca.org).



The North Suburban YMCA received “Best of” recognition in the 2018 Make It Better awards for Best Swim School, Best Indoor Pool, and Best Racquet Sports Club in the Chicago suburbs.

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