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**NORTH SUBURBAN
YMCA**

2705 Techny Road
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www.nsymca.org

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FOR IMMEDIATE RELEASE

Preschool Dance Classes at YMCA Inspire Confidence, Healthy Habits for Little Ones

Northbrook, IL: August 2014 – Dawn Spitzer of Northbrook and her three-year-old daughter Courtney have a new favorite game at home: Ballet Class. “She pretends to be the instructor, and I get to be her student,” shares Spitzer, “She’s so cute and serious: ‘One, two, three. One, two, three. Good job, bend your knees, Mommy.’ She loves to dance and the classes have taught her so much.” Courtney’s enthusiasm for dance is being nurtured in preschool ballet classes at the North Suburban YMCA.

North Suburban YMCA Preschool Dance classes are designed to enhance fine and gross motor skills and cultivate imagination, creativity and social development in a caring environment. Classes are fun for the children, and can be seen as an investment in their future. Dance instruction assists in child development and readiness for school through an engaging and structured curriculum.

The North Suburban School of Dance, located at the North Suburban YMCA in Northbrook, has opened registration for its fall classes. The school offers programs in a wide range of dance styles for all ages, including a specially designed introductory program for preschoolers. Through this program, children as young as three can be introduced to the many benefits of dance education in a fun, welcoming environment.

“Dance education is a multifaceted process that helps young children grow stronger physically, mentally, and socially,” notes Joni Goldstein, Director of Performing Arts at the YMCA. “Dance teaches teamwork, enhances coordination, improves posture, and introduces children to new music and cultures. The structured class setting helps develop self-discipline, which can carry over into the school setting. And of course, the classes make healthy physical activity feel fun. It’s a wonderful opportunity for any child.”

The preschool dance curriculum includes classes in ballet, tap, and jazz. All classes are held at the North Suburban YMCA, 2705 Techny Road in Northbrook. For detailed information, see the YMCA Fall Program Guide available at www.nsymca.org, or contact Joni Goldstein, jgoldstein@nsymca.org.



Photo Caption: Fall Registration is now open for Preschool Dance classes at the North Suburban YMCA. Visit www.nsymca.org for schedules and information.

About the North Suburban YMCA

The NSYMCA is a not-for-profit entity and relies on donations to make services available for all families and individuals in its 15-city region. All board members are volunteers, who donate their time, talents and financial resources. Located at 2705 Techny Road in Northbrook, the YMCA has served the northern suburbs of Chicago for over 45 years. The Y is about youth development, healthy living, and social responsibility, providing programs and services that address the needs of our diverse community and are accessible to all. For more information or to make a donation, contact Barb Flanagin at 847-272-7250 or bflanagin@nsymca.org, or visit www.nsymca.org.