



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

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## **When the School Day Ends, Learning and Nurturing Continues at the North Suburban YMCA**

**Northbrook, IL** – With the start of the new school year around the corner, the North Suburban YMCA encourages parents and caregivers to make sure that children are involved in safe, educational experiences after school. To help nurture and inspire kids to discover their potential, the Y offers an afterschool program for children in grades K-5. Through a holistic approach to youth development, the Y’s afterschool program offers activities in a caring and safe environment where youth can achieve, feel a sense of belonging, build friendships and explore new interests.

“When the school day ends, continued learning can have a positive influence on how children perform in school, boosting school attendance and academic performance,” says Shannon Cartier, NSYMCA Youth Education Director. “With the support of nurturing adults, youth in afterschool programs cultivate the values, skills, and relationships that lead to positive behaviors, better health, and higher educational achievement.”

The Y is a leading charitable organization committed to nurturing the potential of every child and teen, supporting their social-emotional, cognitive, and physical development from birth to career. In the North Suburban YMCA’s Y-Time program for grades K-5, youth receive homework support and can also explore swimming, arts and crafts, sports, games, and more.

Children in the program have easy transitions to Y classes in dance, arts, aquatics, and other special interests. All these opportunities are based at the NSYMCA’s spacious facility at 2705 Techny Road in Northbrook, Illinois. Transportation is provided to the Y from schools in district 27, 28, 30, and 31.

Registration is now open for all Fall Session programs at the Y, with classes beginning August 29. Financial assistance is available to those in need through the NSYMCA Strong Kids Fund, to ensure every child and teen has the opportunity to learn and grow at the Y.

For more information about the North Suburban YMCA’s Y-Time program, please contact Shannon Cartier at [scartier@nsymca.org](mailto:scartier@nsymca.org) or visit [nsymca.org](http://nsymca.org).



*Photo Caption: Children in the North Suburban YMCA's Y-Time program continue their learning and social growth after school in a warm, nurturing environment.*

**About the North Suburban YMCA**

The North Suburban YMCA serves 15 northern suburbs of Chicago, and for over 48 years has provided programs and services that address youth development, healthy living, and social responsibility every day. Working together for good is who we are: An association of people united in a common effort to help individuals become healthier, more connected, and confident. There is no other nonprofit quite like the Y: We have the national and local presence and partnerships to not just promise, but deliver, positive change, making sure that everyone, regardless of age, income or background has the opportunity to learn, grow and thrive. For more information, visit [nsymca.org](http://nsymca.org)