



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN  
YMCA**  
2705 Techny Road  
Northbrook, IL 60062  
[www.nsymca.org](http://www.nsymca.org)

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**FOR IMMEDIATE RELEASE**

**Registration Open for Spring Classes at the  
North Suburban YMCA**

*Spring Session starts on March 28.*

**Northbrook, IL: March 2022** – Registration is underway for Spring session programs at the North Suburban YMCA with classes beginning the week of March 28. The Y offers an exciting variety of programs in fitness, sports, aquatics, and artistic enrichment for all ages at the Y facility located at 2705 Techny Road in Northbrook.

With summer approaching, spring is traditionally a busy time for swim lessons and lifeguard classes. YMCA aquatics teachers offer top quality swim instruction that emphasize safety skills and confidence in the water, available for both group and private lesson settings. Future lifeguards can take the class to become certified on either March 23 and 24, or April 9 and 10.

For parents who are looking for programs to keep their kids active and moving, the Y offers a lively selection of gymnastics and sports classes, plus an array of classes and workshops that help promote creativity, wellness, and healthy living including: the new “Tumble Tots” for 2-3 year-olds with a caregiver, “Mini Movers Dance” for ages 3-5, “Jewelry & Metalsmithing” for Grades 4-8, Girl Scout badge programs, “Beat Mixing” with Bach to Rock for Grades 2-6, “Engineering Construction Machines” in the SmartLab for 1<sup>st</sup>-5<sup>th</sup> Graders, and so much more.

What else would you like to promote??

“Our goal at the Y is to help build a strong community through programs for all ages that promote healthy living and youth development,” remarked Kathy Fielding, CEO of the North Suburban YMCA. “I’m proud to say that our offerings this spring are the best ever.”

Registration is also open for NSYMCA Summer Camps, with special rates available until May 1, 2022. The Y's 2022 camps include over 40 general and special interest day camps for children in pre-K through junior high school. The 2022 Camp Brochure, available online at [NSYMCA.org](https://www.nsymca.org), details all the exciting options including specialty camps in art, music, dance, cooking, science, digital media, and more. All camp programs provide a safe, nurturing, and creative environment to support the development of each child. Campers can take full advantage of the Y's indoor pool, large gyms, outdoor sports fields, and playgrounds. Camps also deliver flexibility and value by offering sessions by the week and camps by the day.

For more information and to register, visit [nsymca.org](https://www.nsymca.org) or call 847-272-7250. The complete NSYMCA spring guide can be found [here](#).

### **About the North Suburban YMCA**

The North Suburban YMCA services Northbrook and 14 surrounding communities with programs and tools that help its residents 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).



**PHOTO CAPTION:** *Registration is underway for Spring session programs such as gymnastics, sports, and artistic enrichment for all age groups with classes beginning the week of March 28.*

*Alternate photo:*

