



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN
YMCA**

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North Suburban YMCA Announces New Winter/Spring Programming

Registration Now Open

FOR IMMEDIATE RELEASE

Northbrook, IL; December 2022 – The North Suburban YMCA announced a new line-up of Winter/Spring offerings with classes beginning the week of January 2, 2023. Registration is available online and in-person for members and nonmembers. The Y's winter offerings are included in the new program guide available at www.nsymca.org and include a diverse line-up of programs that promote wellness and healthy living in fitness, sports, aquatics, children's programming, and artistic enrichment for all ages.

The 2023 Winter/Spring program highlights include:

Sports

- Indoor Pickleball

Visual Arts

- Preschool Clay
- Scribble Into Drawing
- Art Your Way
- Drawing Techniques
- Exploring Art Mediums
- Adult Ceramics & Glazing Techniques

Youth Development

- Kids' Beginner Sign Language
- Sign Language 101
- Fun with Music

- Battle Bots
- Demolition Robots
- Battle Tank Robots
- Amusement Park Tycoon
- Adventures in STEM with Lego's
- Pokemon Master Engineering
With Lego's

A membership to the North Suburban YMCA entitles participants to reduced pricing for classes and programs, priority registration, two floors of the latest equipment in cardio, strength, free weights, and circuit training, a modern strength training center and track , a six-lane, 25-yard pool, sauna, steam room, and whirlpool, a full-sized gymnasium, three racquetball courts with free play, and unlimited group exercise classes such as yoga, Les Mills, cycling, cardio and strength, aqua fitness, and more.

To view the program choices for NSYMCA 2023 Winter/Spring session, download the program guide [here](#), visit www.nsymca.org, call 847-272-7250, or stop by the Y at at 2705 Techny Road in Northbrook.

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.



Caption: *The North Suburban YMCA's Winter Program registration is now open with classes beginning January 2, 2023.*