



**NORTH  
SUBURBAN  
YMCA**

# 20 FALL 23 GUIDE

## **FALL I: (8/28-10/22)**

Member Registration: Now

Non-Member: 8/7

Regular Rate Begins: 8/7

## **FALL II: (10/23-12/23)**

Member Registration: Now

Non-Member: 10/2

Regular Rate Begins: 10/2

2705 Techny Rd.  
Northbrook, IL 60062  
847-272-7250  
nsymca.org



# NEW CLASSES For Fall 2023!



## NEW! ATHLETICS

- ADVANCED VOLLEYBALL (PG. 20)
- SCHOOLS DAY OUT SPORTS 4 GIRLS (PG. 20)

## NEW! GYMNASTICS

- BEGINNER (PG. 22)
- ADVANCED BEGINNER (PG. 22)

## NEW! DANCE

- MODERN/CONTEMPORARY (PG. 30)
- BOYS HIP HOP (PG. 31)

## NEW! VISUAL ARTS

- CHILD & PARENT 3D DESIGN WORKSHOPS (PG. 33)
- MORNING OF ART (PG. 34)
- PAINTING PLUS (PG. 35)
- CERAMIC TECHNIQUES (PG. 36)
- FUN & FUNCTIONAL CERAMICS (PG. 36)
- RPG VIDEO GAME DESIGN (PG. 37)
- SAFE PLACE EXPRESSIONS (PG. 37)
- SUPERHEROES (PG. 37)
- VIDEO EDITING FOR SOCIAL MEDIA (PG. 37)
- PHOTOGRAPHY (PG. 38)
- MEDITATIVE ART (PG. 38)
- PAINTING WITH MADDIE (PG. 38)

## NEW! INDOOR PICKLEBALL

The North Suburban YMCA is now offering INDOOR PICKLEBALL in our full-size gym! \*See page 24



## NEW! YOUTH DEVELOPMENT

- ROCK CITY (PG. 41)
- DESIGN A BATTLE BOT (PG. 42)



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## PROGRAM ENROLLMENT:

All programs have a minimum and maximum enrollment. If the minimum enrollment is not met prior to the start of the session, the NSYMCA may have to cancel, postpone or consolidate the program with another program. If the program is canceled, a voucher will be issued.

## OUR BAD!

The NSYMCA has made every effort to prepare our marketing materials as accurately as possible, however errors can occur. Circumstances may require that adjustments be made to programs, fees, schedules, etc. The NSYMCA reserves the right to make any such adjustments. We apologize for any inconvenience these errors may have caused

## AREAS WE SERVE

Buffalo Grove	Highwood	Northbrook
Deerfield	Lake Forest	Northfield
Glencoe	Lake Bluff	Riverwoods
Glenview	Libertyville	Wheeling
Highland Park	Lincolnshire	Winnetka

## OUR MISSION

The North Suburban YMCA promotes values that build strong families and the health of each individual's spirit, mind and body in an inclusive, welcoming environment. The YMCA is a community-based organization and believes that its programs and services should be available to everyone. Our scholarship program ensures that no one is turned away due to the inability to pay.

Building Hours		
Monday-Friday: 5:00am - 9:00pm	Saturday: 6:00am - 7:00pm	Sunday: 6:00am - 5:00pm
Free Babysitting While You Work Out	Pool Hours	Gym Hours
Please check our website for the most up to date Childwatch Hours, Pool Schedule and Gym Hours. Please visit our website for more details.		
Holiday Hours		
Labor Day: Sept 4: 6:00am - Noon	Thanksgiving Day: Nov. 23: 6:00am - Noon	Christmas Eve: Dec. 24: Y Closes at 2 pm
Christmas Day: Dec. 25: Closed	New Year's Eve: Dec. 31: Y Closes at 2pm	New Year's Day: Jan. 1: 9am - 5pm
<b>ON THE FOLLOWING DATES THERE WILL BE LIMITED ADULT FITNESS CLASSES AND NO PAID PROGRAM CLASSES:</b>	Labor Day Break: 9/1 After 3pm - 9/4	Rosh Hashanah: 9/16
	Yom Kippur: 9/25	Halloween Day: 10/31 after 3:00pm
	Thanksgiving Break: 11/22 after 3pm - 11/26	Winter break 2022: 12/25 -1/7/23

## THE TEAM

<b>Kathy Fielding</b> kfielding@nsymca.org CEO	<b>Kyle Bondzinski</b> kbondzinski@nsymca.org Volunteer Coordinator	<b>Ellen Mirochnick</b> emirochnick@nsymca.org Special Services Coordinator
<b>Barb Savino</b> bsavino@nsymca.org VP of Finance & HR	<b>Missy Contri</b> mcontri@nsymca.org Aquatics Director	<b>Kim Nyren</b> knyren@nsymca.org Director of Community Investment
<b>Ricky Gonzalez</b> rgonzalez@nsymca.org Sr. Director of Camp & Youth Programming	<b>Edwina DelGiudice</b> edelgiudice@nsymca.org Guest Services Manager	<b>Mike Ortiz</b> mortiz@nsymca.org Marketing Manager
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<b>Karen Brownlee</b> kbrownlee@nsymca.org Adult Programming Coordinator	<b>Val Lober</b> vlober@nsymca.org Director of Performing Arts	<b>Joanna Szewczuk</b> rentals@nsymca.org Rentals Coordinator
<b>Heidi Busch</b> hbusch@nsymca.org Membership Director	<b>Debbie Madeley</b> dmadeley@nsymca.org Development Director	<b>Cathie Winnie</b> cwinnie@nsymca.org Visual Arts Director
	<b>Tom March</b> tmarch@nsymca.org Aquatics Liaison	



# MEMBER BENEFITS

## FREE

- Unlimited group exercise classes including yoga, Pilates, TRX, cycle, and Les Mills programming
- Fitness assessment and consultation
- Special events for the whole family
- Family swimming and lap swimming
- Life enrichment seminars
- Open gym, volleyball, basketball, and pickleball
- Indoor & Outdoor Classes
- Virtual Classes

## DISCOUNTS

- Camp
- Personal training
- Small group training
- Swim lessons
- Sports and gymnastics
- Performing and visual arts classes
- Educational enrichment classes
- Massage by Ruby Therapeutic Massages

## FACILITY FEATURES

- Two floors of the latest in cardio, strength, free weights and circuit training equipment
- Modern strength training center and track for all levels of users
- Six-lane, 25 yard pool, sauna, steam room, and whirlpool
- Full-sized gymnasium
- Three racquetball courts with free play
- Men's and women's locker rooms
- Family locker room



**Financial assistance scholarships are available to those in need, stop at the guest services desk for more information!**

# HEALTH AND WELLNESS

## FREE!

As part of your membership, you receive complimentary:



### **FITNESS CENTER ORIENTATIONS:**

Learn the cardio and/or strength equipment in the fitness center.



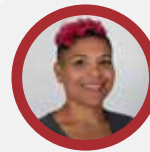
### **FITNESS CONSULTATIONS:**

This consult gives a member an idea of what types of exercises they can do, what classes to take for their fitness level, and the opportunity to ask specific questions about any programs that we offer.



### **FITNESS ASSESSMENTS:**

During this appointment, a member's body composition, weight and measurements will be obtained and a physical test will be done to determine recovery heart rate, upper body, and trunk strength.



**Megan Vazquez**  
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Sports & Wellness  
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YOU  
MAKE A  
DIFFERENCE!

Consider donating to our  
community today!

[nsymca.org/give](https://www.nsymca.org/give)





# INTRODUCING GROUP EX

## Adult

Group ex. classes are a great way to meet other members and build community, but they can also be intimidating. There are so many different class formats to choose from it can be overwhelming and we would like to help get you acclimated.

Join us every 2nd Saturday of the month at 12:30pm for the following intro classes:

September 9th: **Intro to Yoga & Meditation**

October 13th: **Intro to BODYPUMP**

November 11th: **Intro to Step**

December 9th: **Intro to Cycle**

**FREE and OPEN TO THE COMMUNITY!**

# FREE UNLIMITED CLASSES FOR MEMBERS



Check out our Virtual Options at Virtual Y!

SCAN OUR QR FOR THE LATEST GROUP EXERCISE CLASSES



## MORE THAN 60 CLASSES!

- Les Mills BODYCOMBAT™
- Les Mills BODYBALANCE™
- Les Mills BODYPUMP™
- Les Mills CORE™
- Les Mills RPM™
- Les Mills TONE™
- Active Adult Classes (AOA)
- Aqua Classes
- Balance Classes
- Barre Sculpt
- Cardio Classes
- Cardio & Strength
- Combo Classes
- Cycle Classes
- Dance-Based Fitness
- HIIT Classes
- Barre Classes
- Strength Classes
- TRX Suspension
- Training
- Yoga Classes
- Zumba®

## SMALL GROUP EXERCISE



### CIRCUIT TRAINING

**Adult**

Cardio and strength-training exercises burn more calories while toning your muscles at the same time. A different workout each week with equipment provided to challenge your body. All fitness levels welcome.

### BODY LIBERATION 101

**Adult**

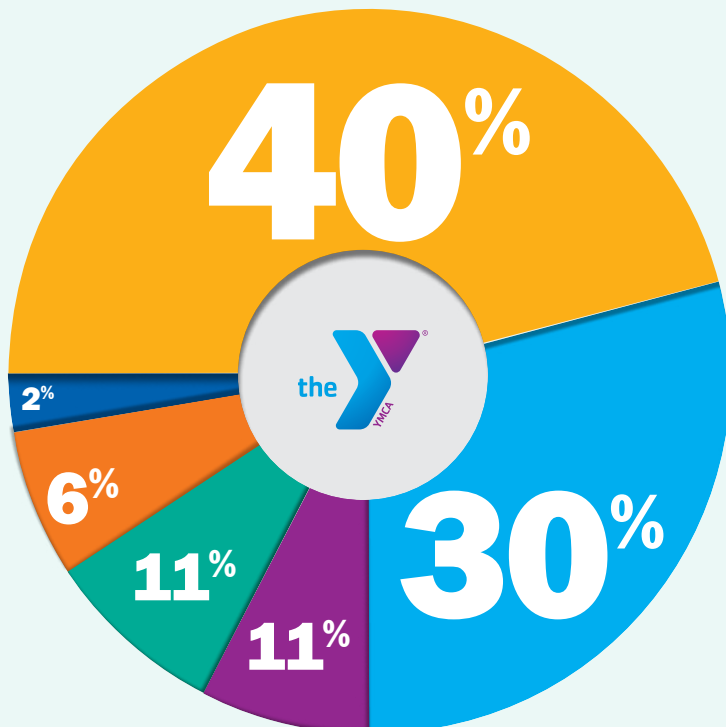
Changing your relationship with your body can not only be liberating, but it can also change the world. This small group will help you develop a sense of purpose and self-worth outside of your appearance. This course will help you: recognize harmful messages in media and culture about female bodies, reflect on the ways those ideals have impacted our lives, and redefine the ways you think about beauty, health, and individual worth.

2023 FALL SESSION				Fall I (8/28-10/22)			Fall II (10/23-12/23)		
				NOW	8/7		NOW	10/2	
Class	Age	Day	Time	\$ YM	\$ YM	\$ NM	\$ YM	\$ YM	\$ NM
Circuit Training	18 yrs & up	Th	9:00-10:00am	\$176	\$192	\$352	\$176	\$192	\$256
Body Liberation 101		W	12:30-1:30pm			\$256	\$198	\$216	

See Updated Classes Here



While your **MEMBERSHIP FEES** keep our facility **running, maintained, and staffed**; your **DONATED DOLLARS** make an impact on our greater communities!



- Financial Assistance
- Community Service
- Access for Community Non-profits
- Special Needs
- YMCA Education Series
- Military and Layoff Financial Assistance

**THANK YOU FOR YOUR CONTINUED SUPPORT!**

### INDIVIDUAL TRAINING

Trainers will help you maintain dedication and eliminate guesswork from your exercise program. You will receive a training program custom-designed for your individual needs and goals.

### MIND-BODY TRAINING

One-on-one yoga and/or Pilates sessions allow you the opportunity to receive personal guidance and instruction, with 100% of the trainer’s attention.

### PARTNER TRAINING

Work with a friend, family member or co-worker to meet the same goals while working with a trainer.

INDIVIDUAL TRAINING		
Session	YM	NM
1 hour	\$65	\$100
4 hours	\$260	\$400
8 hours	\$520	\$800
12 hours	\$754	
16 hours	\$960	
24 hours	\$1,340	
PRIVATE MIND-BODY PERSONAL TRAINING		
Y MEMBERS ONLY		
1 hour	\$80	
4 hours	\$320	
8 hours	\$640	
12 hours	\$900	

See Updated Classes Here



PARTNER TRAINING	
Y MEMBERS ONLY	
4 hours	\$440
8 hours	\$800
12 hours	\$1,080

### MOVE FOR LIFE

8-11 years

Move for Life will show children that physical activity can be fun and enjoyable. This class will use circuit training physical activities that are fun and engaging to help build confidence and healthy social relationships with their peers.

### YOUTH GROUP TRAINING

9-12 years

Youth Group Training will focus on bodyweight, posture, strength, speed, endurance, coordination, and flexibility to build a good foundation for all sports.



**4 HOURS OF STUDENT PERSONAL TRAINING FOR \$208!**

See Student Personal Training in the chart below.

2023 FALL SESSION				Fall I (8/28-10/22)			Fall II (10/23-12/23)		
				NOW	8/7		NOW	10/2	
Class	Age	Day	Time	\$ YM	\$ YM	\$ NM	\$ YM	\$ YM	\$ NM
Move for Life	8-11 yrs	W	4:15-5:00pm	\$160	\$176	\$240	\$160	\$176	\$240
Youth Group Training	9-12 yrs	T&Th		\$240	\$320	\$480	\$240	\$320	\$480
Student Personal Training (NSYMCA members only)	10-22 yrs	Contact <b>Megan Vazquez</b> at <a href="mailto:mvazquez@nsymca.org">mvazquez@nsymca.org</a>		\$208					

See Updated Classes Here





# CHRONIC DISEASE PREVENTION

## DIABETES PREVENTION PROGRAM

### 18 years and up

Helps adults at high risk of developing type 2 diabetes reduce their risk by taking steps to improve their overall health and well-being. **Research by the National Institute of Health has shown that programs like the Y's Diabetes Prevention Program can reduce the number of new cases of type 2 diabetes by 58% overall and 71% in adults over the age of 60. Financial Assistance is Available.**



See Updated Classes Here



## ENHANCE® FITNESS

### All Levels

The YMCA's Enhance® Fitness is a proven community-based senior fitness and arthritis management program. It helps older adults become more active, energized, and empowered for independent living. For more information, please contact Megan Vazquez at [Megan Vazquez at mvazquez@nsymca.org](mailto:Megan Vazquez at mvazquez@nsymca.org)

2023 FALL SESSION				Fall I (8/28-10/22)			Fall II (10/23-12/23)		
				NOW	8/7		NOW	10/2	
Class	Age	Day	Time	\$ YM	\$ YM	\$ NM	\$ YM	\$ YM	\$ NM
Y's Diabetes Prevention Program (Virtual)	18 yrs & up	M	5:00-6:00pm	\$529					
		W					\$529		
Enhance Fitness		M,W,F	11:30 - 12:30pm	FREE	\$504		FREE	\$378	

WE'RE PROUD TO SUPPORT THE  
NORTH SUBURBAN YMCA

Being a true local bank means doing our part to give back to the organizations that unite and strengthen our area. We're proud to support the North Suburban YMCA and its dedication to ensuring everyone in our community has the opportunity to learn, grow, and thrive.

WINTRUST  
COMMUNITY BANKS

[wintrust.com/findus](http://wintrust.com/findus)

# ACTIVE ADULTS

## BASIC CARDIO

### Adult

Utilize low-impact moves in this joint-friendly class. Geared for a low to moderate intensity level, the class will include cardiovascular, strengthening, and stretching exercises.

## CARDIO & LIGHT WEIGHTS

### Adult

This new class combines 45 minutes of cardiovascular exercises interspersed with three sections of lifting light weights as an interval training workout to get your heart rate up and train your heart and lungs to improve their function while maintaining and possibly building muscle strength in your extremities. The 45 minutes includes a warm-up and cool-down and is followed by a 15-minute full-body stretch. Students are encouraged at their own pace and within their own fitness level throughout the class.



## CHAIR YOGA

### Adult

In this class you can use the chair as a support and stabilizer during yoga poses, or do all the poses standing up if you so choose! This is the perfect class for all ages and abilities, and will help to improve your physical and mental fitness.

## CORE AND FUNCTIONAL STRENGTH

### Adult

This class is designed for seniors and for people with special bodily challenges who want to pay close attention to form and function. In FS&C we work to build strength focusing on core, posture and how body parts interact while moving functionally throughout your day. We incorporate bodyweight exercises, dumbbells and balance moves to build strength and endurance. The class ends with 15 minutes of flexibility exercises designed to reduce muscle soreness and improve functionality.

## ENHANCE YOUR BALANCE

### Adult

Enhance Your Balance will incorporate a variety of exercises including balance, coordination, bodyweight strength, and flexibility to prevent falls, improve balance, and increase the ability to navigate surroundings.

2023 FALL SESSION		Fall I (8/28-10/22)		Fall II (10/23-12/23)			
		NOW	8/7	NOW	10/2		
Day	Time	\$ YM	\$ NM	\$ YM	\$ NM		
<b>BASIC CARDIO</b>							
M	10:15 -11:10am	FREE	\$108	FREE	\$162		
W			\$144				
F			\$126				
<b>CARDIO &amp; LIGHT WEIGHTS</b>							
M	8:00-8:45am	\$84	\$102	\$108	\$126	\$153	\$162
F		\$98	\$119	\$126	\$112	\$136	\$144
<b>CHAIR YOGA</b>							
T	11:15 -12:00pm	FREE	\$144	FREE	\$162		
Th			\$180				
<b>CORE &amp; FUNCTIONAL STRENGTH</b>							
T	8:00-8:55am	\$112	\$120	\$144	\$126	\$135	\$162
Th					\$112	\$120	\$144
<b>ENHANCE YOUR BALANCE</b>							
T	10:15-11:00am	FREE	\$144	FREE	\$162		
Th						\$144	
<b>IMPROVE YOUR BALANCE</b>							
W	8:00 -8:45am	\$112	\$120	\$144	\$126	\$135	\$162

## IMPROVE YOUR BALANCE

### Adult

If you have any concerns about your balance or are noticing changes in your ability to balance, this class is for you. Improve Your Balance takes you through a series of standing and seated exercise to strengthen your muscles and joints, to improve your posture and flexibility, and to build your endurance and awareness of your body in space.

# FREE ACTIVITIES

The NSYMCA offers a variety of free social opportunities for adults in our community geared toward bringing people together for fun, entertainment and to support one another. Join us for any or all the following by contacting **Karen Brownlee** at [kbrownlee@nsymca.org](mailto:kbrownlee@nsymca.org) to register.



## BRAIN GAMES

Mondays, Wednesdays and Fridays at 9:15 am

## CAREGIVER SUPPORT GROUP

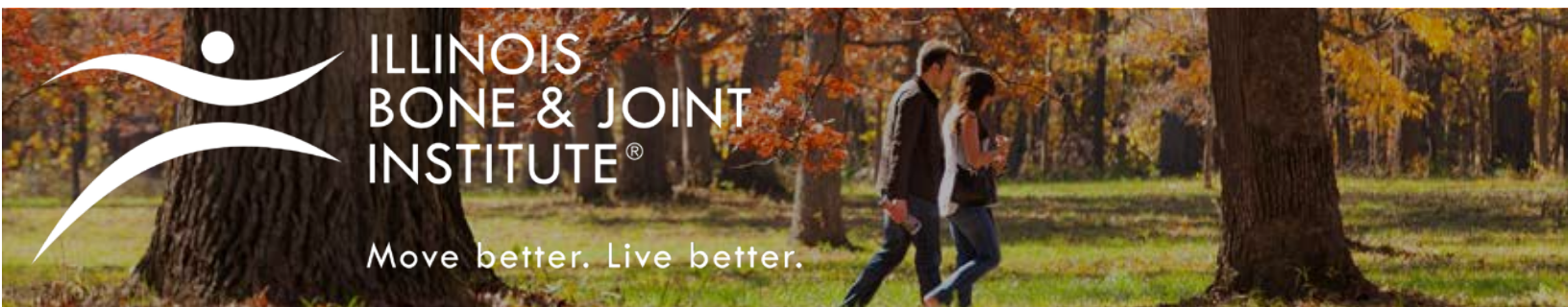
Fridays at 10:30 am

## SOCIAL CLUB LUNCH

2nd Thursday of the month at 11:45 am

## SOCIAL CLUB DINNER

4th Monday of the month at 5:30 pm



## Orthopedic Care Dedicated to Helping You Move Better and Live Better

- Orthopedic Care
- Rheumatology
- Pain Management
- Pediatrics
- Podiatry
- Outpatient Joint Replacement
- OrthoAccess Immediate Care
- Sports Neurology
- Rehab
- MRI
- Health and Performance
- Sports Medicine

[ibji.com](http://ibji.com)





# YMCA EDUCATION SERIES

**North Suburban YMCA**

PRESENTED BY: NORTHBROOK WOMAN'S CLUB FOUNDATION

## LEARN FROM EXPERTS IN OUR COMMUNITY ABOUT TOPICS THAT ARE OF INTEREST TO YOU!

The NSYMCA, in cooperation with our partners, is pleased to present the YMCA Education Series (Y.E.S.) where professionals share their expertise about health, wellness, life planning, estate planning, financial planning, internet safety, physical therapy, fitness, meditation, nutrition, and the list goes on. Each week different speakers share their knowledge during virtual presentations which are also recorded and offered as podcasts for later viewing. To find a list of upcoming Y.E.S. programs visit our website at [www.nsymca.org](http://www.nsymca.org)!

For more information on how to be a presenter or sponsor, contact Kim Nyren at [knyren@nsymca.org](mailto:knyren@nsymca.org).

Use our QR Code to  
view our latest Y.E.S.  
Programming talks



### THANK YOU TO OUR 2023 Y.E.S PARTNERS



Northbrook Woman's Club



alzheimer's association®



# AQUATICS

## DID YOU KNOW?

The YMCA has long been known as the gold standard for swim lessons. After all, the Y organized the very first group swim lessons in 1909. Here at the NSYMCA, we continue that tradition, offering swim lessons for individuals of all ages and abilities. Our knowledgeable and helpful staff want to ensure everyone has a chance to be confident, happy, and safe in the water.

## FREQUENTLY ASKED QUESTIONS

### Q: What level do I register my child for?

A: All swimmers will be tested on the first day of class and placed in the appropriate level. If your swimmer tests into a different level not offered during that class, they will need to move to the correct class.

### Q: Does the Y allow make-up lessons?

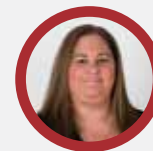
A: Due to the popularity of the program our classes fill to capacity. This makes make-up classes not possible. We find that moving a child to another class even one time affects the dynamics of the class. Our instructors teach to the individual and will work to ensure that missing one or two classes will not affect the child's progress.

### Q: My child has some special needs/ circumstances. Do you have instructors that are trained in special needs?

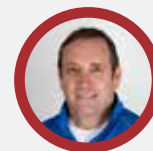
A: Swimmers with special needs are always welcome. We have a well developed swim program and staff that are highly versed in special needs. If your child does have needs, please let the instructor know so we can offer the best lesson possible.

### Q: Can my child sign up for 2 swim lessons?

A: Participants can register for only one swim lesson per day. Participants cannot register for consecutive swim lessons on the same day. Data has shown that back to back lessons are not efficient for learning as the lesson starts over with a different instructor for the second 30-minute swim class.



**Missy Contri**  
Aquatics Director  
mcontri@nsymca.org



**Tom March**  
Aquatics Liaison  
tmarch@nsymca.org



## HELP SAVE A CHILD'S LIFE!

The 2 Seconds, 2 Long Swim Safety Program is focused on giving all 1st & 2nd graders in our community the opportunity to become safe around water without regard to their ability to pay for lessons.

For more information, please contact Missy Contri at [mcontri@nsymca.org](mailto:mcontri@nsymca.org)



Private Lesson Request Form



## PRIVATE SWIM LESSONS

**3 yrs – Adult**

These one-on-one lessons are 30 minutes in length. DIRECTOR'S APPROVAL IS NEEDED PRIOR TO REGISTRATION. Interested swimmers should fill out a Private Swim Lesson request form. We are known for our special needs private lessons specifically designed for each participant with the initial goal of water safety in and around the water. Please contact [Missy Contri at mcontri@nsymca.org](mailto:MissyContri@nsymca.org) for more information.

2023 FALL SESSION	Fall I (8/28-10/22)		Fall II (10/23-12/23)	
	\$ YM	\$ NM	\$ YM	\$ NM
Day				
Mon	\$300	\$480	\$450	\$720
Tues	\$400	\$640	\$400	\$640
Wed				
Thurs				
Fri	\$350	\$560		
Sat	\$300	\$480		
Sun	\$350	\$560		

North Suburban YMCA Swim Lessons use a learn-to-swim progression from water orientation to stroke development that meets the needs of swimmers of all levels. Participants learn water safety skills and proper swimming technique in a fun and supportive environment.

In a progressive program such as ours, correct placement is a key to success. All swimmers will be tested on the first day of class and placed in the appropriate level. Children will be advanced to the next level as soon as they have mastered the required skills. Some levels are more difficult than others and are designed to take several sessions to complete before advancing. For specific swim levels please visit us online at [nsymca.org](http://nsymca.org).

## PARENT-CHILD SWIM LESSONS

**6 mo – 3 yrs with Adult**

Parents accompany their child in the water, which allows infants and toddlers to gently discover the aquatic environment and encourages them to enjoy the water while learning. Children will explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills. Children must wear swim diapers (with snug-fitting elastic around the legs) under a swimsuit.

## PRESCHOOL SWIM LESSONS

**3–6 yrs**

Our preschool swim lessons introduce water propulsion, floating, body awareness, and independence, all while focusing on water safety. We introduce the basic swim strokes, including front crawl and back crawl. Swimmers will learn swim skills designed for preschoolers based on their body development. Preschool levels are: Pike, Eel, Ray, and Starfish.

## YOUTH SWIM LESSONS

**6–14 yrs**

Youth swim levels will introduce water propulsion, floating, body awareness, and independence, all while introducing the basic swim strokes of front crawl and back crawl. Advanced levels will learn the competitive strokes and work on building swim endurance. Youth levels are: Polliwog, Guppy, Minnow, Fish, Flying Fish, and Shark.

## ADULT & TEEN SWIM LESSONS

**14 yrs – Adult**

Adults and teen lessons are taught in a smaller group setting, concentrating on the needs of individual swimmers as their skills progress. Beginner and Intermediate levels will emphasize water propulsion, floating, body awareness, and independence, all while introducing the basic swim strokes of front crawl, back crawl, and breaststroke.



See Updated Classes Here



2023 FALL SESSION				Fall I (8/28-10/22)			Fall II (10/23-12/23)		
				NOW	8/7		NOW	10/2	
Class	Age	Day	Time	\$ YM	\$ YM	\$ NM	\$ YM	\$ YM	\$ NM
<b>PARENT - CHILD SWIM LESSONS</b>									
Parent - Child	6 mo-3 yrs	M	6:00-6:30pm	\$84	\$96	\$126	\$126	\$144	\$189
		Th	10:15-10:45am	\$112	\$128	\$168	\$112	\$128	\$168
		Sa		\$84	\$96	\$126			
<b>PRESCHOOL SWIM LESSONS</b>									
Preschool Block - All Preschool Levels	3 yrs - K	M	6:00-6:30pm	\$96	\$108	\$138	\$144	\$162	\$207
		T	10:15-10:45am	\$128	\$144	\$184			
			10:45-11:15am						
			4:15-4:45pm						
		Th	10:15-10:45am	\$128	\$144	\$184			
			10:45-11:15am						
			5:25-5:55pm						
		Sa	10:15-10:45am	\$96	\$108	\$138	\$128	\$144	\$184
10:50-11:20am									
Sports & Swim	See page 19								
<b>YOUTH SWIM LESSONS</b>									
All Youth Levels	1st-14 yrs	M	6:35-7:05pm	\$96	\$108	\$138	\$144	\$162	\$207
			7:10-7:40pm						
		Tu	4:50-5:20pm	\$128	\$144	\$184	\$128	\$144	\$184
			5:25-5:55pm						
		Th	4:15-4:45pm	\$128	\$144	\$184	\$128	\$144	\$184
			4:50-5:20pm						
		Sa	9:05-9:35am	\$96	\$108	\$138	\$128	\$144	\$184
			9:40-10:10am						
11:25-11:55am									
<b>ADULT &amp; TEEN SWIM LESSONS</b>									
All Levels	14 & up	M	11:00-11:30am	\$96	\$108	\$138	\$144	\$162	\$207
			7:45-8:15pm						
		Tu	11:15-11:45am	\$128	\$144	\$184	\$128	\$144	\$184
		Th							



## SPECIAL OLYMPICS FLYING TURTLES SWIM TEAM 8-22 years

The North Suburban YMCA Special Olympics Swim Team is well known on the North Shore for offering our swimmers the best combination of the team sport of swimming and individual challenge in a social environment. All participants must be at least 8 years old with intellectual disabilities and able to swim 25 yards on their back and front unassisted.

Participants are welcome to register for 1, 2 or all 3 days during the week but only 1 practice time per day. Swimmers may be asked to move to a different practice time on the same day based on the swimmers needs and swim groups.

All new swimmers will be asked to come in for a water acclimation to determine the best options going forward. Please contact **Missy Contri** at [mcontri@nsymca.org](mailto:mcontri@nsymca.org) for swim assessment.

2023 FALL SESSION			Fall I & II (9/6-12/22)	
Age	Day	Time	\$YM	\$ NM
8-22 yrs	W	4:15-4:55pm	\$252	\$322
		5:00-5:40pm		
	F	4:15-4:55pm		
		5:00-5:40pm		
	Su	11:30-12:10am		
		12:15-12:55pm		

For more information please visit us online at [nsymca.org](http://nsymca.org).



## SWIM TEAM/CLUB PROGRAM 8 years – 18 years

The NSYMCA swim team program focuses on endurance & stroke mechanics as we are a non-competitive developmental program. Our goal is to help bridge the gap between swim lessons and competitive swim team programs. Swimmers work to refine their strokes in a swim team/club type environment. Swimmers will pick 2 practice time upon registration.

For swim club and to try out, swimmers should be able to swim full lengths (25-50 yards) of all strokes including proper breathing. Please contact **Missy Contri** at [mcontri@nsymca.org](mailto:mcontri@nsymca.org) for swim assessment.

Current swim lesson participants may join swim team without trying out if eligible. Swimmers with Fish level skills will join the intermediate swim group. Swimmers with Flying Fish or Shark level skills will join the advanced swim group.

Tryouts will be available August 28th & 30th at 4:15pm.  
Contact: Missy Contri at [mcontri@nsymca.org](mailto:mcontri@nsymca.org)

2023 FALL SESSION (PICK 2 DAYS)				Fall I & II (9/6-12/22)	
Class	Age	Day	Time	\$YM	\$ NM
Swim Team (Intermediate)	8-18 yrs	M	4:15-4:55pm	\$420	\$700
		W	6:00-6:40pm		
		F	4:15-4:55pm		
Swim Team (Advanced)		M	5:00-5:50pm	\$490	\$910
		W	6:45-7:25pm		
		F	5:00-5:50pm		

For more information please visit us online at [nsymca.org](http://nsymca.org).



See Updated  
Classes Here

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**We've just celebrated our 1st anniversary!**



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# FREE WATER FITNESS CLASSES

## FOR MEMBERS

### AQUA BLAST

#### Adult

An invigorating water workout that is a mid-intensity level class for all ages, skill and fitness levels. The workout is designed for shallow water where more resistance occurs so challenge your body and core through water resistance exercises.

### AQUA COMBO

#### Adult

This gentle combination of shallow water and deep water aerobics is perfect for those who want a great all-around workout. This class promotes strength, relaxation, improved circulation, and increased mobility and flexibility. This class is designed for anyone with any joint or mobility problems, recovering from surgery, or simply needing a slow, gentle exercise program.

### AQUA ZUMBA

#### Adult

Zumba philosophy with traditional aquatic fitness disciplines, Aqua Zumba classes blend it all into a workout that's cardio-conditioning, body-toning and most of all, exhilarating beyond belief.

View the official  
NSYMCA Pool  
schedule [HERE](#)



**LAP SWIM  
AVAILABLE**

SEE [NSYMCA.ORG](http://NSYMCA.ORG) FOR MORE INFO.

**Go clean.  
Go happy.  
Guaranteed.**



NORTHBROOK • 2300 WAUKEGAN RD.  
HIGHLAND PARK • 64 SKOKIE VALLEY RD.  
VERNON HILLS • 860 S. MILWAUKEE AVE.  
SKOKIE • 9208 SKOKIE BLVD.

**Waterway**  
CARWASH  
[waterway.com](http://waterway.com)

# ATHLETICS

## YOUTH SPORTS

### PRESCHOOL SPORTS

3-5 yrs

Come move and play with us this fall at Preschool Sports! Each week we will highlight a different sport from: soccer, basketball, T-ball, & MORE! Whether your little one loves all sports or wants to explore new fun games for the very first time; Preschool Sports is the place to be!

### PRESCHOOL SPORTS & SWIM COMBO

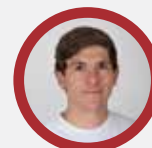
3-5 yrs

Try our Preschool Sports & Swim Lessons Combo! Our staff will transition all our Preschool Sports participants from our sports class to swimming each session. Two classes worth of activity time and fun with the benefit of our staffs' supervision. Drop off for sports and pick up at the end of swimming!

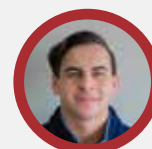
### SPORTS & GYMNASTICS

3-5 yrs

Burn some energy and have fun! Class will have gymnastics work combined with sports such as basketball, soccer and t-ball. We emphasize having fun in a non-competitive environment while learning how to play as a team and improving individual sports and gymnastics skills.



**Alex Brodell**  
Sports Coordinator  
abrodell@nsymca.org



**Jordan Levy**  
Head Gymnastics Coach  
jlevy@nsymca.org

See Updated  
Classes Here



2023 FALL SESSION				Fall I (8/28-10/22)			Fall II (10/23-12/23)		
				NOW	8/7		NOW	10/2	
Class	Age	Day	Time	\$ YM	\$ YM	\$ NM	\$ YM	\$ YM	\$ NM
Preschool Sports	3-5 yrs	Tu	9:15-10:00am	\$108	\$128	\$152	\$122	\$144	\$171
		Th							
Preschool Sports & Swim Combo		Tu	9:15-10:45am	\$208	\$240	\$280	\$234	\$270	\$315
		Th							
Sports & Gymnastics		W	11:00-11:45am	\$108	\$128	\$152	\$122	\$144	\$171

## VOLLEYBALL

**Grades 2-4**

This program was supported by the Ruth Schultz Bright Days Fund

This co-ed program focuses on learning and improving skills such as passing, setting, and serving. Great for players with a minimal experience or looking to get into the game.

## ADVANCED VOLLEYBALL

**Grades 3-5**

**NEW!**

This co-ed program focuses on the next step to becoming a complete volleyball player. This class will provide drills on footwork, hitting, passing, setting, and game like scenarios. Great for players in their offseason or looking to sharpen their skills.

## BASKETBALL SKILLS & DRILLS

**Grades 1-5**

Basketball Skills & Drills introduces the game of basketball in a safe and fun environment through skill-building activities and non-traditional games. The program emphasizes teamwork and good sportsmanship while building confidence and skills. Players will learn and strengthen the basic skills of the sport like ball handling, passing, shooting, rebounding, defense and more. Each session will also feature a wide variety of more than 30 innovative and exciting activities including: around the world shooting, hot lava dribble, dribble knock out and money ball. We want every child that participates in this program to feel safe, excited and eager to play basketball!

## SCHOOLS DAY OUT SPORTS 4 GIRLS

**Grades K-2nd**

**NEW!**

GirlStrong action is coming your way!

Join Game On! Sports 4 Girls for a day of active and creative fun!

Sports play, team building, community service, GirlStrong discussion and more may fill our time together. Sports we play may include soccer, basketball, lacrosse, volleyball, field hockey, softball, touch rugby - the list goes on!

Full (9am-3pm) and half day (9 am-12pm, not including lunch) options available.

All girls should come ready to play in athletic clothes and sneakers. Please bring a water bottle and snack (nut-free). Full day participants should also bring a nut-free lunch.

**Dates Running: 9/25/23 and 11/22/23**



## PRIVATE LESSONS AVAILABLE!

**Grades 1-12**

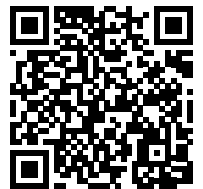
**YM: \$60 NM: \$80**

For more information:

Alex Brodell  
[abrodell@nsymca.org](mailto:abrodell@nsymca.org)

2023 FALL SESSION				Fall I (8/28-10/22)			Fall II (10/23-12/23)		
				NOW	8/7		NOW	10/2	
Class	Age	Day	Time	\$YM	\$YM	\$NM	\$YM	\$YM	\$NM
Volleyball	Grades 2-4	Tu	4:15-5:15pm	\$120	\$136	\$160	\$135	\$153	\$180
		Th					\$120	\$136	\$160
Advanced Volleyball (NEW)	Grades 3-5	W	5:30-6:30pm	\$90	\$102	\$120	\$135	\$153	\$180
Basketball Skills & Drills	Grades 1-2	M	4:15-5:15pm				\$120	\$136	\$160
	Grades 3-5	W							
Sports 4 Girls Full (NEW)	K-2nd	9/25 & 11/22	9:00-3:00pm		\$96	\$108		\$96	\$108
Sports 4 Girls Half (NEW)			9:00-12:00pm						

See Updated Classes Here







## TUMBLE TOTS

**2-3 yrs w/ Caregiver**

Join your toddler as they experience a gymnastics class for the first time with our Tumble Tots program! This Caregiver-Child class focuses on developing good habits in the gymnastics gym and develops gross motor skills, coordination, and socialization. Tots will be lead through a variety of skills on the gymnastics apparatus with their grown up there to help!

## LITTLE GYMNASTS

**3-4 yrs**

This class is for boys and girls with little or no experience in a structured gymnastics class. Emphasis is on development of motor skills, coordination, and making new friends. This class covers stretching, basic tumbling and an introduction to various gymnastics positions and equipment.

## TERRIFIC TUMBLERS

**4-6 yrs**

This class is designed for boys and girls who are new to our gymnastics program or have successfully completed our Little Gymnasts program and want to enhance coordination and improve body awareness and strength. In addition to the basic tumbling, more advanced tumbling skills and instruction on bars, beam, and vault will help enable a smooth transition into the Progressive Level Gymnastics.

2023 FALL SESSION				Fall I (8/28-10/22)			Fall II (10/23-12/23)					
Class	Age	Day	Time	NOW	8/7		NOW	10/2				
				\$ YM	\$ YM	\$ NM	\$ YM	\$ YM	\$ NM			
Tumble Tots	2-3 yrs w/adult	M	10:30-11:00am	\$66	\$78	\$96	\$99	\$117	\$144			
		Sa	9:00-9:30am				\$88	\$104	\$128			
			9:30-10:00am									
Little Gymnasts	3-4 yrs	M	10:00-10:30am	\$88	\$104	\$128	\$99	\$117	\$144			
			6:30-7:00pm									
		W	9:30-10:00am									
		F	9:30-10:00am				\$77	\$91	\$112			
		Sa	10:00-10:30am				\$66	\$78	\$96			
Terrific Tumblers	4-6 yrs	W	10:00-10:45am	\$96	\$112	\$136	\$96	\$112	\$136			
			6:30-7:15pm									
		F	10:00-10:45am							\$84	\$98	\$119
		Sa	10:30-11:15am							\$72	\$84	\$102

# GYMNASTICS: PROGRESSIVE BLOCK

Gymnasts are assessed on the first day of progressive block classes and assigned to the appropriate levels within each time block.

## BEGINNER

Grades 1-8

**NEW!**

This is the first level in our Progressive Gymnastics Program. Emphasis will be on floor work, form, and improving strength. Basic work on uneven bars, balance beam, and vault will be taught.

## ADVANCED BEGINNER

By placement only, must have completed one full session in our beginner class

**NEW!**

In this class gymnasts will begin working on advanced progressions of their basic skills, such as back handsprings and back hip circles on bars. To enter this class, you must have a pullover on bars, a running straight jump with assemble on vault and a bridge stand-up or back bend on floor.

\*No class on 11/17

This program was supported by the Ruth Schultz Bright Days Fund and Civic Foundation.



2023 FALL SESSION				Fall I (8/28-10/22)			Fall II (10/23-12/23)			
				NOW	8/7		NOW	10/2		
Class	Age	Day	Time	\$YM	\$YM	\$NM	\$YM	\$YM	\$NM	
Beginner (NEW)	Grades 1-8	M	4:15-5:15pm	\$84	\$96	\$114	\$126	\$144	\$171	
		W	5:15-6:15pm	\$112	\$128	\$152	\$112	\$128	\$152	
		F	4:15-5:15pm	\$84	\$96	\$114	\$98	\$112	\$133	
			5:15-6:15pm				\$126	\$144	\$171	
Advanced Beginner (NEW) *No class on 11/17		M	5:15-6:15pm	4:15-5:15pm	\$112	\$128	\$152	\$112	\$128	\$152
		W	5:15-6:15pm							
		F	4:15-5:15pm	\$84	\$96	\$114	\$98	\$112	\$133	
			5:15-6:15pm				\$112	\$128	\$152	
All	K-12	Sa	10:00-11:00am	\$98	\$112	\$133	\$112	\$128	\$152	

# GYMNASTICS: COMPETITIVE

The NSYMCA Competitive Gymnastics Team is a USA Gymnastics Xcel Team that competes throughout the area in USAG Sanctioned meets. Please note that additional fees are required for meets and team apparel.

## PRE-TEAM GYMNASTICS

### By placement only

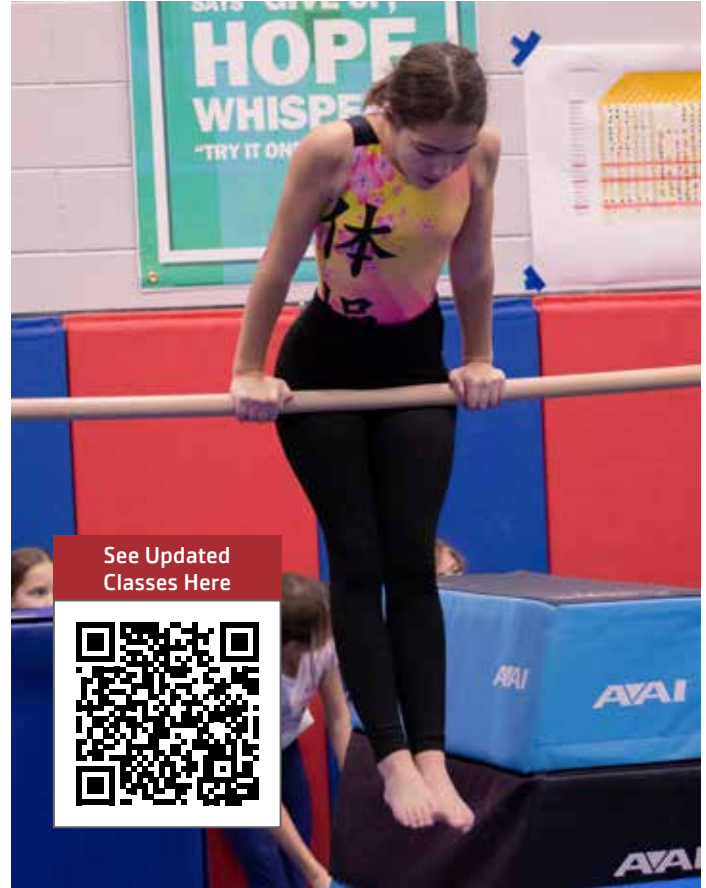
The Pre-Team gymnastics program focuses on continuing to develop new and more difficult skills on gymnastics apparatus while fine-tuning previously learned skills in preparation for the competitive team program. Focus is on strength, flexibility, conditioning and form. Pre-Team gymnasts are required to attend practice two days per week.

## COMPETITIVE TEAM

### By tryout only

The Competitive Team is an USAG Xcel Gymnastics Team that will be working on optional routines on all apparatus. Gymnasts are required to attend practice three days a week and must be NSYMCA Members. To arrange a tryout, please email [Jordan Levy at jlevy@nsymca.org](mailto:jlevy@nsymca.org).

This program was supported by the Ruth Schultz Bright Days Fund and Civic Foundation.



2023 FALL SESSION				Fall I (8/28-10/22)			Fall II (10/23-12/23)		
				NOW	8/7		NOW	10/2	
Class	Age	Day	Time	\$ YM	\$ YM	\$ NM	\$ YM	\$ YM	\$ NM
Pre-Team	By Placement Only	M, W	4:15-6:30pm	\$266	\$294	\$336	\$323	\$357	\$408
Competitive Team	Tryout Only	M, W, F		\$420	\$460		\$525	\$575	

## GYMNASTICS - OPEN GYM

Open Gymnastics is on Saturday from 10-12pm to practice skills and routines under the supervision of coaches.

Punch cards may be purchased at the front desk. Children under 10 must be accompanied by a parent or guardian.

PUNCH CARD	Age	Day	\$
Punch Card - Single	Grades 1-12	Sa	\$10
Punch Card - 5 Punch			\$40
Punch Card - 10 Punch			\$70



# FREE FOR MEMBERS

## ADULT LAP SWIMMING

**Adult**

Adult lap swimming is available every day. Visit us at [nsymca.org](http://nsymca.org) for an updated pool schedule.

## OPEN ADULT BASKETBALL

**Adult**

Adult Basketball is available. Visit us at [nsymca.org](http://nsymca.org) for an updated gym schedule.

## RACQUETBALL

**Adult**

Members can make reservations online at [nsymca.org](http://nsymca.org) for free open court time.

## RACQUETBALL LESSONS

**Adult**

We offer private, semi private, and group lessons. Learn and improve your game with our beginner and intermediate/ advanced classes. To register or for more information, email [Howard Robbins at howier623@gmail.com](mailto:HowardRobbins@howier623@gmail.com)

## REGISTER FOR DRILL CLASSES!

**Learn how to:**

- Return/ Serve
- Backhand and Drill/Play
- Ceiling Shots
- Kill Shots / Rollout
- Pinch/ Passing Shots

	\$ YM	\$ NM
1 class	\$20	1 class \$30
3 classes	\$54	3 classes \$81
6 classes	\$102	6 classes \$153

View the official NSYMCA gym schedule [HERE](#)



# PICKLEBALL

Below is our official pickleball schedule:

**Up to three courts available**

### Tuesdays & Wednesdays

6:30am–8:00am (Open Pickleball)

8:00am–9:30am (Pickleball Reservation)

### Thursday & Fridays

9:00am–10:30am (Open Pickleball)

10:30am–12:00pm (Pickleball Reservation)

### Sundays

9:30am–11:00am (Open Pickleball)

11:00 AM –12:30 PM (Pickleball Reservation)

### FEES

Open Pickleball (90 Minutes)

**YM: FREE NM: \$5**

Pickleball Court Reservations (90 Minutes)

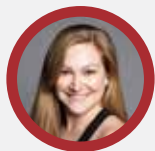
**M: \$10 NM: \$30**



# NSSOD



**North Suburban  
School of Dance**  
North Suburban YMCA



**Val Lober**  
Director of Performing Arts  
vlober@nsymca.org

## Carte Blanche

4 & 5 Classes: YM: \$899 NM: \$ 1199

6 & 7 Classes: YM: \$ 925 NM: \$ 1235

### PRIVATE DANCE LESSONS

**\$60 Per Lesson**

**6 yrs & up**

Private lessons are a great way for dancers to catch up or quickly improve their skill. Students work one on one with our teacher to learn material from their selected genre of dance. This can be a onetime lesson to work on a specific skill or an ongoing set of lessons to help students improve their overall skills. Please contact the Performing Arts Office to set up a time for your dancer.

**VISIT ONLINE TO VIEW OUR MOST UP TO DATE  
DANCE DRESS CODE.**



## DISCOVERY

2-3 yrs by 9/1/23

Introduce your mini mover to dance in this fun and creative class that gets your child up and bouncing around! This class presents a developmentally appropriate approach that focuses on teaching concepts such as size, level, tempo and pathways. A variety of props make this class a fun and enriched learning environment perfect for some of our youngest movers. Dancers do not need to be potty trained – a diaper may be worn for this class.



See Updated  
Classes Here



2023 FALL SESSION				Fall I (8/28-10/22)			Fall II (10/23-12/23)		
				NOW	8/7		NOW	10/2	
Class	Age	Day	Time	\$YM	\$YM	\$NM	\$YM	\$YM	\$NM
Discovery	2-3 yrs	Sa	10:00-10:30am	\$73	\$80	\$100	\$98	\$107	\$133

## MINI MOVERS MINI-SHOWCASE Dec. 10th 2023 at 10:00am

Finish out the Fall 2023 session with a special Mini Showcase just for our Mini Movers Division! This exciting opportunity is a chance to get your Mini Mover to perform in their very first live dance performance! Find out what all the excitement about recital is and get to watch your little mover do what they do best!



## BALLET RHYTHMS

3 yrs by 9/1/23

Preschoolers work on large motor skills, simple ballet steps, creative movement and limited tumbling. Fun stretches, creative games, and a variety of props are used to enhance learning.

## BALLET BEATS

4 yrs by 9/1/23

Students improve large motors skills, while learning basic ballet positions and begin work on simple ballet movements. The continued use of fun stretches, creative games, and a variety of props enhance learning.

## BALLET AND TAP BEATS

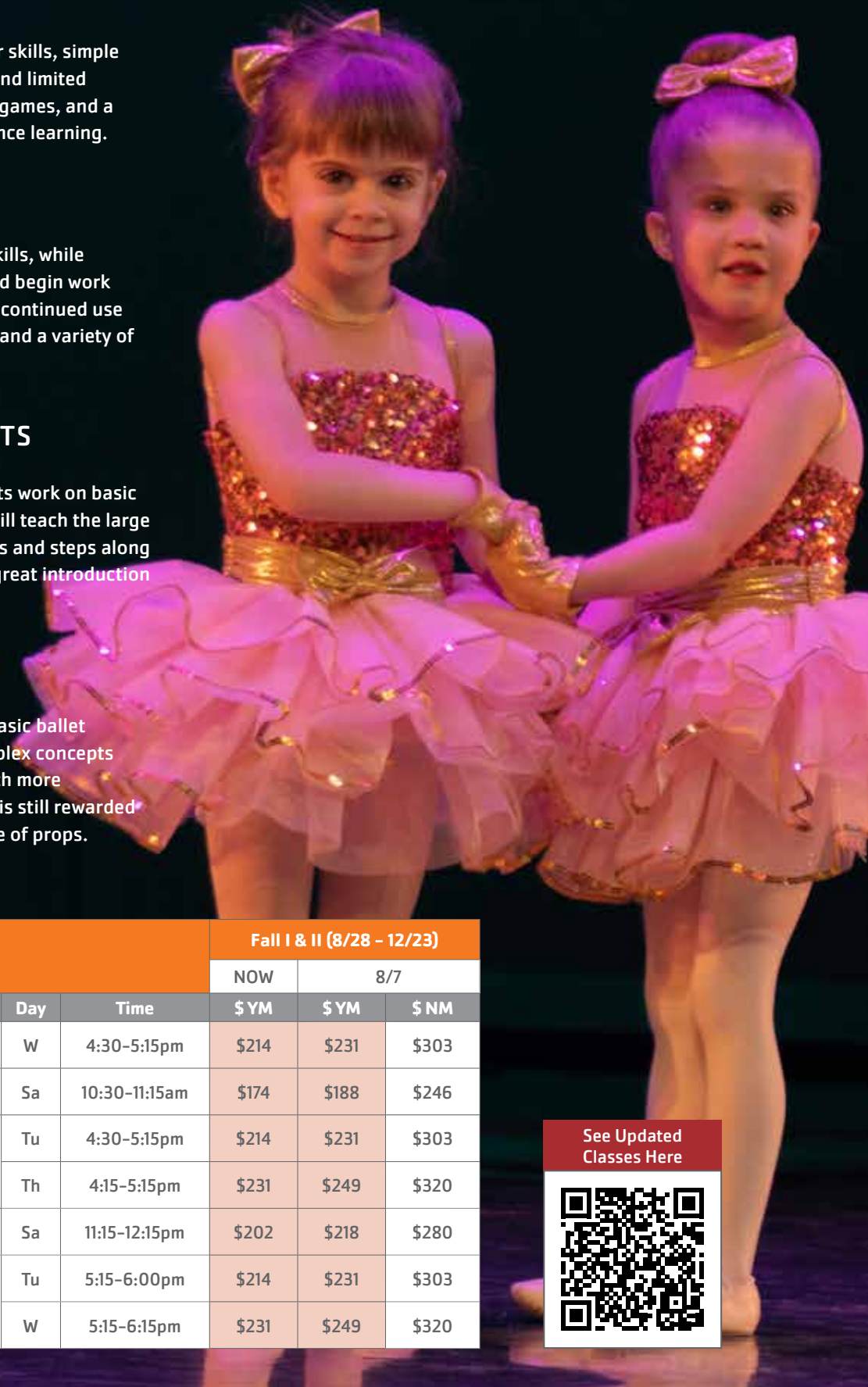
4-5 yrs by 9/1/23

In this combination class, students work on basic ballet and tap steps. This class will teach the large motor skills, basic ballet positions and steps along with beginning tap technique. A great introduction to both disciplines.

## BALLET DESIGNS

5 yrs by 9/1/23

Kindergarten students work on basic ballet skills and movements. More complex concepts in dance are introduced along with more challenging tumbling. Hard work is still rewarded with fun dance games and the use of props.



2023 FALL SESSION				Fall I & II (8/28 - 12/23)		
				NOW	8/7	
Class	Age	Day	Time	\$ YM	\$ YM	\$ NM
Ballet Rhythms	3 yrs	W	4:30-5:15pm	\$214	\$231	\$303
Ballet Rhythms/Beats	3-4 yrs	Sa	10:30-11:15am	\$174	\$188	\$246
Ballet Beats	4 yrs	Tu	4:30-5:15pm	\$214	\$231	\$303
Ballet/Tap Beats		Th	4:15-5:15pm	\$231	\$249	\$320
Ballet/Tap Beats/Designs	4-5 yrs	Sa	11:15-12:15pm	\$202	\$218	\$280
Ballet Designs	5 yrs	Tu	5:15-6:00pm	\$214	\$231	\$303
Ballet/Tap Designs		W	5:15-6:15pm	\$231	\$249	\$320

See Updated Classes Here

## BALLET

### 6 yrs and up

Ballet is the foundation of all dance forms. Emphasis is on placement, balance, control, discipline, and clean lines. It is **STRONGLY** recommended when studying all other dance forms. Strength and flexibility will also be highlighted through the use of good technique. Ballet positions, barre work, center combinations, and large movements are part of the ballet syllabus. Each level is studied for at least one year, with some levels requiring two or more years.

## BALLET: POINTE

### By placement only

Dancing en pointe requires considerable strength and skill and is a central part of a professional dancer's training. Students must be at least 12 years old and have had several years of ballet training in order to develop the strength and support their bodies need en pointe. In order to be considered for pointe work, students must be enrolled in at least two ballet classes per week and have approval from the instructor.

2023 FALL SESSION				Fall I & II (8/28 - 12/23)		
				NOW	8/7	
Class	Age	Day	Time	\$ YM	\$ YM	\$ NM
Ballet 1	6-10 yrs	W	4:15-5:15pm	\$231	\$249	\$320
		Sa	12:15-1:15pm	\$202	\$218	\$280
Ballet 2	6-9 Yyrs By Placement	Tu	4:15-5:15pm	\$231	\$249	\$320
Ballet 2	10+ By Placement		5:15-6:15pm			
Ballet 3/4	By Placement	W	4:15-5:30pm	\$249	\$267	\$338
Ballet 4		Sa	12:15-1:30pm	\$218	\$234	\$296
Ballet 4 + Pointe Prep/Pointe I			12:15-2:00pm	\$265	\$280	\$343
Ballet 5		Tu	4:45-6:00pm	\$249	\$267	\$338
Ballet 5/6		W	6:30-8:00pm			
Ballet 5/6 + Pointe II			6:30-8:30pm	\$320	\$338	\$410
Ballet 5/6		Sa	10:15-11:45am	\$218	\$234	\$296
Ballet 5/6 + Pointe III			10:15am-12:15pm	\$280	\$296	\$358

See Updated  
Classes Here



## JAZZ

### 6 yrs and up

Jazz is a popular genre of dance that uses contemporary music, rhythmic clarity and style in its performance. Classes focus on flexibility, strength, locomotor movement and coordination taught through warm ups, across the floor and center combinations. Dancers can expect to work on a variety of isolations, jumps and turns throughout class.

## TAP

### 6 yrs and up

Tap promotes coordination and an acute sense of rhythmic patterns. Warm-ups, combinations and short routines are a part of the tap curriculum. Tap encourages the retention of movement patterns and aids in the development of kinetic memory.



2023 FALL SESSION				Fall I & II (8/28 - 12/23)						
				NOW	8/7					
Class	Age	Day	Time	\$ YM	\$ YM	\$ NM				
Jazz 1	6 - 10 yrs  By Placement	W	5:00-6:00pm	\$231	\$249	\$320				
Jazz 2			6:15-7:15pm							
Jazz 3		Tu	M				5:15-6:15pm	\$217	\$234	\$300
Jazz 4		6:15-7:30pm					\$234	\$250	\$317	
Jazz 5		Tu					7:15-8:30pm	\$249	\$267	\$338
Jazz 6										
Tap 1	6 - 10 yrs  By Placement	Th	5:15-6:00pm	\$214	\$231	\$303				
Tap 2			4:30-5:15pm	\$231	\$249	\$320				
Tap 3/4			5:15-6:15pm							
Tap 5/6			6:15-7:15pm							

See Updated Classes Here



## CONTEMPORARY MODERN

**NEW!**

This class will consist of both Modern and Contemporary teachings and foundations with choreography that blend both styles. Dancers can expect concentrated warm ups focusing on placement, balance, flexibility, strength, use of parallel positions, and development of intention, emotion, and energy through expression. Ballet and Jazz are strongly recommended when studying Contemporary Modern.

## MUSICAL THEATRE

**8 yrs and up**

Musical Theatre is a style of performance that encompasses dance and acting. Students will dance and act to songs from a variety of classic and modern Broadway musicals.

## POMS

**7 yrs and up**

This energetic class is perfect for students who want to have fun, or may be interested in joining a poms team. High energy dance-based routines are taught and focus on precision, flexibility, jumps and turns.



2023 FALL SESSION				Fall I & II (8/28 - 12/23)		
				NOW	8/7	
Class	Age	Day	Time	\$ YM	\$ YM	\$NM
Contemporary Modern 1	9-12 yrs  By Placement Only	Th	5:15-6:15pm	\$231	\$249	\$320
Contemporary Modern 2		W	5:30-6:30pm			
Contemporary Modern 3			6:00-7:15pm	\$249	\$267	\$338
Contemporary Modern 4		Tu	6:00-7:15pm			
Musical Theatre 1	8-12 yrs	W	5:15-6:15pm	\$231	\$249	\$320
Poms 1	7-11 yrs	Th	4:30-5:15pm	\$214	\$231	\$303
Poms 2	By Placement Only	Th	6:15-7:15pm	\$231	\$249	\$320
Poms 3	By Placement Only	Th	5:15-6:15pm	\$231	\$249	\$320
Poms 4	By Placement Only	Th	7:15-8:15pm	\$231	\$249	\$320

See Updated Classes Here





## HIP HOP

**6 yrs and up**

This class focuses on teaching rhythmic patterns, agility, coordination and strength in an energetic and fast paced class. Class focuses on movement development and choreography without suggestive music or movements.

## ADAPTIVE DANCE

**9 yrs and up**

This class is designed for individuals with special abilities to have a fun and energetic dance class in a variety of styles each week. From hip hop to jazz, contemporary to ballet, this class will cover it all and perform in our annual recital!

## PBT AND STRETCH

**9 yrs and up**

This class is taught by a certified Progressing Ballet Technique and mUvmethod flexibility instructor. Designed for dancers looking to build strength, flexibility and stamina, this class focuses on developing deep core muscles while increasing flexibility in a safe method. In addition, dancers will work on alignment and ballet positions using tools such as a stability ball, therabands, and mUvbands. A supply list will be provided at the beginning of the session.

See Updated Classes Here



2023 FALL SESSION				Fall I & II (8/28 - 12/23)		
				NOW	8/7	
Class	Age	Day	Time	\$YM	\$YM	\$NM
Boys Hip Hop (NEW)	6-13 yrs	M	5:15-6:00pm	\$200	\$217	\$284
Hip Hop Mini	6-8 yrs		6:00-6:45pm			
Hip Hop Pre Teen	9-12 yrs		6:45-7:30pm			
Hip Hop Teen	13+		7:30-8:30pm			
Adaptive Dance	10+ yrs	W	6:15-7:00pm	\$231	\$249	\$320
PBT & Stretch		Th	6:15-7:15pm			

# NSSOD DANCE COMPANY



Our Dance Companies will be holding their annual auditions on September 9th. Mark your calendars now!

For more information, check out our Dance Company Board outside studio ABC or email [vlober@nsymca.org](mailto:vlober@nsymca.org).

## AUDITION TIMES:

### NSSOD INSPIRED

Grades 2-12

12:30-2pm

### NSSOD MOMENTUM

Grades 7-12

2:00-3:30pm

### NSSOD COMPETITIVE

Grades 8-12

3:30-5:00pm

## DANCE COMPANY PRICING:

**NSSOD INSPIRED:** Starting at \$599

**NSSOD Momentum:** Starting at \$650

**NSSOD Competitive:** Starting at \$699

## NSSOD: ADULT DIVISION

### ADULT BEGINNING TAP

18 yrs and up

This introductory class will focus on setting the foundations for a fun tap experience by working on rhythms, syncopation, and balance. A great class for teens and adults who wish to start 'from the top' with a new style.

### ADULT BARRE AND STRETCH

18 yrs and up

Enjoy the numerous health and wellness benefits of a traditional ballet barre technique class that focuses on developing length and strength while finding balance in different ballet combinations. After a barre, release the body with a lengthening stretch portion of class to increase your flexibility.

**\*Not offered as a free unlimited class for members.**

### ADULT DANCE PUNCH CARD (5 punches)

YM \$70 NM \$85

### ADULT PRIVATE DANCE LESSONS

18 yrs and up

Learn a style of dance at your own pace in a one-on-one setting. Private lessons offer a great way for a beginner, or experienced dancer, to get personalized feedback and advancement. This class is perfectly tailored to what you are looking for in a dance class. This is also great for persons in a rehabilitation setting, as dance can help with posture, core strength, and a lengthening of the spine. Please contact the Performing Arts Office to set up a time that works for you!

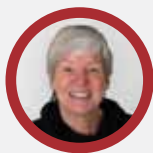


See Updated Classes Here

2023 FALL SESSION			Fall I (8/28-10/22)			Fall II (10/23-12/23)		
			NOW	8/7		NOW	10/2	
Class	Day	Time	\$ YM	\$ YM	\$ NM	\$ YM	\$ YM	\$ NM
Adult Beginning Tap	Th	7:15-8:15pm	\$116	\$125	\$160	\$116	\$125	\$160
Adult Barre & Stretch	W							



# VISUAL ARTS



**Cathie Winnie**  
Visual Arts Director  
cwinnie@nsymca.org

## COMMUNITY EVENTS

### FREE CHILDREN'S ART PROGRAM AT THE LIBRARY!

Art should be available to everyone, which is why we have partnered with the Northbrook Public Library to offer a FREE art program for children this fall. You need to register for the program by calling Northbrook Public Library at 847-272-6224.

### 2D & 3D COMMUNITY GALLERIES

We are looking for artists who would like to exhibit and sell their work in our Community Galleries. Display and sell your ceramics, jewelry, or other handcrafts at a Pop-Up Gallery in the lobby. For an artist application, please contact Art Director, Cathie Winnie at cwinnie@nsymca.org.

### GIRL SCOUT/BOY SCOUT BADGE PROGRAM

Our Scout Badge Program helps Boy and Girl Scouts earn badges. Girl Scouts can earn Digital Arts, Arts in the Outdoors, Artist, Craft Creative Play, Storytelling, and more. Boy Scouts can earn Art, Basketry, Carpentry, Graphic Arts, Inventing, Leatherwork, Painting, Photography, Pottery, Pulp & Paper, Sculpture, Textile, Wood Carving, Woodwork, and more. Contact Cathie Winnie at cwinnie@nsymca.org for info or workshops.

## FUN ART WORKSHOPS

### FRIDAY NIGHT OUT

Adult  
7:00-8:30pm

- 9/8 - Tissue paper Lanterns
- 10/13 - Acrylic Pour
- 11/10 - Freeform with Alcohol Inks
- 12/8 - Needle Felting

Price per workshop: YM \$30 NM \$35

### CHILD & PARENT 3D DESIGN

12:30-2:00pm  
Ages 6+

**NEW!**

Together with your child, you'll learn the fundamentals of design for 3D printing while creating one of the fun projects below.

Participants should come with an idea in mind to work on. Items will be available for pickup 1 week after the workshop.

9/23 - 3D Design for the Classroom  
Create a fun item to be used in the classroom such as decorative pencil cover, eraser holder, pencil case.

10/21 - 3D Design for Halloween  
Create a fun Halloween decoration/costume piece to use at home.

11/18 - 3D Design for Around the House  
Create an object that will be useful around the house.

Price per workshop:  
YM: \$45/Pair NM: \$50/Pair

Sign up for our workshops here



2023 FALL SESSION				Fall I (8/28-10/22)			Fall II (10/23-12/23)		
				NOW	8/7		NOW	10/2	
Class	Age	Day	Time	\$ YM	\$ YM	\$ NM	\$ YM	\$ YM	\$ NM
Art & Swim	3-6 yrs	M	Art: 9:00-9:50am Swim: 10:00-10:30am	\$171	\$189	\$213	\$252	\$279	\$315
			Swim: 9:30-10:00am Art: 10:10-11:00am						
Art Explorers	5-9 yrs		5:15-6:15pm	\$105	\$117	\$135	\$153	\$171	\$198
Morning of Art (NEW) *No class 9/7 & 9/21	3-6 yrs	Th	9:30-11:00am	\$149	\$163	\$177	\$149	\$163	\$177
Preschool Art *No class 11/19		Su	11:00-12:00pm	\$107	\$121	\$135	\$107	\$121	\$135



## ART & SWIM

3-6 yrs

This combination class includes a swimming lesson and an art project that promotes creativity. Y Staff will transfer your child to the pool and help with changing of clothes; no adult needed.

## ART EXPLORERS

5-9 yrs

Come explore the fun world of art and all it's many mediums – build sculptures, paint pictures, roll out a print.

## MORNING OF ART

3-6 yrs

A great introductory class to get ready for Kindergarten. Part of the class will focus on learning how to draw shapes to create fun masterpieces. Part of the class will focus on clay projects to help with fine motor skills. A snack break will be taken halfway with a snack you've provided.

\*No class 9/7, 9/21



## PRESCHOOL ART

3-6 yrs

This class exposes preschoolers to drawing, painting and the creative process, setting them up for a lifetime of creative thinking. \*No class 11/19

## ADVENTURES IN ART

**Grades 1-3**

Do you have a vivid imagination? This very popular class is child-driven and encourages imagination, creativity, and spatial awareness through many 3D projects.

## ART EXPLORERS

**5-9 yrs**

Come explore the fun world of art and all of its many mediums – build sculptures, paint pictures, roll out a print.

## CERAMICS & SCULPTURE

**Grades K-3**

Clay – it’s squishy and tactile. Enjoy getting your hands messy using slabs, coils and pinch pots to create fun and functional items that you’ll cherish. All clay pieces are fired and glazed in our kiln.

## DESIGNING TOYS IN 3D



**Grades K-3**

Learn the basics of how 3D modeling applications work and how the process is used to make ideas into real-life objects like 3D printed toys and decorations.

## DRAWING & PAINTING

**Grades K-3**

Do you love to draw? Or mix your own colors? Continue to improve your drawing and painting skills by learning the basic rules and principles of art.

## PAINTING PLUS

**Grades K-3**

Do you love to paint? Explore the painting world by mixing colors, the color wheel, brush strokes, all in a fun atmosphere.



## RESIN

**Grades 1-3**

Learn how to create art using the medium, resin! This class will explore how it works, and what can be made with it. We will use a variety of molds and pigments to create charms, game pieces, and more! **\*No class 12/22**



See Updated Classes Here

2023 FALL SESSION				Fall I (8/28-10/22)			Fall II (10/23-12/23)		
				NOW	8/7		NOW	10/2	
Class	Age	Day	Time	\$ YM	\$ YM	\$ NM	\$ YM	\$ YM	\$ NM
Adventures in Art	K-3rd	W	4:15-5:15pm	\$137	\$153	\$177	\$137	\$153	\$177
Art Explorers		M	5:15-6:15pm	\$105	\$117	\$135	\$153	\$171	\$198
Ceramic & Sculpture		W	4:15-5:15pm	\$153	\$169	\$193	\$153	\$169	\$193
Designing Toys In 3D (Digital)		Tu		\$153	\$169	\$193	\$153	\$169	\$193
Drawing & Painting		M		\$105	\$117	\$135	\$153	\$171	\$198
Painting Plus (NEW)		Tu	6:00-7:00pm	\$137	\$153	\$177	\$137	\$153	\$177
Resin Art *No class 12/22	1st-3rd	F	4:15-5:15pm	\$117	\$129	\$147	\$135	\$149	\$170





See Updated Classes Here



### 3D DESIGN & PRINTING

Grades 4-8

Want to delve deeper into 3D design and printing? Learn how to 3D model, design objects and print them.



### CERAMIC TECHNIQUES

Grades 4-8

Clay – there’s nothing like it! Learn how to create more intricate pieces along with new decorative techniques to create cherished pieces. All clay pieces are fired and glazed in our kiln.



### DRAWING TECHNIQUES

Grades 4-8

Looking to improve your drawing skills, how to create eyes that follow you, how to create depth, show perspective. Learn all of this and more. Take back to back with Painting Techniques for 2 hours of Art Fun! **\*No class on 9/7**

### FUN & FUNCTIONAL CERAMICS

Grades 4-8

If you love clay and want to create your own pieces that function and don’t just sit on a shelf, this is it!



### PAINTING TECHNIQUES

Grades 4-8

Ever wonder how to paint waves or realistic clouds? Explore the world of painting with acrylics, oils, watercolors, etc. Learn the techniques and brushstrokes that make a painting pop. Take back to back with Drawing Techniques for 2 hours of Art Fun! **\*No class on 9/7**

2023 FALL SESSION				Fall I (8/28-10/22)			Fall II (10/23-12/23)		
				NOW	8/7		NOW	10/2	
Class	Age	Day	Time	\$ YM	\$ YM	\$ NM	\$ YM	\$ YM	\$ NM
3D Design & Printing (Digital)		W	4:15-5:15pm	\$153	\$169	\$193	\$153	\$169	\$193
Ceramic Techniques (NEW)			5:15-6:15pm						
Drawing Techniques <b>*No class on 9/7</b>	4th-8th	Th	5:30-6:00pm	\$72	\$86	\$107	\$81	\$97	\$121
Fun & Functional Ceramics (NEW)		Tu	4:15-5:15pm	\$153	\$169	\$193	\$153	\$169	\$193
Painting Techniques <b>*No class on 9/7</b>		Th	6:00-7:30pm	\$149	\$163	\$177	\$169	\$185	\$201

2023 FALL SESSION				Fall I (8/28-10/22)			Fall II (10/23-12/23)		
				NOW	8/7		NOW	10/2	
Class	Age	Day	Time	\$ YM	\$ YM	\$ NM	\$ YM	\$ YM	\$ NM
RPG Video Game Design (NEW) (Digital)	4th-8th	M	4:15-5:15pm	\$117	\$129	\$147	\$171	\$189	\$216
Resin Art *No class 12/22		F	5:15-6:15pm	\$153	\$169	\$193	\$153	\$169	\$193
Safe Place Expressions (NEW)		W	5:15-6:15pm	\$137	\$169	\$193	\$137	\$169	\$193
Superheroes (NEW)		M	6:30-7:30pm	\$105	\$117	\$135	\$153	\$171	\$198
Video Editing for Social Media (NEW) (Digital)			5:15-6:15pm	\$117	\$129	\$147	\$171	\$189	\$216

## RPG VIDEO GAME DESIGN

Grades 4-8

Use a variety of software to design and develop turn-based Role-Playing video games. This will include image, music, and video editing, as well as game development. The games created can be made available to be played online upon completion. \*Note: Depending on the complexity of games, it may take multiple sessions to complete a game.



## RESIN ART

Grades 4-8

Learn how to create art using the medium, resin! This class will explore how it works, and what can be made with it. We will use a variety of molds and pigments to create jewelry, trendy decor for your room, and more! \*No class 12/22

## SAFE PLACE EXPRESSIONS

Grades 4-8

Art can be a gateway to mental health. Come hang out and express your inner self without fear of others opinions.



## SUPERHEROES

Grades 4-8

All thing Superheroes. Create your own or learn how to draw one you already love.



## VIDEO EDITING FOR SOCIAL MEDIA

Grades 4-8

Students will work together using video editing software to create a series of videos similar to those that appear on platforms such as YouTube, Instagram, and TikTok like time-lapses, stop-motion, ASMR, and instructional videos.



See Updated Classes Here

## VISUAL ARTS: 16+

### PHOTOGRAPHY

**Ages 16+**

Delve into exposure control, composition, light, subject/moment, landscape/wildlife, travel, lighting, workflow and how to put it all together for storytelling. Required: camera, can be a cell phone with camera and a USB drive to transfer photos to a computer. This class begins Fall II on 11/2.

**NEW!**

2023 FALLSESSION		Fall II (11/2-12/23)		
		NOW	10/2	
Day	Time	\$ YM	\$ YM	\$ NM
Th	7:00-8:30pm	\$169	\$185	\$201

## VISUAL ARTS: SPECIAL NEEDS

### SPECIAL NEEDS ART

**Age 14+**

For those who need more one-on-one help when exploring art and enjoy a smaller classroom setting.

2023 FALL SESSION		Fall I (8/28-10/22)			Fall II (10/23-12/23)		
		NOW	8/7		NOW	10/2	
Day	Time	\$ YM	\$ YM	\$ NM	\$ YM	\$ YM	\$ NM
W	6:15-7:00pm	\$193	\$209	\$233	\$193	\$209	\$233



## VISUAL ARTS: ADULT

### MEDITATIVE ART

**Adult**

A guided meditation for you to express in drawn and written form. Once finished, each class member will present their thoughts for deep listening without judgement to open awareness for all. No experience required.

**\*No class 10/28 & 12/23**

**NEW!**

2023 FALLSESSION			Fall I (8/28-10/22)			Fall II (10/23-12/23)		
			NOW	8/7		NOW	10/2	
Class	Day	Time	\$ YM	\$ YM	\$ NM	\$ YM	\$ YM	\$ NM
Meditative Art (NEW) <b>*No class 10/28 &amp; 12/23</b>	Sa	10:00-11:30am	\$109	\$119	\$129	\$129	\$141	\$153
Painting w/ Maddie (NEW)	Tu	7:00-8:30pm	\$169	\$185	\$201	\$169	\$185	\$201

### PAINTING WITH MADDIE

**Adult**

Come paint with Maddie, a renown local artist who's shown in many prestigious fine art shows! You'll explore various mediums, like oils, watercolors, acrylics while breaking down painting techniques all in a fun, relaxed atmosphere. No prior painting experience needed.

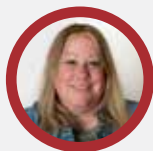
**NEW!**

See Updated Classes Here





# YOUTH DEVELOPMENT



**Shannon Sliwinski**  
 Youth Education  
 & Smartlab Director  
 SSliwinski@nsymca.org



## SCHOOL DAYS OUT

### Grades K-5th

Camp is available every day that Districts 27, 28, 30, and 31 schools are all out! Activities include:

- Field Trips
- Games
- Swimming
- Art Projects

Register early, as these days fill up quickly! Camps run from 8:00 - 6:00 pm on:

9/25, 11/22

### Winter Camp:

12/26, 12/27, 12/28, 12/29

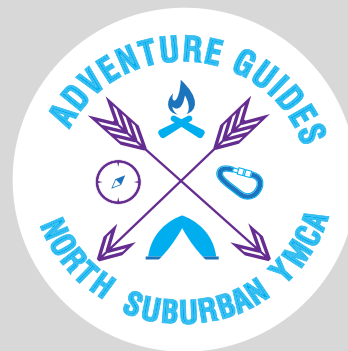
1/2, 1/3, 1/4, 1/5

\*Dates and Trips are Subject to Change

Visit Our Website For Updates!

Rate	
\$ YM	\$ NM
\$75	\$90
Registration closes the Wednesday before. If there is availability we can add participants but a \$10 fee is added.	

\*NO REFUNDS will be given one week prior to trip without doctor's note



## ARE YOU INTERESTED IN A FATHER/CHILD OR MOTHER/CHILD EVENT?

Have you thought about getting the whole family together for an Adventure Guides outing? Please contact **Ricky Gonzalez** [rgonzalez@nsymca.org](mailto:rgonzalez@nsymca.org). In Adventure Guides, you and your child will:

- Spend quality time together developing strong bonds
- Improve communication skills and increase self-esteem
- Lay the foundation for positive, lifelong relationships
- Build a sense of community and belonging
- Learn, teach, and demonstrate leadership skills and positive values
- Give back to your community through service projects

Use QR Code for more info about Adventure Guides



# Y-TIME

## SUPERVISED AFTER-SCHOOL CARE

With a focus on safety, health, social growth and academic enhancement, Y after-school programs serve youth with a variety of programs and activity options to explore and develop their interests and talents. In addition to enhancing what they have learned in school, Y-Time includes the following:

- Homework assistance
- Free recreation swimming
- Creating crafts
- Playing sports and games
- Exploring fun with food
- Add on a class such as dance, swim, yoga or art (regular program fees apply)
- Free transportation provided from most area schools

For more information, please contact  
Shannon Sliwinski at [ssliwinski@nsymca.org](mailto:ssliwinski@nsymca.org)

Days	Rate	
	\$ YM	\$ NM
3 Days	\$246	\$306
4 Days	\$328	\$408
5 Days	\$410	\$510



# YOUTH DEVELOPMENT: PRESCHOOL

## ROCK CITY

3-5 yrs

**NEW!**

Rock City® gives kids the chance to explore instruments at an early age and is perfect for those who are starting their first music class. Our preschool music classes use the power of storytelling to teach musical concepts to kids 3-5 years old. At the same time, students get to explore instruments like the chimes, recorder, and more! In Rock City, kids can develop important skills for school, including early math and language skills. This program is open to preschoolers of all skill and experience levels.

2023 FALL SESSION		Fall I (8/28-10/22)			Fall II (10/23-12/23)		
		NOW	8/7		NOW	10/2	
Day	Time	\$ YM	\$ YM	\$ NM	\$ YM	\$ YM	\$ NM
W	2:00pm- 2:45pm	\$184	\$224	\$264	\$184	\$224	\$264

# YOUTH DEVELOPMENT: YOUTH

## KIDS BEGINNER SIGN LANGUAGE

Grades 1-5

This fun, interactive class will cover basic vocabulary including: alphabet, numbers, colors, people, emotions, places, food, drinks, sports, greetings, action verbs & more. Students will engage with partners & small groups while enjoying practice activities, worksheets & games in sign language! The Instructor will customize the pace based on kids' progress & feedback. No prior knowledge of Sign Language is needed.

## SIGN LANGUAGE 101

Teen-Adult

This engaging class is perfect way to add a new language to your tool kit or brush up on forgotten skills. Sign Language class will start with the alphabet but swiftly build vocabulary to include: conversational greetings, numbers, colors, people, places, things, food, verbs, emotions, activities, holidays & colloquial phrases. In small groups & with partners, participants will play games & role play. No prior knowledge of Sign Language is needed. Bonus: no homework!

## MAGIC WORKSHOP

Grades K-5

9/7, 12/18

Are you ready to amaze all your friends? Now is your chance as you learn to do incredible magic with the "Magic Team of Gary Kantor"! This one-day workshop will teach children how to perform amazing magic tricks. The tricks are designed to be perfect for all ages. Following the class, the children will be putting on shows and amazing audiences with their new magical skills. Each class teaches new tricks, so be sure to sign up for multiple classes. And in addition to just learning the tricks, children will be given their very own magic kit to take home.



See Updated Classes Here

2023 FALL SESSION				Fall I (8/28-10/22)			Fall II (10/23-12/23)		
				NOW	8/7		NOW	10/2	
Class	Age	Day	Time	\$ YM	\$ YM	\$ NM	\$ YM	\$ YM	\$ NM
Kids Beginner Sign Language	Grades 1-5	Th	4:30-5:15pm	\$160	\$184	\$208	\$140	\$161	\$182
Sign Language 101	Teen/Adult		5:15-6:00pm						
Magic Workshop	Grades K-5	Th 9/7	4:30-5:25pm	\$25	\$35	\$40			
		M 12/18					\$25	\$35	\$40





## ONE TIME WORKSHOPS

### BATTLE TANK ROBOTS

7-12 yrs

In this program, students will be building several different types of tanks for battles, challenges, races, target practice and more! As a lead tank developer, it's up to your student to ensure that all of their products are in tip-top shape, so let's get rolling!

### AMUSEMENT PARK TYCOON

7-12 yrs

Get ready for the best robotics program ever with RoboThink! Students will create their own amusement park rides, such as a Ferris wheel, go carts and a roller coaster! They will also learn about gear ratios, potential and kinetic energy and centrifugal force.

### BATTLE BOTS

7-12 yrs

Have fun and build your own amazing battle bot! Students will build a robot, then challenge their creation against other robots. Our lesson plans are built around RoboThink's exclusive kits and STEM curriculum, designed by teachers and engineers. The activities are interactive, hands on and engaging to promote learning in a fun way.

### DESIGN A BATTLE BOT

7-12 yrs

Let's move some dirt! In this workshop, children will explore the world of construction. Your child will build a model of one of their favorite construction vehicles, such as a bulldozer, steamroller or wrecking ball as they learn robotics concepts. They will experiment with various gears and axles to bring their machines to life!

**NEW!**



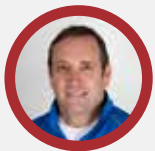
See Updated Classes Here

2023 FALL SESSION				Fall I (8/28-10/22)			Fall II (10/23-12/23)		
				NOW	8/7		NOW	10/2	
Class	Age	Day	Time	\$ YM	\$ YM	\$ NM	\$ YM	\$ YM	\$ NM
Battle Tank Robots	1st-6th Grade	Tu 9/19	4:15-5:45pm	\$40	\$45	\$55			
Amusement Park Tycoon		Tu 10/17							
Battle Bots		Tu 11/14		\$40	\$45	\$55			
Design a Battle Bot (NEW)		Tu 12/12							

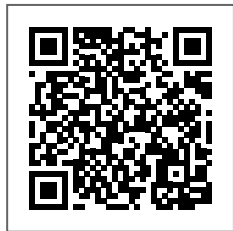
# SPECIAL SERVICES



**Ellen Mirochnick**  
Special Services  
Coordinator  
emirochnick@nsymca.org



**Tom March**  
Aquatics Liaison  
tmarch@nsymca.org



See Updated  
Classes Here

## SWIM PROGRAMS

Special Olympics Swim Team and Special Needs Private  
Swim Lessons. \*See page 16

## ART PROGRAMS

Special Needs Art, See Page 38



### 11+ yrs

In partnership with the YMCA's Special Services, an Exercise Connection (EC) instructor leads a class for individuals with Autism Spectrum Disorder, Developmental Delays and other special needs. This highly visual, well-structured class encourages independence and enhances social skills while improving fitness levels. Visit [exerciseconnection.com](http://exerciseconnection.com) for more information.

## YOGA

### 11+ yrs

Enjoy a weekly yoga practice designed for those with special needs. Improve strength, balance, and flexibility while reducing stress. Practice guided meditation along with breathing techniques designed to calm the mind and body.

## HAWKS S.T.E.A.M.

### Highschool

This class is designed to engage young adults in a hands on S.T.E.A.M. (Science, Technology, Engineering, Art, Math) curriculum adapted for individuals with unique needs.

2023 FALL SESSION				Fall I (8/28-10/22)			Fall II (10/23-12/23)		
				NOW	8/7		NOW	10/2	
Class	Age	Day	Time	\$ YM	\$ YM	\$ NM	\$ YM	\$ YM	\$ NM
Exercise Connection	11+ yrs	Sa	10:00-11:00am	\$204	\$216	\$270	\$272	\$288	\$360
			11:00-12:00pm						
			12:00-1:00pm						
Yoga			12:00 -12:45pm	\$120	\$144	\$168	\$160	\$192	\$224
HAWKS S.T.E.A.M.	Highschool	Th	4:30-5:15pm	\$160	\$192	\$224			



## FOOD PANTRY DRIVE-BY DROP-OFF

Thurs, November 16  
11:00 am – 1:00 pm

Location: NSYMCA Parking Lot

The Northbrook Senior Center and the North Suburban YMCA will hold a Drive-By Drop Off event to support the nutrition assistance efforts of the Northfield Township Food Pantry. Your donations can make an immediate difference to those experiencing food insecurity.

For a complete list of non-perishable items or to volunteer for the event, please call Eileen Gabriel-Galan at the Northbrook Senior Center at 847-291-2995 or Karen Brownlee at the North Suburban YMCA at 847-272-7250.

# SAVE THE DATE!

## WAYNE MESSMER QUARTET



SEPT 8th



SEPT 13th



OCT 22nd

Visit [nsymca.org](http://nsymca.org) for more info



# NOT YET A MEMBER?

JOIN TODAY TO BE A PART OF A COMMUNITY!



VIRTUAL ONLY  
MEMBERSHIPS AVAILABLE

## REGISTRATION INFORMATION

\*Adventure Guides and Camp policies differ.

### Registration Information

To register, use the form printed in this program brochure or on-line at [www.nsymca.org](http://www.nsymca.org). Please note your class or program will not be guaranteed until you receive email confirmation and are on a first-come, first-served basis. No registration will be processed without appropriate waiver signature.

### Member Rates

Memberships must remain current throughout the entire class period to qualify for member rates. Memberships up for yearly renewal during the session will be sent a renewal notice. If the membership is not renewed during this period, the participant will be charged the non-member class rate for remaining classes.

### Waiting Lists

If you are on a waiting list and your class selection becomes available, you will be contacted to confirm your enrollment.

### Program Cancellation

Classes with less than the minimum number of participants are subject to cancellation. If the NSYMCA cancels a class, every effort will be made to accommodate the transfer of the participant into another class. Full refunds are available if the NSYMCA cancels a class.

### Refund and Credit Policy for Programs

**In order to withdraw from a program and receive a check refund and/or YMCA credit (voucher), a withdrawal form must be completed and returned prior to the start of the session. Withdrawals after the start of the session will not receive a refund unless accompanied by a doctor's note for medical reasons.**

- Refunds and credits (vouchers) will be applied to any outstanding balance owed to the NSYMCA before they are issued.
- YMCA credit (vouchers) will appear on your account and may be used by you or any immediate family member within 1 year.
- Please allow 4-6 weeks to receive your check refund and will be made payable to the participant or their parent.

### NSF Policies

The NSYMCA will charge a \$25 fee for any membership or program dues that are returned by the bank or credit card company. Each billing member will receive 1 exception per year.

## BEST VALUE AROUND!

- Free Babysitting while you work-out
- Unlimited Fitness Classes
- Unlimited Yoga
- Unlimited Racquetball
- Unlimited Cycle
- Unlimited Lap Swim
- And so much more!

### Membership Rates as of 1/1/23

Member Category	Dues per Month
<b>Virtual Memberships</b>	
All Ages (Not eligible for program discounts)	\$10
<b>Youth Memberships</b>	
Youth (1-26)	\$36*
Young Adult (27-35)	\$45*
<b>Adult Memberships</b>	
Adult (36 and older)	\$64*
Adult Couple	\$85*
<b>Senior Memberships</b>	
Seniors (60+)	\$57*
Senior Family (1 Senior + Spouse & Children**)	\$77*
<b>Family Memberships</b>	
1 Adult + 1 Child**	\$72*
1 Adult + 2 or more children**	\$81*
2 Adults + 1 Child**	\$93*
2 Adults + 2 or more children**	\$103*
<b>Household:</b> A Household Membership is defined as two (2) adults, dependent children**, elderly parents, and live-in nannies or au pairs, residing in the same household. (Proof of residency is required.) Household membership is limited to four (4) adults. A \$10 charge is added to the monthly membership fee for each adult added over 4 to the group membership.	
<b>(Existing Family Member will stay active at \$94 as long as membership is active)</b>	
\$110*	

**\*Save up to 7% when you take advantage of annual rates. Ask for details.**

The NSYMCA reserves the right to collect any unpaid membership dues.  
 \* The Joiner's Fee, equaling one month's membership dues, is paid at the time of joining the YMCA. It is re-assessed if membership lapses more than 30 days.  
 \*\* Child is defined as under 26 years old.

# REGISTRATION FORM

**OFFICE USE ONLY**



Virtual only Membership

## Applicant Information

Family Name:	
Address:	
City, State, Zip Code:	
Cell/Home Phone:	
Email:	

## Please Complete the Following for Youth Programs

Parent/Guardian #1's Name:		
Work Phone:		Cell Phone:
Parent/Guardian #2's Name:		
Work Phone:		Cell Phone:
Emergency Contact:		
Relationship to Applicant:		Phone:

## Method of Payment

Credit Card #:		
Exp Date:		CVV#
Card Holder's Name:		

The NSYMCA welcomes all individuals. Please describe any accommodations needed for successful inclusion into our programs.

## PROGRAM WITHDRAWALS

I understand that as of January 2018, withdrawals after the start of the session will not receive a refund unless accompanied by a doctors note for medical reasons.

Signature: \_\_\_\_\_

## 1 in 5 Y participants receive financial assistance through the Strong Kids Financial Fund.

I would like to make a monthly/one-time donation to the Strong Kids Fund!

\$25  \$50  \$75  \$100  Other \$ \_\_\_\_\_

Starting: \_\_\_\_/\_\_\_\_/\_\_\_\_ Ending: \_\_\_\_/\_\_\_\_/\_\_\_\_

Program Name	Session	Day	Time	Participant's Name First & Last	Gender	DOB MM/DD/YY

## COVID19 LIABILITY WAIVER

Coronavirus, COVID-19 is an extremely contagious virus that spreads easily through person-to-person contact. Federal and state authorities recommend social distancing as a means to prevent the spread of the virus. COVID-19 can lead to severe illness, personal injury, permanent disability, and death.

I understand that my participation in NSYMCA programs and/or accessing NSYMCA facilities could increase the risk of contracting COVID-19.

The NSYMCA in no way warrants that COVID-19 infection will not occur through participation in NSYMCA programs or accessing NSYMCA facilities.

## WAIVER OF RISK & RELEASE

I agree to abide by the facility, program, and membership policies of the NSYMCA at all times while on the premises. I give permission for the above-named participant to be included in photos for publicity purposes. I understand the NSYMCA is not responsible for personal property or personal injury sustained by the participant and I hereby agree to identify and hold harmless the NSYMCA from such losses or injuries. In the event I cannot be reached in an emergency situation involving the above-named participant(s), I hereby give permission to the program leader to seek medical treatment for the above-named participant(s). The NSYMCA reserves the right to change or alter any program without notice.

Signature: \_\_\_\_\_

## POLICIES

Membership must remain current throughout the entire class period to qualify for member rates. Prices are subject to change. A full refund will be issued if you cancel prior to the registration deadline, or if the NSYMCA cancels class. Refunds will be given by check or NSYMCA credit voucher only. Refer to the previous page for complete registration policy. The NSYMCA does not turn anyone away due to inability to pay. If you need assistance, please stop by the Guest Services Desk. Policies are subject to change. If you would like to contribute to the Strong Kids Campaign, please contact Kathy Fielding, CEO, at 847-272-7250 ext. 1213. By signing below, I acknowledge all of the NSYMCA's Policies.



# THANK YOU TO OUR COMMUNITY STRONG FUNDRAISER DINNER SPONSORS!

## Diamond Sponsors



## Platinum Sponsors



## Gold Sponsors



Frum Family

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Thiel/Larson Family

Shults Family

## Bronze Sponsors



## Friend Sponsors



Pierson Family

## Specialty Sponsors







**NORTH SUBURBAN YMCA**  
2705 Techny Rd  
Northbrook, IL 60062  
[nsymca.org](http://nsymca.org)  
847-272-7250

**FOLLOW US:**

@nsymca



**CELEBRATE YOUR NEXT  
OUTDOOR EVENT AT THE  
NORTH SUBURBAN YMCA!**

**THE NSYMCA OFFERS RENTAL EQUIPMENT  
AND ONSITE SET-UP TO ACCOMMODATE  
YOUR NEXT OUTDOOR EVENT.**

**CREATE YOUR OWN  
THEMED PARTY**

- Outdoor
- Preschool
- Sports

For more information contact  
Joanna Szewczuk at [rentals@nsymca.org](mailto:rentals@nsymca.org)



**SAVE  
THE  
DATE**

**Wayne Messmer Quartet**  
September 8th

**Seniorpalooza**  
September 13th

**Fall Fest Trunk or Treat**  
October 22nd

**Holiday Giveback**  
December 9th