



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN
YMCA**
2705 Techny Road
Northbrook, IL 60062
www.nsymca.org

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FOR IMMEDIATE RELEASE

**North Suburban YMCA Adds Unique New Classes to Its Fall Line-Up
Registration now Open**

Northbrook, IL: August 2023 – Registration is now open for members and non-members for the North Suburban YMCA’s fall programming, with classes beginning the week of August 28. In addition to its wide selection of classes for all ages, the Y’s new fall offerings include a unique variety of classes that help promote wellness and healthy living. These new classes join the long list of programs available in aquatics, performing arts, gymnastics, fitness, sports, visual arts, adult health and enrichment, and special needs support.

The NSYMCA’s complete program guide can be viewed by visiting the [North Suburban YMCA’s website](#).

The Y continues to provide an exciting variety of programs for ages preschool to adult in Visual Arts, Dance, Sports, Gymnastics, Youth Development and wellness, as well as classes for individuals with Special Abilities.

Highlighting the Y’s new Fall program choices include:

- Health & Wellness: Body Liberation 101
- Preschool Sports
- Preschool Sports & Swim Combo
- Performing Arts: PBT and Stretch; Adaptive Dance, and Adult Jazz Fusion
- Visual Arts: Scribble into Drawing; Designing Toys in 3D; Resin Art Grades 1-3; 3D Design & Painting; Art Journaling; Painting Techniques; Resin Art Grades 4-8; Advanced Painting; Special Needs Art; Girl Scout/Boy Scout Badge Program; Acrylic Painting; and Adult
- Youth Development: Engineer Tanks; Battle Robots; Safari Zone

Among the Y’s most popular options include the free Y.E.S. (YMCA Educational Series) presentations, boasting 6-7 different programs per month. The live programs are presented by experts on discussion topics and are recorded as podcasts and made available on the [NSYMCA YouTube channel](#).

The Y's program guide also announced a number of community events designed to strengthen families and build strong relationships throughout the community including "Live on the Lawn" with the Wayne Messmer Quartet on September 8; Seniorpalooza on September 13; and Fall Fest on October 22.

NSYMCA members enjoy added benefits, such as over 60 free fitness and yoga classes, registration discounts, and admission to special members-only events. For more information about membership and registration, visit the Y at 2705 Techny Road, Northbrook, IL 60062 or contact Heidi Busch at hbusch@nsymca.org.

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



20 FALL 23 GUIDE

Caption: Creative early childhood programs and senior programming are part of the North Suburban YMCA's wide range of activities for all ages. Fall session classes begin August 28. Details and online registration are available at www.nsymca.org.