



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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

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**FOR IMMEDIATE RELEASE**

Northbrook, IL; December 2023 – The North Suburban YMCA announced a new line-up of Winter/Spring offerings with classes beginning the week of January 8, 2024. Registration is available online and in-person for members and nonmembers. To review the [Winter/Spring Program Guide CLICK HERE](#)

The Y's winter offerings are included in the new program guide available at [www.nsymca.org](http://www.nsymca.org) and include a diverse line-up of programs that promote wellness and healthy living in fitness, sports, dance aquatics, children's programming, and artistic enrichment for all ages.

A couple of new call out programs this year are:

- Navigator Nights geared toward all middle schoolers, grades 6<sup>th</sup>-8<sup>th</sup>. The social events include Y lock-ins, field trips, social outings and a variety of activities specially for that age group.

Gym Jam is a dedicated Parent & Child open play gym time every Wednesday and Thursday from 10:00 - 11:00 am and 2:30-3:30 pm. Bring your child ages 0-5 and mingle with other parents! It is free to members. Non-members can also join us for only \$5.

The 2024 Winter/Spring program highlights include:

- **NEW in Sports!**
  - OTG Sports – Flag Football
- **NEW in Youth!**
  - “Gym Jam” open play
  - Preschool Music Classes
  - Chess Class by Glenview Chess Club
  - Sticky Fingers Cooking Class
  - Bucket Drumming
  - Soaring Self Esteem
  - S.T.E.A.M workshops - Soccer BOT, Expedition MARS, Code your Own Robot, Engineering Race Cars, Dream Team Robot
  - Mindfulness workshops - Celebrating the Extraordinary YOU, Building Resilience in Kids, and The Power of “YES I CAN!”
  - Nature Green Explorers workshops including Frogs in Winter, Compost in a Bottle, Garden Seeding, Monarchs and Invasive Species the Asian Carp
- **New in Visual Arts!**
  - Preschool Clay
  - Jewelry
  - Mix it up
  - RPG Video Game Design
- **New in Dance!**
  - Adult Workshop called “Topsy Toes”

And you can also still find many of the Y's favorite programs including:

- Indoor Pickleball
- Kids' Beginner Sign Language & Sign Language 101
- Special Services' Exercise Connection
- 3D Design and Printing
- Art & Swim for 3-6 years
- Tap, Hip Hop, Jazz and more in dance
- And much more...

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](http://www.nsymca.org), call 847-272-7250, or stop by the Y at at 2705 Techny Road in Northbrook. To fill out a registration application [CLICK 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](http://NSYMCA.org).



Caption: The North Suburban YMCA's Winter Program registration is now open with classes beginning January 8, 2023.