

Members – to access early prices on the web, use promo code 24SUM



2024 SUMMER GUIDE

Summer Session: 6/10-8/11
Member Registration: Now
Non-member: 5/28
Regular Rate Begins: 5/28

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

The NSYMCA is a 501(c)3 non-profit organization, open and accessible to all. Visit nsymca.org for more information.



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Credit Card & ACH Fees:

Please note that a non-refundable associated/infrastructure fee of 3% will be added to all credit card payments and .096% will be added to ACH payments for all membership and program transactions.

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

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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.

AREAS WE SERVE

Buffalo Grove
Deerfield
Glencoe
Glenview
Highland Park

Highwood
Lake Forest
Lake Bluff
Libertyville
Lincolnshire

Northbrook
Northfield
Riverwoods
Wheeling
Winnetka

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.

Holiday Hours

Memorial Day:
May 27th: 6:00 am - Noon

Independence Day:
July 4th: Closed

Labor Day:
September 2nd: 6:00 am - Noon

ON THE FOLLOWING DATES THERE WILL BE LIMITED ADULT FITNESS CLASSES AND NO PAID PROGRAM CLASSES:

Memorial Day Weekend:
5/24 after 3pm-5/27

Summer Break:
8/12 - 8/25

Labor Day Weekend:
8/30 after 3pm-9/2

DOWNLOAD THE APP FOR UP TO DATE INFORMATION!

THE TEAM

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Adult Programming
Coordinator



REASONS TO BECOME A NSYMCA MEMBER!

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
- Monthly life enrichment seminars
- Open gym, volleyball, basketball, and pickleball
- Indoor & Outdoor Group Exercise Classes

DISCOUNTS

- Camp
- Personal training
- Small group training
- Swim lessons
- Sports and gymnastics
- Performing and visual arts classes
- Educational enrichment classes
- Monthly workshops

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 pool, sauna, steam room, and whirlpool
- Full-sized gymnasium
- Three racquetball courts with free play
- Locker rooms & all-gender locker room
- Massage by Ruby Therapeutic Massages



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

Sign up today!

HEALTH & WELLNESS

DID YOU KNOW?

As part of your membership, you receive FREE complimentary:



FITNESS CENTER ORIENTATIONS:

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



FITNESS CONSULTATIONS:

This consultation gives members 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.



INBODY 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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Sr. Director of Wellness



Roman Edingburg
Wellness Coordinator
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Karen Brownlee
Adult Programs Coordinator
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FREE YOGA CLASSES



FREE CYCLE CLASSES

FREE UNLIMITED CLASSES FOR MEMBERS

MORE THAN 60 CLASSES!

VIRTUAL  Check out our Virtual Options at Virtual Y!

SCAN OUR QR FOR THE LATEST GROUP EXERCISE CLASSES



- Les Mills BODYPUMP™
- Les Mills CORE™
- Active Adult Classes (AOA)
- Aqua Classes
- Balance Classes
- Cardio Classes
- Cardio & Strength
- Combo Classes
- Cycle Classes
- Dance-Based Fitness
- Zumba®
- LaBlast
- HIIT Classes
- Barre Classes
- Strength Classes
- TRX classes
- Yoga Classes
- Mat Pilates



GOLF FUNDRAISING EVENT

Thursday July 18th
Chevy Chase Country Club



PERSONAL TRAINING



A Personal Training form must be filled out before purchasing a Personal Training Package. Scan the Qr code to fill out the form



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.

PARTNER TRAINING

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

SMALL GROUP TRAINING

A small group of 3-6 people working with a trainer. Group can consist of friends, family, or co-workers.

INDIVIDUAL TRAINING		
Package Amount	Length of Session	Package Price
4	30 min	\$140
8		\$280
4	45 min	\$220
8		\$440
12		\$636
1	60 min	\$65
4		\$260
8		\$520
12		\$756
24		\$1440
PARTNER TRAINING -Y MEMBERS ONLY		
Package Amount	Length of Session	Package Price
4	60 min	\$320
SMALL GROUP TRAINING (3 or more people) -Y MEMBERS ONLY		
Package Amount	Length of Session	Package Price
4	60 min	\$120 pp

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 class combines 45 minutes of cardiovascular exercises interspersed with three sections of lifting light weights as an interval training workout. This will get your heart rate up and train your heart and lungs to improve their function while building muscle strength. Class includes a warm-up/cool-down and full-body stretch. Students are participate at their own pace/fitness level.

Want to be a part of learning more about your health, what is going on with your community, finances and more? Check out our YMCA Education Series (YES). Learn more on page 14!



**YMCA
EDUCATION
SERIES**
North Suburban YMCA

2024 SUMMER SESSION-USE CODE 24SUM TO GET EARLY RATE PRICING				Summer (6/10-8/11)		
				NOW	5/28	
Class	Age	Day	Time	\$ YM	\$ YM	\$ NM
Basic Cardio	18 yrs & up	M	10:15-11:10 am	FREE		\$144
		W				
		F				
Cardio & Light Weights	18 yrs & up	Tu	7:55-8:40 am	\$135	\$149	\$171
		Th				

ACTIVE ADULTS



CHAIR YOGA

Adult

One of the gentlest forms of yoga available. Students perform postures and breathing exercises with the aid of a chair. Students can experience the many benefits of yoga without having to get up or down from the floor. Benefits include increased balance, strength, flexibility, range of motion, and stress reduction.



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 C&FS 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.

Combine it with Water Aerobics!

Love our Active Older Adults Fitness classes? Consider trying out our Water Aerobic Classes. Free to members! More information on page 20.

2024 SUMMER SESSION -USE CODE 24SUM TO GET EARLY RATE PRICING				Summer (6/10-8/11)		
				NOW	5/28	
Class	Age	Day	Time	\$ YM	\$ YM	\$ NM
Chair Yoga	18 yrs & up	Tu	11:15-12:00 pm	FREE		\$162
		Th				
Core and Functional Strength		M	7:55-8:55 am	\$120	\$144	\$152
		W				
	F					

ACTIVE ADULTS



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.



IMPROVE YOUR BALANCE + CARDIO

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 exercises to strengthen your muscles and joints, to improve your posture and flexibility, and to build your endurance and awareness of your body in space.

PUNCH DANCE MOVE

The NSYMCA is excited to offer a new class geared specifically for people affected by Parkinson's Disease. Punch Dance Move is a small group personal training class incorporating evidence-based programming to give attendees opportunities to reach high intensity aerobic exercise levels to positively impact their brain function in addition to their heart, lungs, muscles, and joints.

"It has impacted me a lot. While I was doing it I was doing PT!" - Mary Beth

**THIS SUMMER
VIRTUAL ONLY**

2024 SUMMER SESSION—USE CODE 24SUM TO GET EARLY RATE PRICING				Summer (6/10–8/11)		
				NOW	5/28	
Class	Age	Day	Time	\$ YM	\$ YM	\$ NM
Enhance Your Balance	18 yrs & up	Tu	10:15–11:00 am	FREE		\$171
		Th				
Improve Your Balance + Cardio		W	8:00–8:45 am	\$120	\$132	\$152
Punch Dance Move: Virtual Only		M	1:00–2:00 pm			
		W	2:00–3:00 pm		\$136	
		F	1:00–2:00 pm			



CELEBRATE YOUR NEXT OUTDOOR OR VIRTUAL EVENT AT THE NORTH SUBURBAN YMCA!

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



VISIT:



**CREATE YOUR OWN
THEMED PARTY**

VIRTUAL PARTIES

TENT RENTALS

For more information contact Joanna
Szewczuk at rentals@nsymca.org



FREE ADULT 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 DINNER

4th Monday of the month at 5:30 pm





YMCA EDUCATION SERIES

North Suburban YMCA

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!

For more information on how to be a presenter or sponsor, contact Kim Nyren at knynren@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



YOUR MEMBERSHIP IS WHAT YOU DO FOR YOU, AND YOUR DONATION IS WHAT YOU DO FOR YOUR COMMUNITY

STRENGTHENING OUR COMMUNITY

Café Voca is a vocational training program for those with special needs. Last year, 67% of graduates received a job offer.

HEALTHY LIVING

73% improved fitness for participants in the NSYMCA Enhance Fitness for Arthritis program.

YOUTH DEVELOPMENT

239 children learned to swim thanks to swim financial aid.

SOCIAL RESPONSIBILITY

We host regular blood drives and last year we saved 675 lives with 5 drives.

DONATE TODAY!



AQUATICS



Missy Contri
Aquatics Director
mcontri@nsymca.org



Tom March
Aquatics Liaison
tmarch@nsymca.org

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.

SWIM LESSONS



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. All Private Lessons purchases must be used by end of Summer session. Please contact **Missy Contri at mcontri@nsymca.org for more information.**



PRIVATE SWIM LESSONS		Summer (6/10–8/11)	
		NOW	5/28
Lesson	Age	\$YM	\$NM
1-30 minute lesson	6 yrs – Adult	\$90	\$180
3-30 minute lesson		\$210	\$420
5-30 minute lesson		\$250	\$500

SWIM LESSONS

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.

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.



Campers can take swim lessons during camp on Tuesdays.

Email camp registrar for more info at registrar@nsymca.org

PRESCHOOL SWIM LESSONS

3 yrs–K

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.



2024 SUMMER SESSION -USE CODE 24SUM TO GET EARLY RATE PRICING				Summer I (6/10-7/14)			Summer II (7/15-8/11)		
				NOW	5/28		NOW	5/28	
Class	Age	Day	Time	\$ YM	\$ YM	\$ NM	\$ YM	\$ YM	\$ NM
PARENT - CHILD SWIM LESSONS									
Parent - Child	6 mo-3 yrs	M	6:00-6:30 pm	\$81	\$90	\$110	\$64	\$72	\$88
		Sa	10:15-10:45 am						
PRESCHOOL SWIM LESSONS									
Preschool Block - All Preschool Levels	3 yrs-K	M	5:20-5:50 pm	\$95	\$105	\$130	\$76	\$84	\$104
			6:00-6:30 pm						
		Th	5:25-5:55 pm	\$76	\$84	\$104			
		Sa	10:15-10:45 am	\$95	\$105	\$130			
			10:50-11:20 am						
YOUTH SWIM LESSONS									
All Youth Levels	6-14 yrs	M	6:35-7:05 pm	\$95	\$105	\$130	\$76	\$84	\$104
			7:10-7:40 pm						
		Th	4:15-4:45 pm	\$76	\$84	\$104			
			4:50-5:20 pm						
		Sa	9:05-9:35 am	\$95	\$105	\$130			
			9:40-10:10 am						
			11:25-11:55 am						
ADULT & TEEN SWIM LESSONS									
All Levels	14 & up	M	7:45-8:15 pm	\$95	\$105	\$130	\$76	\$84	\$104

FREE WATER FITNESS CLASSES

Open to all levels
June 10th–August 11th (10 Weeks)

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.



LAP SWIM
AVAILABLE

VIEW OUR LATEST
SCHEDULE HERE!



SWIM TEAM & SPECIAL OLYMPICS



SPECIAL OLYMPICS FLYING TURTLES SWIM TEAM 8+ yrs

The North Suburban YMCA Special Olympics swim team competes in the Special Olympics of Illinois swim meets, offering our swimmers the best combination of team sport and individual challenge. All participants for competition must be at least 8 years old and able to swim 25 yards on their back and front.

Swimmers may be asked to move to a different practice time on the same day based on the swimmers needs and swim groups.

2024 SPECIAL OLYMPICS SWIM TEAM SUMMER SESSION			Summer I (6/10-7/14)		Summer II (7/15-8/11)	
			NOW		NOW	
Age	Day	Time	\$YM	\$ NM	\$YM	\$ NM
All Ages	W	4:15-4:55 pm	\$105	\$130	\$84	\$104
		5:00-5:40 pm				

Please email mcontri@nsymca.org for swim assessment.



FLYING TURTLES SWIM CLUB 8 years – 18 years

The NSYMCA swim club 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.

For swim club and to try out, swimmers should be able to swim full lengths (25-50 yards) of all strokes including proper breathing.

Current swim lesson participants may join swim team without trying out if eligible.

Swim club will resume in the Fall. Tryouts out will be available August 28th at 4:15pm & August 30th at 5pm. Please email Missy Contri at mcontri@nsymca.org for all questions.

ATHLETICS



Alex Brodell
Director of Sports &
Gymnastics
abrodell@nsymca.org



Jordan Levy
Head Gymnastics Coach
jlevy@nsymca.org

AFTER-CAMP SPORTS

Game On! Sports 4 Girls - **NEW!**

OTG Flag Football Camp - **NEW!**

OTG Volleyball Camp - **NEW!**

* PG. 19 in the Summer Camp Guide



ADULT SPORTS



ADULT LAP SWIMMING

Adult

Adult lap swimming is available every day. Visit us at nsymca.org for an updated pool schedule.

OPEN ADULT BASKETBALL

Adult

Adult Basketball is available. Visit us at nsymca.org for an updated gym schedule.

RACQUETBALL

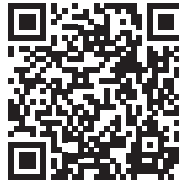
Adult

Members can make reservations online at nsymca.org for free open court time.

PICKLEBALL

Adult

Open and reserved pickleball available. Visit nsymca.org for info.



VIEW OUR LATEST
SCHEDULE HERE!

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

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

NORTH SUBURBAN SCHOOL OF DANCE



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



Val Lober
Director of Performing Arts
vlober@nsymca.org



MINI MOVERS

Classes begin: 6/17-7/14



MINI MOVERS BALLET

3-5 years

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

2024 SUMMER SESSION -USE CODE 24SUM TO GET EARLY RATE PRICING				Summer I (6/17-7/14)			Summer II (7/15-8/11)		
				NOW	5/28		NOW	5/28	
Class	Age	Day	Time	\$ YM	\$ YM	\$ NM	\$ YM	\$ YM	\$ NM
Mini Movers Ballet	3-5yrs	Tu	4:30-5:15 pm	\$52	\$58	\$76	\$52	\$58	\$76

STUDENT DIVISION

Classes begin: 6/17-7/14

BEGINNING TECHNIQUE

6-9 years

Designed for dancers to keep up with their training over the summer, this class will feature Ballet and Jazz techniques with surprise pop-up genres. Dancers will also work on their strength and flexibility in creative ways to keep them engaged! This class is recommended for new dancers or dancers in levels 1-2.



ADVANCED TECHNIQUE

14+ years

Designed for dancers to keep up with their training over the summer, this class will feature a different weekly technique class along with strength training and flexibility for dancers. Techniques include Ballet, Jazz, Modern, and PBT. This class is recommended for dancers levels 5+.



INTERMEDIATE TECHNIQUE

9-14 years

Designed for dancers to keep up with their training over the summer, this class will feature a different weekly technique class along with strength training and flexibility for dancers. Techniques include Ballet, Jazz, Modern, and PBT! This class is recommended for dancers in levels 3-4.



2024 SUMMER SESSION -USE CODE 24SUM TO GET EARLY RATE PRICING				Summer I (6/17-7/14)			Summer II (7/15-8/11)		
Class	Age	Day	Time	NOW	5/28		NOW	5/28	
				\$ YM	\$ YM	\$ NM	\$ YM	\$ YM	\$ NM
Beginning Technique	6-9 yrs	Tu	5:15-6:15 pm	\$56	\$62	\$80	\$56	\$62	\$80
Intermediate Technique	9-14 yrs	Th	4:30-5:30 pm	\$42	\$47	\$60			
Advanced Technique	14 & up		5:30-6:45 pm	\$45	\$50	\$63	\$60	\$67	\$85

STUDENT DIVISION

Classes begin: 6/17-7/14



BEGINNING/ INTERMEDIATE BALLET

12+ years

Designed for pre-teen and teen dancers with little to no experience looking to gain knowledge and technique with others their age. This class will focus on Ballet fundamentals and teach foundational steps in a positive and nurturing environment with individualized attention for those new to dance or returning after some time away!



BEGINNING/ INTERMEDIATE TAP

12+ years

Designed for pre-teen and teen dancers with little to no experience looking to gain knowledge and technique with others their age. This class will focus on Tap fundamentals and teach foundational steps in an upbeat, positive environment with great music and individualized attention for those new to dance or returning after some time away!



2024 SUMMER SESSION -USE CODE 24SUM TO GET EARLY RATE PRICING				Summer I (6/17-7/14)			Summer II (7/15-8/11)		
				NOW	5/28		NOW	5/28	
Class	Age	Day	Time	\$ YM	\$ YM	\$ NM	\$ YM	\$ YM	\$ NM
Beginning/Intermediate Ballet	12 & up	W	6:00-7:00 pm	\$56	\$62	\$80	\$56	\$62	\$80
Beginning/Intermediate Tap		Tu	6:15-7:00 pm	\$52	\$58	\$76	\$52	\$58	\$76

ADULT DIVISION

Classes begin: 6/17-7/14

ADULT BALLET

18+ years

Designed for adults with some previous ballet training. Barre combinations as well as center combinations focusing on stability and balance are the foundations of this class. Studying ballet can improve posture and the overall sense of well-being.



*Adult Ballet classes are not offered as a free unlimited class for members.



2024 SUMMER SESSION -USE CODE 24SUM TO GET EARLY RATE PRICING				Summer I (6/17-7/14)			Summer II (7/15-8/11)		
				NOW	5/28		NOW	5/28	
Class	Age	Day	Time	\$YM	\$YM	\$NM	\$YM	\$YM	\$NM
Adult Ballet	18 & up	W	7:00-8:00 pm	\$56	\$62	\$80	\$56	\$62	\$80

FRIDAY NIGHT OUT!

ADULT ART WORKSHOPS

NO EXPERIENCE NEEDED • ALL SUPPLIES PROVIDED

Bring a Friend, Bring a Beverage

7:00-8:30pm



ALCOHOL INKS



ACRYLIC POUR



Workshops Begin This Fall

SCAN QR CODE
TO REGISTER

YM: \$30 NM: \$35

OR CREATE YOUR OWN ADULT ART CLASS
WITH A GROUP OF FRIENDS!

NOTE: The above pictures are representational and may not be the exact project.

Y-TIME

SUPERVISED AFTER-SCHOOL CARE

SIGN UP FOR 2024 SCHOOL YEAR IS OPEN!

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
- Free transportation provided from most area schools

For more information, please contact Shannon Sliwinski at ssliwinski@nsymca.org

Rate		
Days	\$ YM	\$ NM
3 Days	\$240	\$300
4 Days	\$320	\$400
5 Days	\$400	\$500



Ricky Gonzalez
Sr. Director of Camp &
Youth Programming
rgonzalez@nsymca.org



Shannon Sliwinski
Youth Education
& Smartlab Director
[SSliwinski@nsymca.org](mailto:ssliwinski@nsymca.org)



SAVE THE DATE!



Fall Fest

North Suburban YMCA

SUNDAY
OCT. 13th



WEDNESDAY
SEPT. 18th

Supporting the
Community



Allstate[®]
You're in good hands.



PREVIEW TO FALL

The Y is the one place for all in our community. Offering programs for all ages.

AQUATICS

Lessons for Ages 6 Months – Adult

Swim Programs, Lap Swim, Family Swim, Aqua Aerobics, Swim Team, Special Olympics Swim Team

DANCE

Lessons for Ages 3 – Adult

Ballet, Jazz, Tap, Hip Hop, Modern, Contemporary, Musical Theatre, Poms & Dance Company

ATHLETICS

Classes for 3 Years – Adult

Basketball, Volleyball, Advanced Volleyball, Private Volleyball Lessons, Beginner Gymnastics, Advanced Gymnastics, Gymnastics Competitive Team, Pickleball, Racquetball, Private Group Classes

VISUAL ARTS

Classes for 3 Years – Adult

Drawing, Painting, Ceramics, Watercolors, Art & Swim, Clay, Sunday Art, 3D Classes & Game Design, Mixed Media, Resin, Photography

SPECIAL SERVICES

HAWKS, Special Needs Yoga, Cafe Voca, Swim Programs, HAWKS Group Exercise (Formerly Exercise Connection)

YOUTH DEVELOPMENT

Preschool Classes, After school Enrichment Classes, Workshops, Schools Day Out Camp , S.T.E.A.M

HEALTH & WELLNESS

Les Mills Programming, Group Exercises Classes, Aqua Aerobics, Personal Training

Financial assistance is available!

REGISTRATION INFORMATION

***Adventure Guides and Camp policies differ.**

Registration Information

To register, use a printed form from the front desk or online at nSYMCA.org. Please note: your class or program is not guaranteed until you receive an email confirmation of payment. All programs are on a first-come, first-serve basis. Registration forms cannot 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.

Credit Card & ACH Fees

Please note that a non-refundable associated/infrastructure fee of 3% will be added to all credit card payments and .096% will be added to ACH payments for all membership and program transactions.

Refund and Credit Policy

To withdraw from a program and receive a YMCA credit or refund, a withdrawal form must be completed and returned prior to the start of the session. Withdrawals after the start of the session are not eligible for a credit or refund unless accompanied by a doctor's note for medical reasons.

- Refunds and credits will be applied to any outstanding balance owed to the NSYMCA before they are issued.
- YMCA credit will appear on your account and may be used by you or any immediate family member within 1 year.
- Refunds will be reissued to the original form of payment.

NSF Policies

The NSYMCA will charge a \$30 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.

VISIT NSYMCA.ORG TO DOWNLOAD
A PAPER REGISTRATION FORM

NOT YET A MEMBER?



JOIN TODAY TO BE A PART OF A COMMUNITY!

The Y is more than just a place to work out, it's also a place to connect and give back to your community, and discover a greater sense of purpose.

- No Contracts & No Commitment
- Lap Swim & Aqua Aerobics classes
- Over 60 + FREE group ex classes
(Virtual & In-Person)
- Indoor Pool, Sauna, Whirlpool & Steam Room
- FREE babysitting while you workout
- Discounts to YMCA programs
- Financial Assistance is available

Membership Rates as of 1/1/23

Member Category	Dues per Month
Virtual Memberships	
All Ages (Not eligible for program discounts)	\$10
Youth Memberships	
Youth (1-26)	\$38*
Young Adult (27-35)	\$47*
Adult Memberships	
Adult (36 and older)	\$66*
Adult Couple	\$87*
Senior Memberships	
Seniors (60+)	\$59*
Senior Family (1 Senior + Spouse & Children**)	\$79*
Family Memberships	
1 Adult + 1 Child**	\$74*
1 Adult + 2 or more children**	\$83*
2 Adults + 1 Child**	\$95*
2 Adults + 2 or more children** (Existing Family Member will stay active at \$94 as long as membership is active)	\$105*
Household: 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.	\$112*

***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.

IBJI is Proud to Support the NSYMCA



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Move better. Live better.

Orthopedic care
to help you move
better and live
better.



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

Find Your Fun.
Find Your Y!



North Suburban YMCA
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