



2024

FALL GUIDE



FALL I: (8/26-10/20)

Member Registration: 7/17

Non-Member: 8/7

Regular Rate Begins: 8/7

FALL II: (10/21-12/22)

Member Registration: Now

Non-Member: 10/2

Regular Rate Begins: 10/2

**Members-
To access EARLY
PRICES on the web,
use promo code:
24FALL**



NEW For Fall 2024! ►►►

INDOOR PICKLEBALL

The North Suburban YMCA is now offering
INDOOR PICKLEBALL in our full-size gym!

*See page 25

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.

NEW! HEALTH & WELLNESS

- PUNCH DANCE MOVE FOR PARKINSON'S DISEASE MANAGEMENT (PG. 11)

NEW! ATHLETICS

- PRESCHOOL GYMNASTICS & SWIM (PG. 20)
- PRESCHOOL GYMNASTICS (PG. 20)
- MAGIC THE GATHERING CLUB (PG. 21)
- POKÉMON TRADE NIGHT (PG. 21)

NEW! PERFORMING ARTS

- DANCE LAB (PG. 31)

NEW! VISUAL ARTS

- PRESCHOOL DRAWING & PAINTING (PG. 34)
- PRESCHOOL CLAY (PG. 34)
- PRESCHOOL MIXED MEDIA (PG. 34)
- 3D DIGITAL CREATURES & CHARACTERS (PG. 35)
- VOYAGE INTO ART (PG. 35)
- 3D ADVANCED DESIGN & PRINTING (PG. 36)
- BEGINNING CHARCOAL & PASTELS (PG. 36)
- BIG & SMALL ART (PG. 36)
- DRAWING TECHNIQUES (PG. 36)
- MIX IT UP (PG. 36)
- RPG VIDEO GAME DESIGN (PG. 36)
- PHOTOGRAPHY (PG. 37)

NEW! YOUTH DEVELOPMENT

- LITTLE VETERINARIAN SCHOOL (PG. 41)
- LITTLE DOCTOR SCHOOL (PG. 41)
- ONE-TIME S.T.E.A.M. WORKSHOPS (PG. 41)
 - ROBOPETZ
 - ROBOTHINK HOLIDAY WORKSHOP
- ONE-TIME MINDFULNESS WORKSHOPS (PG. 42)
 - BE YOUR OWN SUPERHERO: MASTERING SELF-COACHING FOR KIDS!
 - HOW TO EMBRACE CHANGE AND THRIVE



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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.		
Holiday Hours		
Labor Day: Sept. 2: 6:00am – Noon	Thanksgiving Day: Nov. 28: 6:00am – Noon	Christmas Eve: Dec. 24: Y Closes at 2pm
Christmas Day: Dec. 25: Closed	New Years Eve: Dec. 31: Y Closes at 2pm	New Years Day: Jan. 1: 9am – 5pm
ON THE FOLLOWING DATES THERE WILL BE LIMITED ADULT FITNESS CLASSES AND NO PAID PROGRAM CLASSES:	Labor Day Break: 8/30 After 3pm – 9/2	Rosh Hashanah: 10/3
	Yom Kippur: 10/12	Halloween Day: 10/31 after 3:00pm
	Thanksgiving Break: 11/27 after 3pm – 12/1	Winter Break 2024: 12/22 – 1/5
DOWNLOAD THE APP FOR UP TO DATE INFORMATION!		

THE TEAM

Kathy Fielding kfielding@nsymca.org CEO	Val Lober vlober@nsymca.org Director of Performing Arts	Dan Savino dsavino@nsymca.org Facilities Manager
Barb Savino bsavino@nsymca.org VP of Finance & HR	Debbie Madeley dmadeley@nsymca.org Development Director	Karen Brownlee kbrownlee@nsymca.org Adult Programming Coordinator
Ricky Gonzalez rgonzalez@nsymca.org Sr. Director of Camp & Youth Programming	Ellen Mirochnick emirochnick@nsymca.org Special Services Director	Roman Edingburg redingburg@nsymca.org Wellness Coordinator
Megan Vazquez mvazquez@nsymca.org Sr. Director of Wellness	Kim Nyren knyren@nsymca.org Director of Community Investment	Joanna Hughes rentals@nsymca.org Rentals Coordinator
Alex Brodell abrodell@nsymca.org Director of Sports & Gymnastics	Shannon Sliwinski ssliwinski@nsymca.org Youth Education & Smartlab Director	Alex Kiltz registrar@nsymca.org Program Administrator
Heidi Busch hbusch@nsymca.org Membership Director	Cathie Winnie cwinnie@nsymca.org Visual Arts Director	Tom March tmarch@nsymca.org Aquatics Liaison
Missy Contri mcontri@nsymca.org Aquatics Director	Edwina Del Giudice edelgiudice@nsymca.org Guest Services Manager	Sarah Turkowski sturkowski@nsymca.org Graphic Designer
Michelle Kruse accounting@nsymca.org Controller	Mike Ortiz mortiz@nsymca.org Marketing Manager	

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
- 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!



HEALTH & WELLNESS



Megan Vazquez
Sr. Director of Wellness
mvazquez@nsymca.org



Roman Edingburg
Wellness Coordinator
redingburg@nsymca.org



Karen Brownlee
Adult Programming
Coordinator
kbrownlee@nsymca.org

Where health meet happiness.
Whatever your goals; We're here
to help. Elevate your wellbeing
and find the joy of movement.

APPOINTMENTS ARE AVAILABLE FOR:

- Consultations with a wellness professional
- Ask about group ex. classes
- Options for personal training
- Develop a 30-day wellness plan
- Orientations of the Fitness Center
- Body Composition Assessments
- 1 Free Hour of Personal Training



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

SMALL GROUP FITNESS



CIRCUIT TRAINING

Adult

Circuit training includes resistance exercises targeting multiple muscle groups, enhancing overall strength and muscular endurance. This method involves performing diverse exercises with minimal rest intervals, effectively challenging muscles while building cardiovascular endurance. All fitness levels welcome.

2024 FALL SESSION				Fall I (8/26-10/20)			Fall II (10/21-12/22)		
- MEMBERS: USE CODE 24FALL TO GET EARLY RATE PRICING				NOW	8/7		NOW	10/2	
Class	Age	Day	Time	\$ YM		\$ NM	\$ YM		\$ NM
Circuit Training	14 yrs & up	M	9:15-10:15am	\$158	\$175	\$210	\$203	\$225	\$270

YOUTH FITNESS

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.



2024 FALL SESSION - MEMBERS: USE CODE 24FALL TO GET EARLY RATE PRICING				Fall I (8/26-10/20)			Fall II (10/21-12/22)		
				NOW	8/7		NOW	10/2	
Class	Age	Day	Time	\$ YM		\$ NM	\$ YM		\$ NM
Move for Life	K-12th	W	5:15-6:00pm	\$158	\$176	\$240	\$158	\$176	\$240
Youth Group Training		T							
		Th							



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.

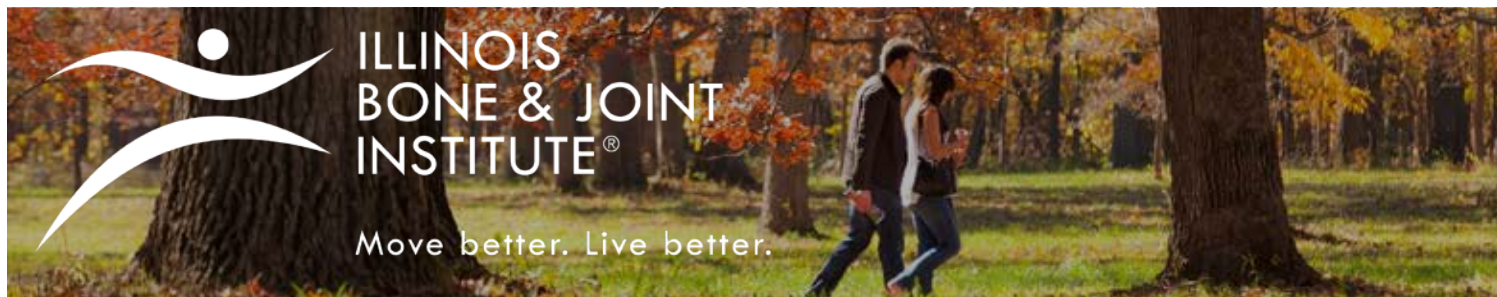
INDIVIDUAL TRAINING -Y MEMBER ONLY		
Package Amount	Length of Session	Package Price
4	30 min	\$140
8		\$280
4	45 min	\$220
8		\$440
12		\$636
1	60 min	\$65
4		\$260
8		\$520
12		\$756
24		\$1440
PARTNER TRAINING -Y MEMBERS ONLY		
Package Amount	Length of Session	Package Price
4	60 min	\$320

SMALL GROUP TRAINING (3 or more people) -Y MEMBERS ONLY		
Package Amount	Length of Session	Package Price
4	60 min	\$120 pp
NON-MEMBER PRICING		
Package Amount	Length of Session	Package Price
1	60 min	\$100
4		\$400
8		\$800

Fall Fest
TRUNK OR TREAT

SUN OCT 13th

MORE INFO:
nsymca.org



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

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.**

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:mvazquez@nsymca.org)

2024 FALL SESSION				Fall I (8/26-10/20)			Fall II (10/21-12/22)		
- MEMBERS: USE CODE 24FALL TO GET EARLY RATE PRICING				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	Please contact Megan Vazquez mvazquez@nsymca.org		\$529					
Enhance® Fitness		M,W,F	11:30-12:30pm	FREE		\$360	FREE		\$360

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. Everyone’s fitness levels differ and we will discuss the importance of interval training and what that means to each individual regularly so that you can assess where you are and can adjust accordingly.



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.

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 18.

2024 FALL SESSION				Fall I (8/26-10/20)			Fall II (10/21-12/22)		
- MEMBERS: USE CODE 24FALL TO GET EARLY RATE PRICING				NOW	8/7		NOW	10/2	
Class	Age	Day	Time	\$ YM		\$ NM	\$ YM		\$ NM
Basic Cardio	18 yrs & up	M	10:15-11:10am	FREE		\$133	FREE		\$171
		W				\$152			
		F				\$152			
Cardio & Light Weights		Tu	7:55-8:50am	\$122	\$136	\$152	\$138	\$153	\$171
		Th					\$122	\$136	\$152
Chair Yoga		Tu	11:15-12:15pm	FREE		\$152	FREE		\$171
		Th							\$152

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.

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.

PUNCH DANCE MOVE

NEW

Adult

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.



2024 FALL SESSION - MEMBERS: USE CODE 24FALL TO GET EARLY RATE PRICING				Fall I (8/26-10/20)			Fall II (10/21-12/22)		
				NOW	8/7		NOW	10/2	
Class	Age	Day	Time	\$ YM		\$ NM	\$ YM		\$ NM
Core & Functional Strength	18 yrs & up	M	7:55-8:50am	\$107	\$119	\$133	\$138	\$153	\$171
		W		\$122	\$136	\$152			
		F							
Enhance Your Balance		Tu	10:15-11:00am	FREE		\$152	FREE		\$171
		Th							\$152
Punch Dance Move (NEW)		M	11:30-12:30pm	\$107	\$119	\$133	\$138	\$153	\$171
		W		\$122	\$136	\$152			
		F							

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 DINNER

4th Monday of the month at 5:15 pm



WE ARE PROUD TO SUPPORT THE NORTH SUBURBAN YMCA

Our efforts come in a variety of forms, from financial investments to support economic growth to traditional philanthropy and volunteer hours contributed by our team members. We strive to provide community banking as it should be.



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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!

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



AQUATICS



Missy Contri
Aquatics Director
mcontri@nsymca.org



Tom March
Aquatics Liaison
tmarch@nsymca.org

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.

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](https://www.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.

PRIVATE SWIM LESSONS

3 yrs – Adult

These one-on-one lessons are 30 minutes in length. 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:mcontri@nsymca.org) for more information.

2024 FALL SESSION	Fall I (8/26-10/20)		Fall II (10/21-12/22)	
Day	\$ YM	\$ NM	\$ YM	\$ NM
Monday	\$420	\$700	\$540	\$900
Tuesday	\$480	\$800		
Wednesday			\$480	\$800
Thursday			\$420	\$700
Friday	\$420	\$700	\$480	\$800
Saturday	\$360	\$600		
Sunday	\$420	\$700	\$420	\$700

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 stokes 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.

SWIM LESSONS

2024 FALL SESSION					Fall I (8/26-10/20)			Fall II (10/21-12/22)		
- MEMBERS: USE CODE 24FALL TO GET EARLY RATE PRICING					NOW	8/7		NOW	10/2	
Class	Age	Day	Time		\$ YM	\$ YM	\$ NM	\$ YM	\$ YM	\$ NM
PARENT – CHILD SWIM LESSONS										
Parent – Child	6 mo–3 yrs	M	6:00–6:30pm		\$120	\$133	\$168	\$154	\$171	\$216
		Tu	10:45–11:15am		\$137	\$152	\$192			
		Sa	10:15–10:45am		\$103	\$114	\$144	\$137	\$152	\$192
PRESCHOOL SWIM LESSONS										
Preschool Block – All Preschool Levels	3 yrs – K	M	6:00–6:30pm		\$145	\$161	\$196	\$186	\$207	\$252
		Tu	10:15–10:45am		\$166	\$184	\$224			
			10:45–11:15am							
			4:15–4:45pm							
		Th	10:15–10:45am					\$166	\$184	\$224
			10:45–11:15am							
			5:25–5:55pm							
			6:00–6:30pm					\$145	\$161	\$196
		Sa	10:15–10:45am		\$124	\$138	\$168	\$166	\$184	\$224
			10:50–11:20am							
Gymnastics & Swim	See page 20									
Sports & Swim										
Art & Swim	See page 34									
YOUTH SWIM LESSONS										
All Youth Levels	1st–14 yrs	M	6:35–7:05pm		\$145	\$161	\$196	\$186	\$207	\$252
			7:10–7:40pm							
		Tu	4:50–5:20pm		\$166	\$184	\$224			
			5:25–5:55pm							
		Th	4:15–4:45pm					\$145	\$161	\$196
			4:50–5:20pm							
		Sa	9:05–9:35am		\$124	\$138	\$168	\$166	\$184	\$224
			9:40–10:10am							
			11:25–11:55am							
ADULT & TEEN SWIM LESSONS										
Teen Beginner	12 – 17 yrs	Tu	6:00–6:30pm		\$166	\$184	\$224	\$186	\$207	\$252
All Levels	14 & up	M	10:45–11:15am		\$145	\$161	\$196	\$186	\$207	\$252
			11:15–11:45am							
			7:45–8:15pm							
		Tu	11:15– 11:45am		\$166	\$184	\$224	\$166	\$184	\$224
		Th	10:45–11:15am							
			11:15 – 11:45 am							



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 for swim assessment.

2024 FALL SESSION			Fall I & II (9/4-12/20)	
Age	Day	Time	\$YM	\$ NM
8-22 yrs	W	4:15-4:55pm	\$345	\$420
		5:00-5:40pm		
	F	4:15-4:55pm		
		5:00-5:40pm		
	Su	11:30-12:10am	\$322	\$392
		12:15-12:55pm		

*No class 12/22



SWIM CLUB PROGRAM
8 years – 18 years

The NSYMCA swim club 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/club programs. Swimmers work to refine their strokes in a swim team/club type environment.

Swimmers 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 swimmer’s abilities and swim groups.

Current swim lesson participants may join swim club 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.

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 for swim assessment.

2024 FALL SESSION				Fall I & II (9/4-12/20)	
Class	Age	Day	Time	\$ YM	\$ NM
Swim Club (Intermediate)	8-18 yrs	M	4:15-4:55pm	\$368	\$450
			5:00-5:40pm		
		W	4:15-4:55pm		
			5:45-6:25pm		
F		4:15-4:55 pm			
Swim Club (Advanced)		M	5:00-5:40pm		
		W	5:45-6:25pm		
		F	5:00-5:40pm		

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

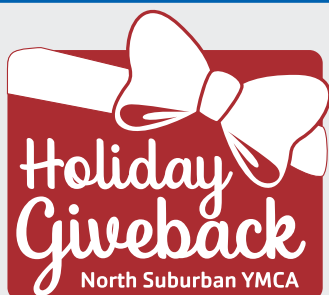
Adult

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.



LAP SWIM AVAILABLE

SCAN QR CODE FOR SCHEDULE.
SEE NSYMCA.ORG FOR MORE INFO



SUN, DEC 7th
MORE INFO: nsymca.org



ATHLETICS



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

PRIVATE LESSONS AVAILABLE!

Individual: Grades 3-12

Prices per session:

YM: \$60 NM: \$80

Group: Grades 1-12

Email for details

YM & NM: \$100

For more information:

Alex Brodell

abrodell@nsymca.org

PRESCHOOL GYMNASTICS & SWIM NEW

3-5 yrs

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

PRESCHOOL GYMNASTICS NEW

3-5 yrs

Come move and play with us this fall at Preschool Gymnastics! Each week we will highlight a different event from Bars, Floor, Beam, and Vault! This class is great for kids of all skill levels.

PRESCHOOL SPORTS

3-5 yrs

Come move and play with us this winter and spring 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 out Preschool Sports & Swim 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.

2024 FALL SESSION - MEMBERS: USE CODE 24FALL TO GET EARLY RATE PRICING				Fall I (8/26-10/20)			Fall II (10/21-12/22)		
				NOW	8/7		NOW	10/2	
Class	Age	Day	Time	\$ YM	\$ YM	\$ NM	\$ YM	\$ YM	\$ NM
Preschool Gymnastics & Swim (NEW)	3-5 yrs	Tu	9:15-10:45am	\$125	\$240	\$280	\$243	\$270	\$315
Preschool Gymnastics (NEW)					\$140	\$152	\$130	\$144	\$171
Preschool Sports		Th	9:15-10:00am	\$115	\$128		\$115	\$128	\$152
Preschool Sports & Swim			9:15-10:45am	\$216	\$240	\$280	\$216	\$240	\$280
Sports & Gymnastics		W	11:00-11:45am	\$130	\$144	\$168	\$146	\$162	\$180

VOLLEYBALL

Grades 2-4

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

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!

MAGIC THE GATHERING CLUB

NEW

Grades 4-8

Come join us and learn how to play the popular card game of Magic the Gathering in a relaxed and fun environment. In this class we will go over how to play, the different formats, and even play games & tournaments! Each participant will receive a starter deck and more. Great for middle schoolers or youth looking to get into the game



I CHOOSE YOU!

POKÉMON TRADE NIGHT

All Ages

Dates TBD

Keep an eye out for monthly Pokémon play and trade nights! Anyone and everyone are welcome to come trade and play in this relaxed fun environment. We will be hosting a raffle each month for all those who come. Children, Adults, and families all welcome!

YM: FREE NM: \$5

2024 FALL SESSION				Fall I (8/26-10/20)			Fall II (10/21-12/22)		
- MEMBERS: USE CODE 24FALL TO GET EARLY RATE PRICING				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	\$126	\$140	\$164	\$142	\$158	\$185
		Th					\$126	\$140	\$164
Advanced Volleyball	Grades 2-4	M	5:30-6:30pm	\$111	\$123	\$144	\$142	\$158	\$185
	Grades 4-5	W		\$126	\$140	\$164	\$126	\$140	\$164
Basketball Skills & Drills	Grades 2-3	M	4:15-5:15pm	\$111	\$123	\$144	\$142	\$158	\$185
	Grades 4-5	W		\$126	\$140	\$164	\$126	\$140	\$164
Magic The Gathering Club (NEW)	Grades 4-8	F	5:30-6:30pm	\$130	\$144	\$168	\$130	\$144	\$168

GYMNASTICS: PRESCHOOL

TUMBLE TOTS

6 mos – 2 yrs

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!



GYMNASTICS: YOUTH



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.

2024 FALL SESSION				Fall I (8/26–10/20)			Fall II (10/21–12/22)				
– MEMBERS: USE CODE 24FALL TO GET EARLY RATE PRICING				NOW	8/7		NOW	10/2			
Class	Age	Day	Time	\$ YM	\$ YM	\$ NM	\$ YM	\$ YM	\$ NM		
Tumble Tots	6 mos – 2 yrs	M	10:30–11:00am	\$76	\$84	\$102	\$113	\$126	\$153		
		Sa	9:00–9:30am				\$101	\$112	\$136		
			9:30–10:00am								
Little Gymnasts	3–4 yrs	M	6:30–7:00pm	\$101	\$112	\$136	\$113	\$126	\$153		
		W	9:30–10:00am								
		F					\$88	\$98	\$119	\$101	\$112
		Sa	10:00–10:30am				\$76	\$84	\$102		
Terrific Tumblers	4–6 yrs	W	10:00–10:45am	\$108	\$120	\$144	\$122	\$135	\$162		
			6:30–7:15pm								
		F	10:00–10:45am	\$95	\$105	\$126	\$108	\$120	\$144		
		Sa	10:30–11:15am	\$81	\$90	\$108					
			11:15–12:00pm								

GYMNASTICS: PROGRESSIVE BLOCK

PROGRESSIVE GYMNASTICS

6-12 yrs

Progressive Gymnastics Program is designed for gymnasts in 1st-8th grade to learn skills and progress at their own rate in a supportive and encouraging environment.

Classes are broken down into Beginner and Advanced levels within each time block. Gymnasts are evaluated on their first day of class and assigned to a group with similar-level athletes. These classes follow a curriculum designed to improve flexibility, build strength, and establish good form, and posture while also increasing confidence and personal responsibility.



2024 FALL SESSION				Fall I (8/26-10/20)			Fall II (10/21-12/22)		
- MEMBERS: USE CODE 24FALL TO GET EARLY RATE PRICING				NOW	8/7		NOW	10/2	
Class	Age	Day	Time	\$ YM	\$ YM	\$ NM	\$ YM	\$ YM	\$ NM
Progressive Gymnastics	6-12 yrs	M	4:15-5:15pm	\$107	\$119	\$140	\$138	\$153	\$180
			5:15-6:15pm						
		W	4:15-5:15pm	\$122	\$136	\$160	\$122	\$136	\$160
			5:15-6:15pm						
		Sa	10:00-11:00am	\$92	\$102	\$120	\$122	\$136	\$160
		F	4:15-5:15pm						
			5:15-6:15pm						

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

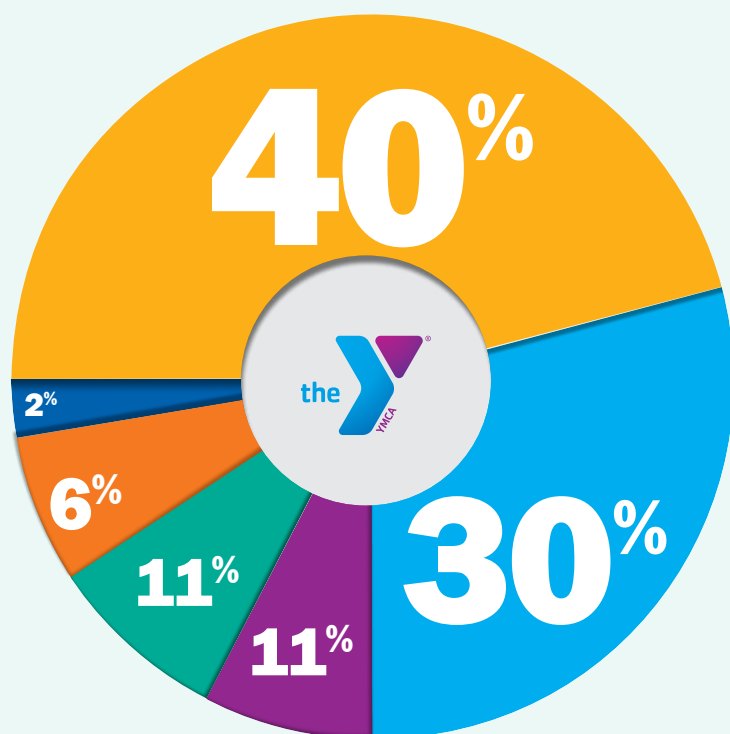
By tryout only

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 **Alex Brodell** at **abrodell@nsymca.org**.



2024 FALL SESSION				Fall I (8/26-10/20)			Fall II (10/21-12/22)		
- MEMBERS: USE CODE 24FALL TO GET EARLY RATE PRICING				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	\$297	\$330	\$375	\$337	\$374	\$425
Competitive Team	Tryout Only	M, W, F		\$435	\$483		\$518	\$575	

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!**

Supporting the
Community



Allstate
You're in good hands.

FREE FOR MEMBERS ▶▶▶

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 Pickleball available. Visit us at nsymca.org



RACQUETBALL ▶▶▶

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



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

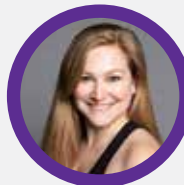


NSOD



North Suburban
School of Dance

North Suburban YMCA

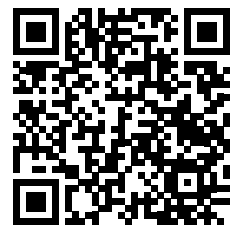


Val Lober

Performing Arts Director

vlober@nsymca.org

SCAN QR CODE TO
VIEW OUR MOST
UP TO DATE DANCE
DRESS CODE.





DANCE COMPANY AUDITIONS

September 7th, 2024

Our Dance Companies will be holding their annual auditions on September 7th. Mark your calendars now! Dancers must be in 2nd grade or higher. For more information about the dance companies, please visit www.nsymca.org/nssod

NSSOD INSPIRED

Grades 2-12
1:30-2:45pm

NSSOD MOMENTUM

Grades 7-12
2:45-4:00pm

NSSOD COMPETITIVE

Grades 8-12
4:00-5:30pm

Mini Movers Mini-Showcase 2024!

Sun, Dec. 8th
10:00am at the NSYMCA!

Finish Out the Fall 2024 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!

Carte Blanche

Dancers taking multiple classes may save more by registering for Carte Blanche with bundles of either 4&5 classes, or our 6&7 class option. Register for Carte Blanche and then be sure to email performingarts@nsymca.org the classes your dancer will be taking so that we may put them on the correct rosters.

4 & 5 Classes: YM: \$935 NM: \$1,245

5 & 6 Classes: YM: \$960 NM: \$1,285

MINI-MOVERS: PRE-DANCE DIVISION

All Mini Movers classes include a T-shirt and admission to the Mini Movers Mini Showcase.

DISCOVERY

3 yrs by 9/1/24

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.

BALLET RHYTHMS

3 yrs by 9/1/24

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 9/1/24

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 9/1/24

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 9/1/24

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.

BALLET AND TAP DESIGNS

4-5 yrs by 9/1/24

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

2024 FALL SESSION				Fall I & II (8/26-12/22)		
- MEMBERS: USE CODE 24FALL TO GET EARLY RATE PRICING				NOW	8/7	
Class	Age	Day	Time	\$ YM	\$ YM	\$ NM
Discovery	2-3 yrs	Sa	10:00-10:30am	\$179	\$199	\$248
Ballet Rhythms	3 yrs	W	4:30-5:15pm	\$221	\$246	\$320
	3-4 yrs	Sa	10:30-11:15am	\$194	\$216	\$280
Ballet Beats	4 yrs	W	5:15-6:00pm	\$221	\$246	\$320
Ballet/Tap Beats		W	4:15-5:15pm	\$238	\$264	\$338
Ballet Designs	5 yrs	Tu	4:30-5:15pm	\$235	\$261	\$339
Ballet/Tap Designs	5 yrs	Th	5:15-6:15pm	\$238	\$264	\$338
	4-5 yrs	Sa	11:15-12:15pm	\$208	\$232	\$296

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

Requirement: 2 Ballet classes/week

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.



2024 FALL SESSION				Fall I & II (8/26-12/22)		
- MEMBERS: USE CODE 24FALL TO GET EARLY RATE PRICING				NOW	8/7	
Class	Age	Day	Time	\$ YM	\$ YM	\$ NM
Ballet 1	6-9 yrs	W	4:15-5:15pm	\$233	\$259	\$333
		Sa	12:15-1:15pm	\$204	\$227	\$291
Ballet 2 (6-8 yrs)	By Placement Pointe Requirement: 2 ballet classes per week	Tu	4:15-5:15pm	\$248	\$275	\$354
Ballet 2 (9 yrs and up)			5:15-6:15pm			
Ballet 2/3		M	4:30-5:30pm	\$233	\$259	\$333
Ballet 3		W	4:15-5:30pm	\$250	\$278	\$358
Ballet 4/5		Sa	12:15-1:30pm	\$219	\$243	\$313
Ballet 4/5 + Pointe Prep/Pointe I			12:15-2:00pm	\$262	\$291	\$356
Ballet 4/5		W	5:30-6:45pm	\$250	\$278	\$358
Ballet 5/6		Sa	10:15-11:45am	\$248	\$275	\$337
Ballet 5/6 + Pointe II			10:15-12:15pm	\$277	\$308	\$373
Ballet 6		W	6:45-8:15pm	\$283	\$315	\$385
Ballet 6 + Pointe III			6:45-8:45pm	\$316	\$352	\$426

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.

CONTEMPORARY MODERN

9 yrs and up

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.

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.

2024 FALL SESSION				Fall I & II (8/26-12/22)		
- MEMBERS: USE CODE 24FALL TO GET EARLY RATE PRICING				NOW	8/7	
Class	Age	Day	Time	\$ YM	\$ YM	\$ NM
Jazz 1	6-10 yrs	W	6:00-7:00pm	\$233	\$259	\$333
Jazz 2	By Placement		5:15-6:15pm			
Jazz 3			5:30-6:30pm			
Jazz 4		M	7:15-8:15pm			
Jazz 5		Tu	4:45-6:00pm	\$266	\$295	\$380
Jazz 6			7:15-8:30pm			
Tap 1			6-10 yrs			
Tap 2	By Placement	6:15-7:00pm				
Tap 3		TBD	TBD	\$233	\$259	\$333
Tap 4						
Tap 5/6						
Contemporary Modern 1	9-13 yrs	W	6:15-7:15pm	\$233	\$259	\$333
Contemporary Modern 2	By Placement	Th	5:15-6:15pm			
Contemporary Modern 3		W	7:15-8:30pm	\$250	\$278	\$358
Contemporary Modern 4		Tu	6:00-7:15pm	\$266	\$295	\$380
Poms 1	7-11 yrs	Th	4:15-5:15pm	\$233	\$259	\$333
Poms 2	By Placement		6:15-7:15pm			
Poms 3			7:15-8:15pm			
Poms 4						

NSSOD: STUDENT DIVISION

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.

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.

2024 FALL SESSION				Fall I & II (8/26-12/22)		
- MEMBERS: USE CODE 24FALL TO GET EARLY RATE PRICING				NOW	8/7	
Class	Age	Day	Time	\$ YM	\$ YM	\$ NM
Hip Hop ages 5-7	5-7 yrs	TBD	TBD	\$217	\$241	\$315
Hip Hop ages 8-10	8-10 yrs					
Hip Hop ages 11+	11+ yrs					
Musical Theatre	8-14 yrs	W	7:00-8:00	\$233	\$259	\$333
PBT & Stretch	10+ yrs	Th	6:15-7:15pm	\$217	\$241	\$315
Dance Lab Levels 5/6	By Placement	M	6:30-7:15pm			

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.

DANCE LAB

NEW

By placement only levels 5&6

This class is designed for dancers placed in a level 5 or 6 class who move at a faster pace and are looking to increase their skills. With a focus on turns, leaps, tricks, and advanced combinations, this class is sure to give your dancer the challenges they have been preparing for!

PRIVATE LESSONS:

6 yrs & up Adults 18 yrs and up

NSSOD: ADULT DIVISION

ADULT BALLET

18 yrs and up

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 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 DANCE PUNCH CARD (5 punches)
YM \$80 NM \$105

ADULT INTERMEDIATE TAP

18 yrs and up

This class is designed for adults who have had some previous tap experience. Participants will review basic steps, work on more complex rhythms, syncopation, and balance, and move at a pace comfortable for those who have taken our adult beginning level, or who are joining back in from previous tap experience.

2024 FALL SESSION			Fall I & II (8/26-12/22)		
- MEMBERS: USE CODE 24FALL TO GET EARLY RATE PRICING			NOW	8/7	
Class	Day	Time	\$ YM	\$ YM	\$ NM
Adult Ballet	Tu	7:15-8:15pm	\$248	\$275	\$354
Adult Beginning Tap	W	6:30-7:30pm	\$233	\$259	\$333
Adult Intermediate Tap	W	7:30-8:30pm			

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 both 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

Calling all artists! We are looking for artists who would like to exhibit and sell their work in our Community Galleries. We are also seeking artists who make ceramics, jewelry, or other handcrafts to display and vend their wares 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

NEW

Our Scout Badge Program is designed to help your local Boy and Girl Scouts complete their badges. Girl Scouts, we can help you earn these badges: Digital Arts, Arts in the Outdoors, Artist, Craft Creative Play, Storytelling and more! Boy Scouts, we can help you earn these badges: Art, Basketry, Carpentry, Graphic Arts, Inventing, Leatherwork, Painting, Photography, Pottery, Pulp & Paper, Sculpture, Textile, Wood Carving, Woodwork and more! For more information or to set up a workshop for your scouts, please contact Visual Art Director, **Cathie Winnie at cwinnie@nsymca.org for info or workshops**.



FUN ART ►►► WORKSHOPS

ART OUT

Grades 8-12

7:00-8:30pm

Want to enjoy art without taking it at school, and worrying about your grade? Join us! No experience necessary, all supplies provided.

9/13 – Acrylic Landscape

10/18 – Watercolor Waterscape

11/1 – Pointillist with Colored Markers

12/13 – Urban Pen & Ink

Price per workshop:

YM \$35 NM \$40

FRIDAY NIGHT OUT

Adult

7:00-8:30pm

No experience necessary, all supplies provided for a fun night out! Bring a friend, bring a beverage.

9/13 – Freeform Line Art

10/11 – Raven Silhouettes

11/8 – Acrylic Pour

12/13 – Mixed Media Collage

Price per workshop:

YM \$35 NM \$40

2 ON TUESDAYS

Adult

7:00-8:30pm

No experience necessary, all supplies provided for two consecutive Tuesdays to learn about a medium.

9/10 & 9/17 – Watercolors

10/8 & 10/15 – Drawing

11/12 & 11/19 – Oils

12/10 & 12/17 – Acrylics

Price per workshop:

YM: \$65 NM: \$75



2024 FALL SESSION				Fall I (8/26-10/20)			Fall II (10/21-12/22)		
- MEMBERS: USE CODE 24FALL TO GET EARLY RATE PRICING				NOW	8/7		NOW	10/2	
Class	Age	Day	Time	\$ YM	\$ YM	\$ NM	\$ YM	\$ YM	\$ NM
Art & Swim	3-6 yrs	M	Art: 9:00-10:50am Swim: 10:00-10:30am	\$211	\$233	\$254	\$267	\$295	\$322
			Swim: 9:30-10:00am Art: 10:10-11:00am						
Art Explorers	5-9 yrs	Tu	6:00pm-7:00pm	\$153	\$168	\$192	\$170	\$187	\$214
Preschool Art, *No class 11/17	3-6 yrs	Su	11:00-12:00pm	\$136	\$149	\$170	\$119	\$130	\$148
Preschool Drawing & Painting (NEW)		Th	4:15-5:15pm	\$153	\$168	\$192	\$153	\$168	\$192
Preschool Clay (NEW)		Tu		\$167	\$184	\$208	\$186	\$205	\$232
Preschool Mixed Media (NEW)			3:15-4:15pm	\$153	\$168	\$192	\$170	\$187	\$214

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

Explore the fun world of art and all of its many mediums – build sculptures, paint pictures, roll out a print. Best part – you can work out in the evening while your child is engaged!

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 11/17

PRESCHOOL DRAWING & PAINTING

NEW

3-6 yrs

Drawing and painting is a fun way to improve fine motor skills! Learn how to recognize and draw shapes then draw items using shapes, ie. a dog is made up of circles and ovals.



PRESCHOOL CLAY

NEW

3-6 yrs

If your child is tactile this is their class to create fun, functional ceramic pieces they can be proud of – all pieces are fired and glazed in our kiln. Take back to back with Preschool Mixed Media.

PRESCHOOL MIXED MEDIA

NEW

3-6 yrs

Mix it up with different mediums like cray pas, tissue paper, glitter – oh my! Take back to back with Preschool Clay.

3D DIGITAL CREATURES & CHARACTERS

Grades K-3



NEW

Calling all gamers who enjoy creating creatures and characters digitally. Take back to back with 3D Toy Design.

3D TOY DESIGN

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 fidgets. Take back to back with 3D Digital Creatures & Characters.

ADVENTURES IN ART

Grades K-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. ***Starts 9/4**

ART EXPLORERS

5-9 yrs

Explore the fun world of art and all of its many mediums – build sculptures, paint pictures, roll out a print. Best part – you can work out in the evening while your child is engaged!

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 items you'll cherish. All clay pieces are fired and glazed in our kiln.



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.

RESIN

Grades K-3

Learn how to create art using a variety of molds and pigments using the medium, resin.

VOYAGE INTO ART

NEW

Grades K-3

Voyage into art – you have no idea what you'll do and discover next. ***No class 11/17**

2024 FALL SESSION				Fall I (8/26-10/20)			Fall II (10/21-12/22)		
- MEMBERS: USE CODE 24FALL TO GET EARLY RATE PRICING				NOW	8/7		NOW	10/2	
Class	Age	Day	Time	\$ YM	\$ YM	\$ NM	\$ YM	\$ YM	\$ NM
3D Digital Creatures & Characters (NEW)	K-3rd	F	5:15-6:15pm	\$129	\$142	\$160	\$167	\$184	\$208
3D Toy Design			4:15-5:15pm	\$136	\$149	\$170	\$153	\$168	\$192
Adventures in Art *Starts 9/4	K-3rd	W		\$153	\$168	\$192	\$170	\$187	\$214
Art Explorers	5 - 9 yrs	Tu	6:00-7:00pm	\$167	\$184	\$208	\$167	\$184	\$208
Ceramic & Sculpture	K-3rd	W	4:15-5:15pm	\$136	\$149	\$170	\$170	\$187	\$214
Drawing & Painting		M		\$129	\$142	\$160	\$167	\$184	\$208
Resin Art		F		\$136	\$149	\$170	\$119	\$130	\$148
Voyage into Art (NEW) *No class on 11/17		Su	10:00-11:00am						

3D ADVANCED DESIGN & PRINTING



NEW

Grades 4-9

Delve further into various materials as well as sculpting and engineering techniques. You need to already be familiar with basic 3D Modeling.

3D DESIGN & PRINTING



Grades 4-9

Want to delve deeper into 3D design and printing? Learn how to 3D model, design objects and print them like curiosities and fidgets. Take Back to back with RPG Video Game Design.

BEGINNING CHARCOAL & PASTELS

NEW

Grades 4-9

Explore the richness and variety of charcoal and pastels – you'll fall in love with this medium.

BIG & SMALL ART

NEW

Grades 4-9

You might supersize a tiny bug or miniature a monster – who knows what's next. Various mediums used.

CERAMIC TECHNIQUES

Grades 4-9

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

NEW

Grades 4-9

To be a good artist you have to know how to draw and draw well. This will give you those drawing fundamentals that you think you have, but you don't. Take back to back with Painting Techniques.

MIX IT UP

NEW

Grades 4-9

Explore new mediums and learn how to put them together to make your pieces pop! ***Starts 9/4**

PAINTING TECHNIQUES

Grades 4-9

Ever wonder how to paint waves or realistic clouds? Explore acrylics, oils, watercolors, etc. Take back to back with Drawing Techniques.

RESIN ART

Grades 4-9

Learn how to create art using a variety of molds and pigments using the medium, resin.

RPG VIDEO GAME DESIGN



NEW

Grades 4-9

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. Take back to back with 3D Design & Printing.

2024 FALL SESSION				Fall I (8/26-10/20)			Fall II (10/21-12/22)		
- MEMBERS: USE CODE 24FALL TO GET EARLY RATE PRICING				NOW	8/7		NOW	10/2	
Class	Age	Day	Time	\$ YM	\$ YM	\$ NM	\$ YM	\$ YM	\$ NM
3D Advanced Design & Printing (NEW)	Grades 4-9	W	4:15-5:15pm	\$167	\$184	\$208	\$167	\$184	\$208
3D Design & Printing		M		\$148	\$163	\$184	\$186	\$205	\$232
Beginning Charcoal & Pastels (NEW)		W	7:00-8:00pm	\$153	\$168	\$192	\$153	\$168	\$192
Big & Small Art (NEW)		M	5:15-6:15pm	\$136	\$149	\$170	\$170	\$187	\$214
Ceramic Techniques		W		\$160	\$176	\$200	\$160	\$176	\$200
Drawing Techniques (NEW)	Grades 4-9	Th	5:30-6:00pm	\$110	\$120	\$144	\$110	\$120	\$144
Mix It Up (NEW) *Starts 9/4		W	5:15-6:15pm	\$136	\$149	\$170	\$153	\$168	\$192
Painting Techniques		Th	6:00-7:30pm	\$189	\$208	\$232	\$189	\$208	\$232
Resin Art		F	5:15-6:15pm	\$129	\$142	\$160	\$167	\$184	\$208
RPG Video Game Design (NEW)		M		\$148	\$163	\$184	\$186	\$205	\$232

PHOTOGRAPHY ▶▶▶

AGES 14 – ADULTS **NEW**

Delve into exposure control, composition, light, subject/moment, landscape/wildlife, travel, lighting, workflow and how to put it all together for storytelling. Bring a camera/cell phone and a USB drive.

2024 FALL SESSION		Fall I (8/26–10/20)			Fall II (10/21–12/22)		
		NOW	8/12		NOW	9/30	
Day	Time	\$YM	\$YM	\$NM	\$YM	\$YM	\$NM
Th	7:00–8:30pm	\$155	\$170	\$184	\$155	\$170	\$184
- MEMBERS: USE CODE 24FALL TO GET EARLY RATE PRICING							

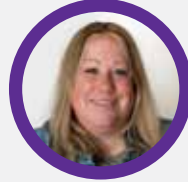


CREATE YOUR OWN CLASS ▶▶▶

ADULT

Do you have several friends who would enjoy several weeks of painting, or clay or learning how to use different mediums? Create your own class with your own timeline. Email Visual Art Director, **Cathie Winnie** at cwinnie@nsymca.org for further information on how to build your own class.

YOUTH DEVELOPMENT



Shannon Sliwinski
Youth Development
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: 10/3, 11/5, 11/27

Winter Break Camp:

12/23, 12/26, 12/27, 12/30, 1/2, 1/3

***Dates and Trips are Subject to Change**

RATES: YM \$77 NM \$92

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.

Visit Our Website For Updates!

ADVENTURE GUIDES ►►►

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:Ricky.Gonzalez@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



GYM JAM

PARENT & CHILD OPEN PLAY GYM
EVERY WED & THURS
10am-12pm

STARTS 10/2 - 12/19
*No Gym Jam 11/27 & 11/28

AGES: 0-5

MEMBERS: FREE!
NON MEMBER: \$5

RUN JUMP PLAY EXPLORE

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

Rates for 2023–2024 School Year		
Days	\$ YM	\$ NM
3 Days	\$246	\$306
4 Days	\$328	\$408
5 Days	\$410	\$510



NAVIGATOR NIGHTS

MONTHLY FRIDAY NIGHT SOCIAL EVENTS

OPEN TO ALL MIDDLE SCHOOLERS (GRADES 6–8)

FOR MORE INFORMATION: RICKY GONZALEZ
RGONZALEZ@NSYMCA.ORG



YOUTH DEVELOPMENT: WEEKLY CLASSES

STICKY FINGERS COOKING CLASS
Grades K-6

Your kids will have a blast cooking up and devouring our exciting, tasty, and healthy recipes. Our interactive classes incorporate S.T.E.A.M., culture, language, and more, led by our experienced Chef Instructors. Allergies are always accommodated and our plant-forward recipes are nut-free. Explore our lineup of ever-changing weekly recipes, and join us to WHIP up some culinary fun all year! Our cooking classes are perfect for all ages!

LITTLE VETERINARIAN SCHOOL
Ages 6-10 **NEW**

After “adopting” their very own plush puppy, students will roleplay the key responsibilities of a veterinarian, including how to properly perform a nose-to-tail exam. These future veterinarians will learn how to sew stitches, remove ticks, make healthy treats, and vaccinate their dog.

LITTLE DOCTOR SCHOOL
Ages 6-10 **NEW**

Basic anatomy, medical instruments and prepping for surgery. Through role-play and activities, students will learn the key responsibilities of a doctor and explore the heart, lungs, and digestion. Students will use real medical instruments (stethoscope, reflex hammer, and blood pressure cuff) and practice scrubbing, suturing, and tying knots like a real surgeon.

2024 FALL SESSION – MEMBERS: USE CODE 24FALL TO GET EARLY RATE PRICING				Fall I (8/26-10/20)			Fall II (10/21-12/22)		
				NOW	8/7		NOW	10/2	
Class	Age	Day	Time	\$ YM	\$ YM	\$ NM	\$ YM	\$ YM	\$ NM
Sticky Fingers Cooking	Grades K-6	W	4:30-5:30pm	\$261	\$290	\$344	\$261	\$290	\$344
Little Veterinarian School Dog	Ages 6-10	M	5:00-6:00pm	\$189	\$210	\$252			
Little Doctor School							\$252	\$279	\$306

YOUTH DEVELOPMENT: ONE-TIME S.T.E.A.M. WORKSHOPS

DEMOLITION ROBOTS SEPT 10TH
7-12 yrs

It’s time to put on your hard hat and dive into the world of construction with RoboThink! Unleash your creative genius as you design and construct a powerful demolition robot. From dump trucks to wrecking balls, this workshop offers an action-packed engineering adventure for young builders like you!

ROBOPETZ OCT 10TH **NEW**
6-10 yrs

Join us for the ROBOPETZ Workshop, where students will embark on an exciting adventure into the world of robotic wildlife. Using gears, axles, motors and RoboThink’s exclusive hardware, participants will build one of our robotic animals, perhaps an adorable turtle or a majestic elephant. Get ready for a wild and engaging workshop!

BATTLE ROBOTS NOV 12TH
7-12 yrs

Calling all warriors and engineers in training! With their imaginations as their guide, students will construct and customize their own battle robot, then challenge their creation against other robots. Armed with gears, motors, axles and our cutting edge hardware, participants will engage in an epic battle that will ignite their passion for robotics!

ROBOTHINK HOLIDAY WORKSHOP
DEC 12TH **NEW**
7-12 yrs

Embark on a festive journey with RoboThink and build your own Rudolph the Red-Nosed Reindeer! Join us for a workshop filled with creativity, innovation and holiday cheer as we bring Rudolph to life, complete with a magical, glowing red nose. No prior experience is needed, just bring your enthusiasm and get ready for a winter wonderland of fun!

ONE-TIME S.T.E.A.M. WORKSHOPS:
4:15-5:45PM YM \$48 NM \$58

YOUTH DEVELOPMENT: ONE-TIME MAGIC WORKSHOPS

MAGIC WORKSHOPS SEPT 5TH & OCT 30TH

5-12 yrs

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.

ONE-TIME MAGIC

WORKSHOPS: 4:30-5:25PM

YM\$37 NM \$42

YOUTH DEVELOPMENT: ONE-TIME MINDFULNESS WORKSHOPS

SOARING SELF-ESTEEM NO MATTER THE CIRCUMSTANCE

SEPT 19TH

Grades K-5

How kids feel about themselves is one of the biggest influences on both their happiness and on what they create in their lives. Positive self-esteem isn't something kids either have or don't have - feeling good about themselves, even when things aren't going their way, is a skill that they can develop. Through engaging stories, fun activities and awesome arts & crafts projects from Adventures in Wisdom®, kids will learn the three ingredients for positive self-esteem and how to choose high-self-esteem no matter the situation.

CELEBRATING THE EXTRAORDINARY
IN YOU! OCT 22ND

Grades K-5

Our uniqueness is truly our greatest superpower! Through engaging storytelling, and fun arts & crafts projects from Adventures in Wisdom®, kids will learn why honoring their special gifts and talents is the greatest gift they can give to themselves and the world. Imagine the unstoppable self-confidence your kids will have when they embrace their incredible individuality!

BE YOUR OWN SUPERHERO: MASTERING SELF-COACHING FOR KIDS!

NOV 21ST

NEW

Grades K-5

Get ready for an EPIC adventure in self-discovery where we'll learn that we hold the power to unlock our incredible potential. Through engaging storytelling, and fun arts & crafts projects from Adventures in Wisdom®, kids will learn how to ensure they're making progress towards their goals, that they're being the type of person they want to be and how to pull themselves out of a bad mood. Unleash your inner superhero and soar to new heights with us!



HOW TO EMBRACE CHANGE AND THRIVE

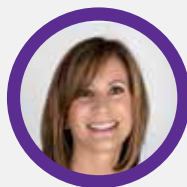
Grades K-5

Change, whether big or small, is an exciting part of life! To become our best selves, we need to embrace it and stand in our power. Through engaging storytelling and fun arts & crafts projects from Adventures in Wisdom®, kids will learn three easy steps to manage change, boosting their self-confidence and preparing them for any adventure that comes their way. Let's become change champions together!

**ONE-TIME MINDFULNESS WORKSHOPS:
4:30-5:30PM**

YM \$40 NM \$50

SPECIAL SERVICES



Ellen Mirochnick
Special Services
Coordinator
emirochnick@nsymca.org



Tom March
Aquatics Liaison
tmarch@nsymca.org

HAWKS GROUP EX

11+ yrs

HAWKS Group Exercise is a program designed for individuals with Special Needs. Exercises are geared to increase the participant’s movement and help set fitness goals while enhancing social skills. Special Needs Yoga is available to sign up for immediately following this class.

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.



SWIM PROGRAMS

Special Olympics Swim Team, *See Page 25

Special Needs Private Swim Lessons, *See Page 21

2024 FALL SESSION				Fall I (8/26–10/20)			Fall II (10/21–12/22)		
– MEMBERS: USE CODE 24FALL TO GET EARLY RATE PRICING				NOW	8/7		NOW	10/2	
Class	Age	Day	Time	\$ YM	\$ YM	\$ NM	\$ YM	\$ YM	\$ NM
HAWKS Group Ex	11+ yrs	Sa	10:00–10:45am	\$167	\$186	\$216	\$223	\$248	\$288
Yoga			11:00–11:45pm	\$130	\$144	\$174	\$173	\$192	\$232
HAWKS S.T.E.A.M.	Highschool	Th	4:15–5:00pm	\$173	\$192	\$232			
Contact Ellen Mirochnick for more info at Emirochnick@nsymca.org .									

YOU
MAKE A
DIFFERENCE!

Consider donating to our
community today!

nsymca.org/give

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 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.

Refund and Credit Policy for Programs

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.
- Credits will be issued at the end of each session.
- 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.

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.

BEST VALUE AROUND!

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

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**	\$105*
(Existing Family Member will stay active at \$94 as long as membership is active)	
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.

REGISTRATION FORM

OFFICE USE ONLY



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

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.

Credit Card #:	
Exp Date:	CVW#
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 Community Strong Financial Fund.

I would like to make a monthly/one-time donation.

☐ \$25 ☐ \$50 ☐ \$75 ☐ \$100 ☐ Other \$ _____

Starting: ____/____/____ Ending: ____/____/____

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

WAIVER OF RISK & RELEASE

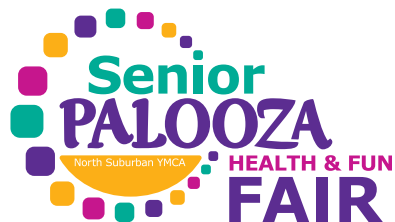
I agree to abide by the facility, program, and membership policies of the NSYMCA at all times while on the premises. I give permission for the above-named participant to be included in photos for publicity purposes. I understand the NSYMCA is not responsible for personal property or personal injury sustained 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.

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 Community Strong Campaign, please contact Kathy Fielding, CEO, at 847-272-7250 ext. 1213. By signing below, I acknowledge all of the NSYMCA's Policies.

Signature:

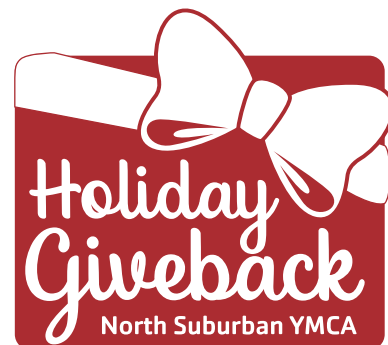
SAVE THE DATE



Wed.
Sept. 18th



Sun.
Oct. 13th



Sun.
Dec 7th

More Info: nsymca.org



CELEBRATE YOUR NEXT EVENT AT THE NORTH SUBURBAN YMCA!

The NSYMCA offers rental equipment and onsite set-up to accommodate your next party or event.

KIDS PARTIES:

Dance Party, Swim Party, Art Party, Sports Party, Princess Party, and MORE!

nsymca.org/rentals

Joanna Hughes at rentals@nsymca.org



NORTH SUBURBAN YMCA
2705 Techny Rd.
Northbrook, IL 60062
nsymca.org