



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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

**For More Information Contact:**

Kim Nyren  
[knyren@nsymca.org](mailto:knyren@nsymca.org)  
847-272-7250

**FOR IMMEDIATE RELEASE**

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

Registration for members now Open and non-members opens August 7<sup>th</sup>

Northbrook, IL: August 2024 – Registration is now open for members and will open for non-members on August 7<sup>th</sup> for the North Suburban YMCA's fall programming, with classes beginning the week of August 26th. In addition to its wide selection of classes for all ages, the Y's new fall offerings include a unique variety of classes that help promote wellness and healthy living. These new classes join the long list of programs available in aquatics, performing arts, gymnastics, fitness, sports, visual arts, adult health and enrichment, and special needs support.

The Y continues to provide an exciting variety of programs for ages preschool to adult as well as classes for individuals with Special Abilities. Financial assistances with membership and programs is available.

The NSYMCA's complete program guide can be viewed by visiting the North Suburban YMCA's website or [CLICK HERE FOR FALL PROGRAMS](#)

Highlighting the Y's new Fall program choices include:

**NEW in HEALTH & WELLNESS**

- Punch Dance Move for Parkinson's Disease Management

**NEW in ATHLETICS**

- Preschool Gymnastics and Swim
- Preschool Gymnastics
- Magic the Gathering Club
- POKÉMON Trade Night

**NEW in PERFORMING ARTS**

- Dance Lab

## **NEW in VISUAL ARTS**

- Preschool Drawing and Painting
- Preschool Clay
- Preschool Mixed Media
- 3D Digital Creatures and Characters
- Voyage into Art
- 3D Advanced Design and Printing
- Beginning Charcoal & Pastels
- Big & Small Art
- Drawing Techniques
- Mix It Up
- RPG Video Game Design
- Photography

## **NEW in YOUTH DEVELOPMENT**

- Little Veterinarian School
- Little Doctor School
- One-Time S.T.E.A.M. Workshops
- ROBOPETZ
- ROBOTHINK Holiday Workshop
- One-Time Mindful Workshop
- BE YOUR OWN SUPERHERO: Mastering Self-Coaching for Kids!
- How to embrace change and thrive!

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

The Y's program guide also announced a number of community events designed to strengthen families and build strong relationships throughout the community including Seniorpalooza on September 18, a senior health and fun fair; and Fall Fest with the popular "Trunk or Treat" on Sunday, October 13<sup>th</sup> from 1pm-3pm.

NSYMCA members enjoy added benefits, such as over 60 free fitness and yoga classes including Les Mills classes like Body Pump, Cycle, Pilates barre and mat Pilates, various levels of yoga and more. For more information about membership and registration, visit the Y at 2705 Techny Road, Northbrook, IL 60062 or contact Heidi Busch at [hbusch@nsymca.org](mailto:hbusch@nsymca.org).

## **About the North Suburban YMCA**

The North Suburban YMCA services Northbrook and 14 surrounding communities with programs and tools that help its residents become healthier, more connected, and confident, ensuring that everyone, regardless of age, income, or background, has the opportunity to learn, grow, and thrive. The NSYMCA focuses on Youth Development, Healthy Living, and Social Responsibility and is a charitable organization, inclusive and welcoming to all in our community. Learn more at [NSYMCA.org](http://NSYMCA.org)



Caption: Creative early childhood programs and senior programming are part of the North Suburban YMCA's wide range of activities for all ages. Fall session classes begin August 26. Details and online registration are available at [www.nsymca.org](http://www.nsymca.org).