



GUIDE 2025

WINTER

WINTER: (1/6-3/23)

Member Registration: Now

Non-Member: 12/11

Regular Rate Begins: 12/11

SPRING

SPRING: (3/31-6/8)

Member Registration: Now

Non-Member: 3/5

Regular Rate Begins: 3/5



NEW For Winter/Spring 2025!



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. To avoid fees you may be able to pay by cash or check.



NEW! HEALTH & WELLNESS

- FRIDY NIGHT OUT: YOGA SESSIONS (PG. 8)
 - PRANAYAMA: YOGA BREATHING AND MOVEMENT FOR A CALM MIND
 - YOGA FOR BONE STRENGTH

NEW! AQUATICS

- LIFEGUARD CLASSES (PG. 21)

NEW! ATHLETICS

- PICKLEBALL LESSONS (PG. 31)

NEW! VISUAL ARTS

- GIRL SCOUT/BOY SCOUT BADGE PROGRAM (PG. 41)
- PRESCHOOL CLAY (PG. 43)
- PRESCHOOL SCRIBBLE INTO DRAWING (PG.43)
- 3D ADVANCED DESIGN & PRINTING (PG. 45)
- BEGINNING CHARCOAL & PASTELS (PG. 45)
- BIG & SMALL ART (PG. 45)
- DRAWING TECHNIQUES (PG. 45)
- EXPLORING MEDIUMS (PG. 46)
- FUN & FUNCTIONAL CLAY (PG. 46)
- RPG VIDEO GAME DESIGN (PG. 46)
- PHOTOGRAPHY (PG. 47)
- TAKE AN ART BREAK (PG. 47)

NEW! YOUTH DEVELOPMENT

- ONE-TIME S.T.E.A.M. WORKSHOPS (PG. 53)
 - KRAZY GO KARTS
 - BATTLE ROBOTS: TANKS
 - MECHANICAL PUPPY WORKSHOP
 - FUN STEM INVENTIONS WORKSHOP
- ONE-TIME MINDFULNESS WORKSHOPS (PG. 54)
 - ACTIVATING OUR INNER GOAL-SETTING RADAR
 - THE MAGIC OF GRATITUDE

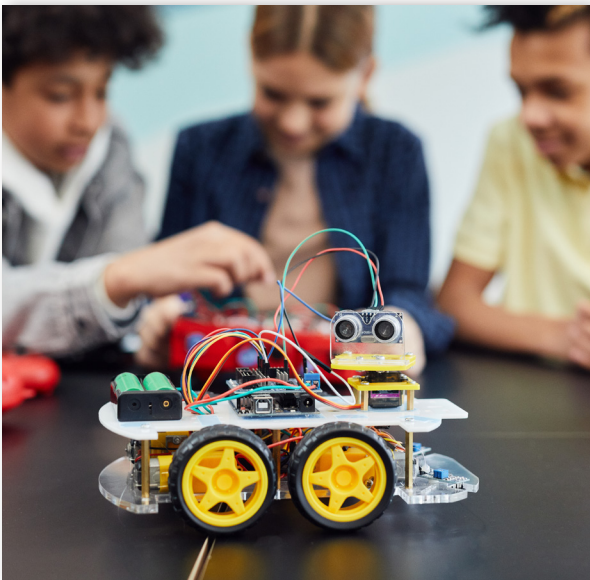


TABLE OF CONTENTS

PROGRAM

PAGE

PROGRAM ENROLLMENT:

HEALTH & WELLNESS

6

FREE Yoga/Cycle

7

Small Group Fitness

9

Youth Fitness

9

Personal Training

10

Chronic Disease Prevention

11

Adult Fitness

13

ADULT PROGRAMMING

15

YMCA EDUCATION SERIES (Y.E.S.)

16

AQUATICS

17

Adult Water Fitness

23

ATHLETICS

24

Gymnastics

27

Adult Sports

30

PERFORMING ARTS

32

VISUAL ARTS

40

YOUTH DEVELOPMENT

48

Schools Day Out

49

Adventure Guides

50

Y-Time Afterschool Care

51

S.T.E.A.M.

53

SPECIAL SERVICES

55

REGISTRATION INFORMATION

57

REGISTRATION FORM

58

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	Libertyville
Deerfield	Lincolnshire
Glencoe	Northbrook
Glenview	Northfield
Highland Park	Riverwoods
Highwood	Wheeling
Lake Forest	Winnetka
Lake Bluff	

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

Please check our website, nsymca.org/schedules for the most up to date Childwatch Hours, Pool Schedule and Gym Hours.

Childwatch



Pool Hours



Gym Hours



Holiday Hours

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

Easter Sunday:
April 20: Closed

Memorial Day:
May 27: 5am-12pm

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

Winter Break: 12/23-1/5

Easter Break:
4/18 after 3pm-4/20

Spring Break: 3/24-3/30

Memorial Day Weekend:
5/23 after 3pm-5/26

DOWNLOAD THE APP FOR UP TO DATE INFORMATION! [NSYMCA.ORG/STAY-CONNECTED](https://nsymca.org/stay-connected)

THE TEAM

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Visual Arts Director

MEMBER BENEFITS



FREE

- Unlimited group exercise classes including yoga, Pilates, TRX, cycle, strength, and Les Mills programming
- Fitness assessment and consultation
- Special events for the whole family
- Aqua aerobics, lap and family swim
- Monthly life enrichment seminars
- Open gym, volleyball, basketball, and pickleball

DISCOUNTS

- Camp
- Personal training
- Small group training
- Swim lessons
- Sports and gymnastics
- Performing and visual arts classes
- Educational enrichment classes
- Monthly workshops
- Massage by Ruby Therapeutic Massages

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

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

HEALTH & WELLNESS

Where health meets 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**



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**FREE
YOGA CLASSES**



**FREE
CYCLE CLASSES**

FREE UNLIMITED CLASSES FOR MEMBERS

SCAN OUR QR FOR
THE LATEST GROUP
EXERCISE CLASSES



MORE THAN 60 CLASSES!

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

COMING SOON! NEW GROUP EX. CLASS TIMES & FORMATS

NEW CLASS TIMES

TRX Circuit

Thursday, 6-6:45am

Cycle

Friday, 6:15-7:00am

NEW CLASS FORMAT

Core Body Balance Monday, 6-6:45 pm

In this dynamic 45-minute class, you'll work through timed movements designed to improve core strength and balance. Using equipment like benches, resistance bands, and bodyweight exercises, you'll strengthen both the upper and lower body. The focus on core stability will help enhance everyday functional movements, making daily activities easier and safer. This class is open to all fitness levels, so whether you're a beginner or experienced, you'll feel challenged and supported!

COMING WINTER SESSION!

FRIDAY NIGHT OUT: YOGA SESSIONS

3RD FRIDAY OF THE MONTH

Price: YM: \$25 NM: \$45



NEW

**YOGA FOR
BONE STRENGTH**
With Debbie Belkin
1/17 from 7–8:30pm

Osteoporosis causes many fractures in U.S. women over 50. Dr. Loren Fishman's study shows specific yoga poses can strengthen bones and may even reverse bone loss. Holding poses for 30–70 seconds stimulates bone growth, while also improving balance and posture to prevent falls. This workshop introduces key poses—no prior yoga experience needed.



NEW

**PRANAYAMA:
YOGA BREATHING
AND MOVEMENT
FOR A CALM MIND**
With Nancy Gerstein
2/21 from 7–8:30pm

Explore the heart of yoga through pranayama, the art of breath control, in this workshop. Learn to harness breath as a healing force, integrate movement to deepen your practice, and discover essential techniques to balance energy, steady emotions, and clear the mind. Open to all levels. [This class is eligible for 1.5 CEUs from Yoga Alliance. Certificates available after completion of workshop.](#)

SOUND BATH EXPERIENCE

NEW

With Danene Coroneos-Shannon
3/21 from 7–8:30pm

Immerse yourself in a transformative journey of sound and relaxation with our Sound Bath experience. A sound bath is a meditative experience in which participants are “bathed” in sound waves produced by a variety of instruments such as crystal singing bowls, chimes, and other resonant tools. These soothing vibrations help guide you into a deep state of relaxation, relieving stress, promoting emotional healing, and balancing your energy.

During the session, you'll lie comfortably as the harmonic sounds wash over you, creating a gentle, immersive environment that quiets the mind and nourishes the soul. Sound baths are suitable for all levels, making it a perfect space for anyone seeking stress relief, mental clarity, and an overall sense of calm.



STRENGTH & STRETCH

NEW

Adult

Looking to boost your strength and flexibility in a focused, efficient session? Our Strength & Stretch small group class is the perfect combination of power and recovery. This 45-minute class features 30 minutes of personalized strength training designed to suit all fitness levels, followed by 15 minutes of deep stretching to enhance flexibility and aid muscle recovery. Join us to build strength, improve mobility, and leave feeling balanced and rejuvenated!

2025 WINTER/SPRING SESSION				Winter (1/6-3/23)			Spring (3/31-6/8)		
				NOW	12/11		NOW	3/5	
Class	Age	Day	Time	\$ YM		\$ NM	\$ YM		\$ NM
Strength & Stretch (NEW)	18 yrs & up	Th	12:00-1:00pm	\$242	\$286	\$352	\$220	\$260	\$320

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.

2025 WINTER/SPRING SESSION				Winter (1/6–3/23)			Spring (3/31–6/8)		
				NOW	12/11		NOW	3/5	
Class	Age	Day	Time	\$ YM		\$ NM	\$ YM		\$ NM
Move for Life	K-12th	W	4:15–5:00pm	\$220	\$242	\$330	\$200	\$220	\$300
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

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)

2025 WINTER/SPRING SESSION				Winter (1/6–3/23)		Spring (3/31–6/8)	
				NOW	12/11	NOW	3/5
Class	Age	Day	Time	\$ YM	\$ NM	\$ 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
Punch Dance Move	See Page 14						



Important Update:
Virtual Y Platform
Transition to Zoom

SCAN TO
LEARN MORE



VIRTUAL Y SUNSET NOTICE

Please note that **Y-USA is sunsetting the Virtual Experience Platform (Virtual Y) on Tuesday, December 31, 2024.** This change is being made by **Y-USA** and not by our organization, the **North Suburban YMCA**. In preparation for this transition, we will be shifting our virtual classes to **Zoom**.



Starts June 9th

Active Member Registration:
December 2, 2024

New Member Registration:
January 2, 2025

Non-Member Registration:
February 3, 2025

Standard Rate Begins:
March 2, 2025

SIGN UP TODAY!
nsymca.org/summer-camp

TRIVIA NIGHT FUNDRAISER

Feb. 22, 2025

MORE INFO:
nsymca.org



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 offers 45 minutes of interval training with cardio exercises and light weightlifting to boost heart and lung health while building strength, followed by a 15-minute full-body stretch. It includes warm-up and cool-down, with options to work at your own pace. We'll also discuss interval training and ways to tailor it to your fitness level.

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.

2025 WINTER/SPRING SESSION				Winter (1/6-3/23)		Spring (3/31-6/8)			
				NOW	12/11	NOW	3/5		
Class	Age	Day	Time	\$ YM		\$ NM	\$ YM		\$ NM
Basic Cardio	18 yrs & up	M	10:15-11:10am	FREE		\$209	FREE		\$171
		W							\$190
		F							\$171
Cardio & Light Weights		T	7:55-8:50	\$150	\$170	\$190	\$135	\$153	
Th									
Chair Yoga		T	11:15-12:15pm	FREE		\$209	FREE		\$190
		Th							

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

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.



2025 WINTER/SPRING SESSION				Winter (1/6-3/23)			Spring (3/31-6/8)		
				NOW	12/11		NOW	3/5	
Class	Age	Day	Time	\$ YM		\$ NM	\$ YM		\$ NM
Core & Functional Strength	18yrs & up	M	7:55-8:50pm	\$150	\$170	\$190	\$120	\$136	\$152
		W					\$135	\$153	\$171
		F					\$120	\$136	\$152
Enhance Your Balance		T	10:15-11:00am	FREE		\$209	FREE		\$190
Th									
Punch Dance Move		M	11:30-12:30pm	\$150	\$170	\$190	\$120	\$136	\$152
		W					\$135	\$153	\$171
		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 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



NORTH SUBURBAN YMCA
**BALANCE
STRONG**
LIVE LONG

Discover how falls
can be prevented with
Balance Strong * Live Long
with the North Suburban
YMCA sponsored by Illinois
Bone & Joint Institute.



For more information contact
Karen Brownlee at kbrownlee@nsymca.org





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 2024 Y.E.S PARTNERS



Northbrook Woman's Club



AQUATICS



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Tom March
Aquatics Liaison
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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.

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.

PRESCHOOL SWIM LESSONS

3 yrs – Kindergarten

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

1st grade –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.

Want to take
your Swim Lessons
to the next step?
Consider Swim Club!
See Pg. 18



2025 WINTER/SPRING SESSION				Winter (1/6-3/23)		Spring (3/31-6/8)			
				NOW	12/11	NOW	3/5		
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM		
PARENT – CHILD SWIM LESSONS									
Parent – Child	6 mo–3 yrs	M	6:00–6:30pm	\$188	\$209	\$264	\$154	\$171	\$216
		Tu	10:45–11:15am						
		Sa	10:15–10:45am						
PRESCHOOL SWIM LESSONS									
Preschool Block – All Preschool Levels	3 yrs – K	M	6:00–6:30pm	\$243	\$270	\$325	\$198	\$221	\$266
		Tu	10:15–10:45am				\$221	\$245	\$295
			10:45–11:15am						
			4:15–4:45pm						
		Th	10:15–10:45am				\$221	\$245	\$295
			10:45–11:15am						
			5:25–5:55pm						
			6:00–6:30pm						
		Sa	10:15–10:45am				\$176	\$196	\$236
			10:50–11:20am						
Sports & Swim	See page 25								
Gymnastics & Swim	See page 27								
Art & Swim	See page 43								
YOUTH SWIM LESSONS									
All Youth Levels	1st–14 yrs	M	6:35–7:05pm	\$243	\$270	\$325	\$198	\$221	\$266
			7:10–7:40pm				\$221	\$245	\$295
		Tu	4:50–5:20pm						
			5:25–5:55pm						
		Th	4:15–4:45pm				\$221	\$245	\$295
			4:50–5:20pm						
		Sa	9:05–9:35am				\$176	\$196	\$236
			9:40–10:10am						
			11:25–11:55am						
Swim Club	See page 18								
ADULT & TEEN SWIM LESSONS									
All Levels	14 & up	M	10:45–11:15am	\$243	\$270	\$325	\$198	\$221	\$266
			11:15–11:45am						
			7:45–8:15pm						
		Tu	11:15–11:45am				\$221	\$245	\$295
		Th	10:45–11:15am						
			11:15–11:45 am						



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. Director's Approval is required.

2025 WINTER/ SPRING SESSION	Winter (1/6-3/23)		Spring (3/31-6/8)	
Day	\$ YM	\$ NM	\$ YM	\$ NM
Monday	\$660	\$1,100	\$540	\$900
Tuesday			\$600	\$1,000
Wednesday				
Thursday				
Friday			\$480	\$800
Saturday				
Sunday				



SWIM CLUB PROGRAM

8-18yrs

Swim club is a non-competitive developmental program focused on building endurance and improving stroke mechanics. The goal is to bridge the gap between swim lessons and competitive swim teams, offering swimmers a team-like environment to refine their strokes. Current swim lesson participants at the Fish level or higher may join the swim club.

To join the swim club or participate in tryouts, swimmers should be able to swim full lengths (25-50 yards) of all strokes with proper breathing.

2025 WINTER/ SPRING SESSION		Winter (1/6-3/23)			Spring (3/31-6/8)		
		NOW	12/11		NOW	3/5	
Day	Time	\$ YM	\$ NM		\$ YM	\$ NM	
M	4:15-4:55pm	\$252	\$281	\$336	\$207	\$230	\$275
M	5:00-5:40pm						
T	5:25-5:55pm	\$243	\$270	\$325	\$221	\$245	\$295
T	6:00-6:30pm						
W	4:15-4:55pm	\$252	\$281	\$336	\$230	\$255	\$305
W	5:45-6:25pm						
Th	4:15-4:45pm	\$243	\$270	\$325	\$221	\$245	\$295
F	4:15-4:55pm	\$252	\$281	\$336	\$184	\$204	\$244



The Red Cross Lifeguard training programs covers essential skills for lifeguards, including recognizing, preventing, and responding to aquatic emergencies, and performing CPR, AED, and First Aid.

The Lifeguard Instructor Course provides training on how to teach lifeguard skills according to Red Cross standards. Additionally, the Lifeguard Instructor Review Course is required to renew certification, including in-water skill practice and a review of Red Cross policies and procedures.

Each course incorporates in-person, in-water, and online components. Along with specific course requirements.

COURSES OFFERED:

- Lifeguard Blended Learning Class
- Lifeguard Review Class
- Lifeguard Instructor Class
- Lifeguard Instructor Review Course
- Lifeguard Instructor Trainer Review Course

Contact Missy Contri at mcontri@nsymca.org for more information.

CLASS SCHEDULES
AND REGISTRATION
AVAILABLE ONLINE



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



**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](mailto:mcontri@nsymca.org) at mcontri@nsymca.org for swim assessment.



2025 WINTER/SPRING SESSION			Winter (1/6-3/23)		Spring (3/31-6/8)	
Age	Day	Time	\$YM	\$ NM	\$YM	\$ NM
8-22 yrs	W	4:15-4:55pm	\$270	\$325	\$245	\$295
		5:00-5:45pm				
	F *No class on 6/6	4:15-4:55pm			\$172	\$207
		5:00-5:40pm				
	Su *No class on 3/23 or 6/8	11:30-12:10am	\$245	\$295		
		12:15-12:55pm				

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



ATHLETICS



Alex Brodell

Director of Sports &
Gymnastics

abrodell@nsymca.org



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!

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!

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.



2025 WINTER/SPRING SESSION				Winter (1/6-3/23)			Spring (3/31-6/8)		
				NOW	12/11		NOW	3/5	
Class	Age	Day	Time	\$ YM		\$ NM	\$ YM		\$ NM
Sports & Swim	3-5yrs	Th	9:15-10:45am	\$275	\$330	\$385	\$250	\$300	\$350
Preschool Sports			9:15-10:00am						
Sports & Gymnastics		W	11:00-11:45am	\$165	\$198	\$242	\$150	\$198	\$242

PRIVATE LESSONS AVAILABLE! Volleyball & Basketball

Individual: Grades 3-12 **Group: Grades 3-12**
Prices per session: **Email for details**
YM: \$60 NM: \$75 **YM & NM: \$80**

For more information:
Alex Brodell, abrodell@nsymca.org

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.

This program
is supported
by the Ruth
Schultz Bright
Days Fund

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

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.

2025 WINTER/SPRING SESSION				Winter (1/6-3/23)		Spring (3/31-6/8)			
				NOW	12/11	NOW	3/5		
Class	Age	Day	Time	\$ YM		\$ NM	\$ YM		\$ NM
Volleyball	Grades 2-4	T	4:15-5:15pm	\$223	\$248	\$259	\$195	\$225	\$235
		Th							
Advanced Volleyball	Grades 3-5	M	5:30-6:30pm						
		W					\$176	\$203	\$212
Basketball Skills & Drills	Grades 2-3	M	4:15-5:15pm						
	Grades 4-5	W							
Magic The Gathering Club	Grades 4-8	F	5:30-7:00pm	\$220	\$242	\$275	\$180	\$198	\$225

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!

CHECK OUT
GYMJAM
ON PAGE 50!



PRESCHOOL GYMNASTICS

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 GYMNASTICS & SWIM

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!



2025 WINTER/SPRING SESSION				Winter (1/6-3/23)			Spring (3/31-6/8)		
				NOW	12/11		NOW	3/5	
Class	Age	Day	Time	\$ YM		\$ NM	\$ YM		\$ NM
Tumble Tots	6mos-2 yrs	Sa	9:30-10:00am	\$138	\$149	\$171	\$109	\$122	\$140
Preschool Gymnastics	3-5 yrs	T	9:15-10:00am	\$143	\$154	\$176	\$130	\$140	\$160
Preschool Gymnastics & Swim		Tu	9:15-10:45am	\$275	\$330	\$385	\$250	\$300	\$350



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.

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.

This program
is supported
by the Ruth
Schultz Bright
Days Fund



2025 WINTER/SPRING SESSION				Winter (1/6-3/23)			Spring (3/31-6/8)		
				NOW	12/11		NOW	3/5	
Class	Age	Day	Time	\$ YM		\$ NM	\$ YM		\$ NM
Little Gymnasts	3-4 yrs	M	6:30-7:00pm	\$138	\$149	\$171	\$113	\$122	\$140
		W	9:30-10:00am				\$125	\$135	\$155
		F					\$113	\$122	\$140
		Sa					10:00-10:30am		
Terriffic Tumblers	4-6 yrs	W	10:00-10:45am	\$143	\$154	\$176	\$130	\$140	\$160
			6:30-7:15pm						
		F	10:00-10:45am				\$117	\$126	\$144
		Sa	10:30-11:15am						
Progressive Gymnastics	6-12 yrs	M	4:15-5:15pm	\$165	\$187	\$220	\$135	\$153	\$180
			5:15-6:15pm						
		W	4:15-5:15pm				\$150	\$170	\$200
			5:15-6:15pm						
		F	4:15-5:15pm				\$135	\$153	\$180
			5:15-6:15pm						
	Sa	10:00-11:00pm							



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](mailto:abrodell@nsymca.org).

This program is supported by the Ruth Schultz Bright Days Fund

2025 WINTER/SPRING SESSION				Winter (1/6-3/23)			Spring (3/31-6/8)		
				NOW	12/11		NOW	3/5	
Class	Age	Day	Time	\$ YM		\$ NM	\$ YM		\$ NM
Pre-team	4-16 yrs	M & W	4:15-6:30 PM	\$440	\$484	\$550	\$380	\$418	\$475
CompetitiveTeam	4-16 yrs	M, W & F	4:15-6:30 PM	\$726	\$825	\$891	\$616	\$700	\$756

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	\$30
3 classes	\$54	\$81
6 classes	\$102	\$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)**

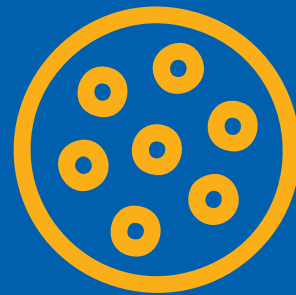
YM: FREE NM: \$5

**Pickleball Court
Reservations
(90 Minutes)**

YM: \$10 NM: \$30



PICKLEBALL LESSONS NOW AVAILABLE!



Ready to dive into the fastest-growing sport in america? Whether you're a complete beginner or looking to sharpen your skills, our pickleball lessons are perfect for all ages and skill levels!

Pickleball Lead Instructor:

Mark Harris – PPR Certified Level 4 Pickleball Coach

Private Pickleball Lessons

YM: \$70 per hour

NM: \$80 per hour

Semi-Private Pickleball Lessons

2 participants: YM: \$75 per hour NM: \$85 per hour

3 participants: YM: \$80 per hour NM: \$90 per hour

4 participants: YM: \$85 per hour NM: \$95 per hour

For more information and scheduling:

Ricky Gonzalez, rgonzalez@nsymca.org



**North Suburban
School of Dance**

North Suburban YMCA

NSSOD



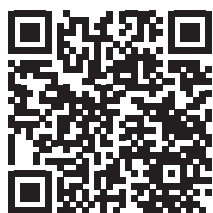
Val Lober

Performing Arts Director

vlober@nsymca.org

ALL INCLUSIVE PRICING

Price is for the entire winter/spring recital session.
It includes costume, recital admission, digital
download of recitals and instruction for 5 months.



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



DANCE RECITAL

Sun, June 8th
Loyola Academy

DRESS REHERSALS:

Thurs and Fri June 5th and 6th.

No class or rehearsal Sat, June 7th.

Recital times for each
class can be determined
by corresponding colors:

PINK 10:00am

BLUE 1:00pm

GREEN 4:00pm

A detailed recital handbook will be
released closer to Spring Break.



PRIVATE DANCE LESSONS

\$60 PER LESSON

8 yrs & up, Adults 18 yrs & up

Private lessons are a great way for dancers to catch up or quickly improve their skill. Students work one on one with our teacher to learn material from their selected genre of dance. This can be a onetime lesson to work on a specific skill or an ongoing set of lessons to help students improve their overall skills. Please contact the Performing Arts Office to set up a time for your dancer.

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: \$1,575 NM: \$1,990

5 & 6 Classes: YM: \$1,762 NM: \$2,188

Prices include recital fees



DISCOVERY AND RHYTHMS

2-3 yrs by 1/1/24

Introduce your mini mover to dance in this fun and creative class that gets your child up and bounding around! This class presents a developmentally appropriate approach that focuses on teaching concepts such as size, level, tempo, and pathways. A variety of props, fun stretches, and creative games are used to enhance learning. Ideal for participants ages 2-3 being introduced to dance for the first time! 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.

2025 WINTER/SPRING SESSION PRICES INCLUDE RECITAL COSTUME AND TUITION				Winter/Spring (1/6-6/8)			
				NOW	12/11		
Class	Age	Day	Time	\$ YM		\$ NM	Recital
Discovery/Rhythms	2-3yrs	Sa	10:30-11:00am	\$325	\$353	\$422	1pm
Ballet Rhythms	3yrs	W	4:30-5:15pm	\$359	\$391	\$488	10am
Ballet Beats	4yrs		5:15-6:00pm				1pm
Ballet/Tap Beats*				4:15-5:15pm	\$366	\$399	\$491
Ballet Designs	5yrs	Tu	4:30-5:15pm	\$359	\$391	\$488	
Ballet/Tap Designs *		Th	5:15-6:15pm	\$366	\$399	\$491	10am
Ballet/Tap Designs		Sa	11:15-12:15pm				4pm
*Classes will start one week late (1/13-18)							

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.



2025 WINTER/SPRING SESSION PRICES INCLUDE RECITAL COSTUME AND TUITION				Winter/Spring (1/6-6/8)			
				NOW	12/11		
Class	Age	Day	Time	\$ YM	\$ NM	Recital	
Ballet 1	6-9yrs	W	4:15-5:15pm	\$386	\$420	\$517	1pm
		Sa	12:15-1:15pm	\$371	\$404	\$496	10am
Ballet 2 (ages 8+)	By Placement	Tu	5:15-6:15pm	\$386	\$420	\$517	4pm
Ballet 2/3		M	4:30-5:30pm	\$371	\$404	\$496	1pm
Ballet 3		W	4:15-5:30pm	\$408	\$445	\$550	4pm
Ballet 4/5		Sa	12:15-1:30pm	\$392	\$427	\$527	10am
Ballet 4/5 + Pointe Prep/Pointe 1			12:15-2pm	\$455	\$496	\$589	4pm
Ballet 4/5		W	5:30-6:45pm	\$408	\$445	\$550	10am
Ballet 5/6		Sa	10:15-11:45am	\$434	\$473	\$561	10am
Ballet 5/6 + Pointe			10:15-12:15pm	\$475	\$519	\$612	4pm
Ballet 5/6		W	6:45-8:15pm	\$452	\$493	\$585	1pm
Ballet 5/6 + Pointe			6:45-8:45pm	\$495	\$541	\$639	1pm

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.



2025 WINTER/SPRING SESSION PRICES INCLUDE RECITAL COSTUME AND TUITION				Winter/Spring (1/6–6/8)				
				NOW	12/11			
Class	Age	Day	Time	\$ YM		\$ NM	Recital	
Jazz 1	6–10yrs	W	6:00–7:00pm	\$386	\$420	\$517	4pm	
Jazz 2	By Placement		5:15–6:15pm				1pm	
Jazz 3*			5:30–6:30pm	\$371	\$404	\$496	10am	
Jazz 4		M	7:15–8:15pm					
Jazz 5		Tu	4:45–6:00pm	\$408	\$445	\$550	1pm	
Jazz 6*			7:15–8:30pm	\$392	\$427	\$527	1pm	4pm
Tap 1/2*			6:15–7:00pm	\$351	\$381	\$473	1pm	
Tap 3		M	6:15–7:15pm	\$371	\$404	\$496	4pm	
Tap 4			5:15–6:15pm				10am	
Tap 5/6			7:15–8:15pm				10am 1pm	
*Classes will start one week late (1/13–18)								



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.

2025 WINTER/SPRING SESSION PRICES INCLUDE RECITAL COSTUME AND TUITION				Winter/Spring (1/6-6/8)				
				NOW	12/11			
Class	Age	Day	Time	\$ YM		\$ NM	Recital	
Contemporary Modern 1	9-13yrs	W	6:15-7:15pm	\$386	\$420	\$517	10am	
Contemporary Modern 2	By Placement	Th	5:15-6:15pm				1pm	
Contemporary Modern 3		W	7:15-8:30pm	\$408	\$445	\$550	4pm	
Contemporary Modern 4		Tu	6:00-7:15pm				10am	4pm
Poms 1*	7-11yrs	Th	4:15-5:15pm	\$371	\$404	\$496	10am	
Poms 2	By Placement			\$386	\$420	\$517	1pm	
Poms 3			6:15-7:15pm				4pm	
Poms 4			7:15-8:15pm				10am	1pm
*Classes will start one week late (1/13-18)								

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.

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

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!

2025 WINTER/SPRING SESSION PRICES INCLUDE RECITAL COSTUME AND TUITION				Winter/Spring (1/6-6/8)		
				NOW	12/11	
Class	Age	Day	Time	\$ YM		\$ NM
Hip Hop ages 5-7	5-7yrs	M	4:45-5:30pm	\$351	\$381	\$473
Hip Hop ages 8-10	8-10yrs		5:30-6:15pm			
Hip Hop ages 11+	11+ yrs		6:15-7:00pm			
Musical Theatre	8-14yrs	W	7:00-8:00pm	\$386	\$420	\$517
PBT & Stretch*	10+ yrs	Th	6:15-7:15pm	\$291	\$324	\$416
Dance Lab Levels 5/6	By Placement	M	6:30-7:15pm	\$271	\$301	\$393
*Classes will start one week late (1/13-18)						

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 TAP

18 yrs and up

These classes will focus on setting the foundations for a fun tap experience by working on rhythms, syncopation, and balance. Those looking to brush up on basic steps will love the beginner class, while those looking for a slightly quicker pace with exciting new steps will find our Intermediate class more enjoyable!

ADULT HIP HOP

18 yrs and up

Designed for adults looking for an energetic class focusing on teaching rhythmic patterns, agility, coordination, and strength. Participants will learn choreography at a beginning pace that will slowly build over several months. Whether you are starting from the top or have some experience, our skilled instructor will cater this class to your needs and interests!



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

2025 WINTER/SPRING SESSION PRICES INCLUDE RECITAL COSTUME AND TUITION			Winter/Spring (1/6-6/8)			
			NOW	12/11		Optional
Class	Day	Time	\$YM		\$ NM	Recital
Adult Ballet	Tu	7:15-8:15 pm	\$331	\$365	\$462	10am
Adult Advanced Beginner Tap*	W	6:30-7:30 pm	\$316	\$349	\$441	4pm
Adult Intermediate Tap		7:30 - 8:30 pm	\$331	\$365	\$462	1pm
Adult Beginning/Intermediate Hip Hop	M	7:00-8:00 pm	\$316	\$349	\$441	
*Classes will start one week late (1/13-18)						

VISUAL ARTS



Cathie Winnie
Visual Arts Director
cwinnie@nsymca.org

ANNUAL ART SHOW

RECEPTION MARCH 9TH

ALL WINTER ART STUDENTS WILL PARTICIPATE
IN OUR ANNUAL ART SHOW!

Be a part of our Annual Art Show held at the Northbrook Public Library the month of March. To participate, simply register for a Winter Art class! Our reception for the Art Show will be Sunday, March 9th from 3:00-4:45pm in Children Services at the NPL.



COMMUNITY EVENTS

FREE CHILDREN'S ART PROGRAM AT THE LIBRARY!

Art should be available to everyone, which is why we have partnered with the Northbrook Public Library to offer a FREE art program for children. You need to register for the program by calling:

Northbrook Public Library 847-272-6224

2D & 3D COMMUNITY GALLERIES

Calling all artists! We're seeking artists to exhibit and sell work in our Community Galleries, as well as those who create ceramics, jewelry, or handcrafts for a lobby Pop-Up. For an application, please contact Art Director, [Cathie Winnie](mailto:cwinnie@nsymca.org) at cwinnie@nsymca.org.

GIRL SCOUT/BOY SCOUT BADGE PROGRAM

NEW

Our Scout Badge Program supports local Boy and Girl Scouts in earning badges. Girl Scouts can complete badges in Digital Arts, Outdoor Arts, Storytelling, and more. Boy Scouts can work on badges like Art, Basketry, Carpentry, Photography, Woodwork, and more. To set up a workshop, contact Visual Art Director, [Cathie Winnie](mailto:cwinnie@nsymca.org) at cwinnie@nsymca.org for info or workshops.



FUN ART WORKSHOPS

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.

- 1/10 – Geometric Watercolors
- 2/14 – Mixed Medium Valentines Card
- 3/14 – Acrylic Pour
- 4/11 – Acrylic Landscape
- 5/9 – Impasto Painting

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.

1/14 & 1/21
Watercolors: Painting on different surfaces and floral painting

2/11 & 2/18
Acrylic: Palette knife & impasto painting

3/11 & 3/18
Portraits: With pastels & oils

4/8 & 4/15
Pastel Techniques: Rubbing alcohol, gouache & pastel

5/13 & 5/20
Oils: Mountain landscapes, replicate a master artist of your choice

Price per workshop:
YM: \$65 NM: \$75

**SCAN QR CODE
TO SIGN UP!**



2025 WINTER/SPRING SESSION				Winter (1/6-3/23)			Spring (3/31-6/8)		
				NOW	12/11		NOW	3/5	
Class	Age	Day	Time	\$ YM		\$ NM	\$ YM		\$ NM
Art & Swim	3-6yrs	M	Art: 9:00-9:50 Swim: 10:00-10:30	\$327	\$361	\$394	\$251	\$279	\$306
			Swim: 9:30-10:00 Art: 10:10-11:00						
Art Explorers	5-9yrs	T	6:00pm-7:00pm	\$208	\$229	\$262	\$171	\$190	\$220
Preschool Art <i>*No class on 5/11, 6/8</i>	3-6yrs	Su	11:00-12:00pm				\$120	\$133	\$154
Preschool Clay (NEW)		Tu	4:15-5:15pm	\$228	\$251	\$284	\$189	\$210	\$240
Preschool Scribble into Drawing (NEW)			10:00-11:00am	\$208	\$229	\$262	\$171	\$190	\$220

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 5/11, 6/8*

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.



PRESCHOOL SCRIBBLE INTO DRAWING

NEW

3-6 yrs

This class teaches your child how to draw shapes which in turn teaches them how to draw things, ie. a dog is drawn using circles and ovals. Great class to set your child up for success in Kindergarten!

3D DIGITAL CREATURES & CHARACTERS

Grades K-3



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.

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.

2025 WINTER/SPRING SESSION				Winter (1/6-3/23)			Spring (3/31-6/8)		
				NOW	12/11		NOW	3/5	
Class	Age	Day	Time	\$ YM		\$ NM	\$ YM		\$ NM
3D Creatures & Characters	K-3rd	F	5:15-6:15pm	\$228	\$251	\$284	\$170	\$189	\$216
3D Toy Design			4:15-5:15pm						
Adventures in Art		W		\$208	\$229	\$262	\$171	\$190	\$220
Art Explorers	5-9 yrs	Tu	6:00-7:00pm						
Ceramic & Sculpture	K-3rd	W	4:15-5:15pm	\$228	\$251	\$284	\$189	\$210	\$240
Drawing & Painting		M		\$208	\$229	\$262	\$154	\$171	\$198

3D ADVANCED
DESIGN & PRINTING

NEW

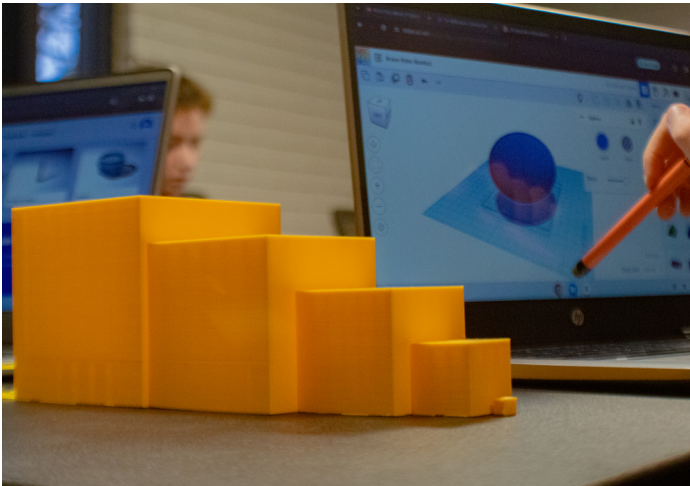
Grades 4-8

Delve further into various materials as well as sculpting and engineering techniques. You need to already be familiar with basic 3D Modeling. **Starts 1/15*

3D DESIGN & PRINTING

Grades 4-8

Want to delve deeper into 3D design and printing? Learn how to 3D model, design objects and print them like curiosities and fidgets. **Starts 1/13*



BEGINNING
CHARCOAL & PASTELS

NEW

Grades 4-8

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

BIG & SMALL ART

NEW

Grades 4-8

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

DRAWING TECHNIQUES

NEW

Grades 4-8

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.



2025 WINTER/SPRING SESSION				Winter (1/6-3/23)			Spring (3/31-6/8)		
				NOW	12/11		NOW	3/5	
Class	Age	Day	Time	\$ YM		\$ NM	\$ YM		\$ NM
3D Advanced Design & Printing (NEW) <i>*Starts 1/15</i>	Grades 4-8	W	4:15-5:15pm	\$209	\$230	\$260	\$170	\$189	\$216
3D Design & Printing <i>*Starts 1/13</i>		M					\$151	\$168	\$192
Beginning Charcoal & Pastels (NEW)		W	7:00-8:00pm	\$208	\$229	\$262	\$171	\$190	\$220
Big & Small Art (NEW)		M	5:15-6:15pm				\$154	\$171	\$198
Drawing Techniques (NEW)		Th	5:00-6:00pm				\$171	\$190	\$220



EXPLORING MEDIUMS

NEW

Grades 4-8

Explore new mediums and learn how to put them together to make your pieces pop!

FUN & FUNCTIONAL CLAY

NEW

Grades 4-8

Clay – there's nothing like it! Learn how to create fun and functional items along with new decorative techniques to create cherished pieces. All clay pieces are fired and glazed in our kiln.

PAINTING TECHNIQUES

Grades 4-8

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

RPG VIDEO GAME DESIGN

NEW



Grades 4-8

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. *Starts 1/13**

2025 WINTER/SPRING SESSION				Winter (1/6-3/23)			Spring (3/31-6/8)		
				NOW	12/11		NOW	3/5	
Class	Age	Day	Time	\$ YM		\$ NM	\$ YM		\$ NM
Exploring Mediums (NEW)	Grades 4-8	W	5:15-6:15pm	\$208	\$229	\$262	\$171	\$190	\$220
Fun & Functional Clay (NEW)				\$218	\$240	\$273	\$180	\$200	\$230
Painting Techniques		Th	6:00-7:30pm	\$258	\$284	\$317	\$216	\$240	\$270
RPG Video Game Design (NEW) *Starts 1/13		M	5:15-6:15pm	\$209	\$230	\$260	\$170	\$189	\$216

PHOTOGRAPHY NEW

Ages 14+
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.
Winter runs 1/9–2/27; Spring runs 4/3–5/22



2025 WINTER/ SPRING SESSION		Winter (1/9–2/27)			Spring (4/3–5/22)		
		NOW	12/11		NOW	3/5	
Day	Time	\$ YM		\$ NM	\$ YM		\$ NM
Th	7:00–8:30pm	\$178	\$196	\$212	\$158	\$176	\$192

VISUAL ARTS: Adult

TAKE AN ART BREAK NEW

Adult
Carve some time out of your day to have fun in the Art Studio creating interesting projects! No experience necessary. All supplies provided. This class will run right before the Yoga class on Wednesdays at 1:15pm so you can enjoy an extended time at the Y. (Yoga is free to Y members).

2025 WINTER/ SPRING SESSION		Winter (1/6–3/23)			Spring (3/31–6/8)		
		NOW	12/11		NOW	3/5	
Day	Time	\$ YM		\$ NM	\$ YM		\$ NM
W	12:00–1:00pm	\$218	\$240	\$273	\$180	\$200	\$230

CREATE YOUR OWN CLASS

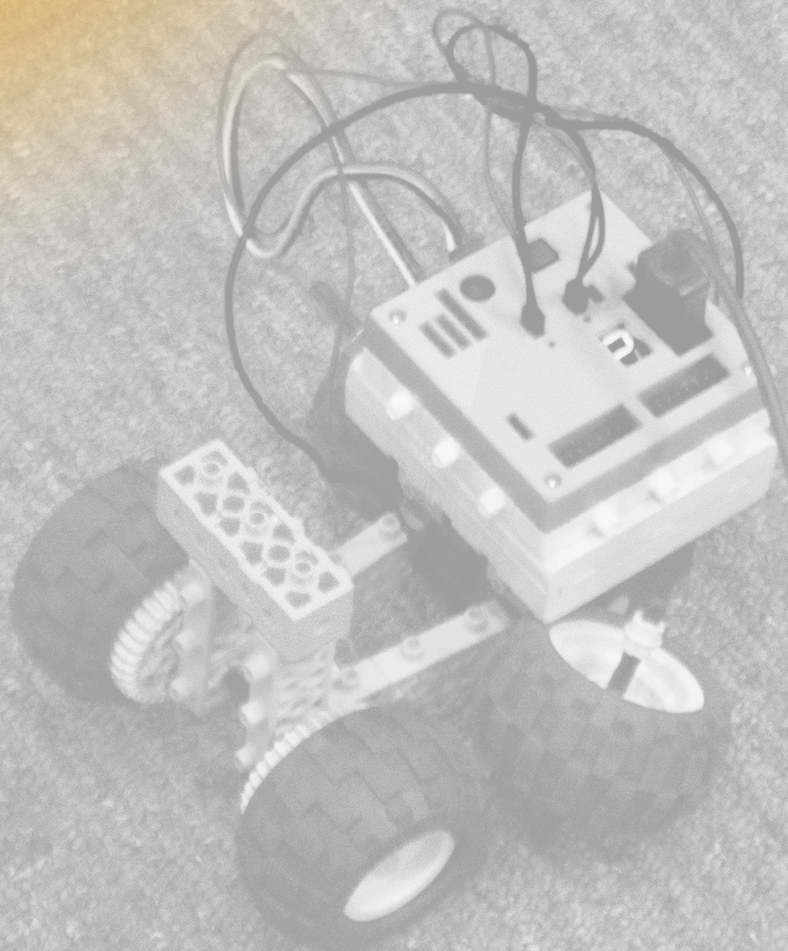
ADULT
Do you have several friends who would enjoy several weeks of painting, or clay or learning how to use different mediums? Create your own class with your own timeline. Email Visual Art Director, Cathie Winnie at cwinnie@nsymca.org for further information on how to build your own class.



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: 1/20, 2/17

Spring Break Camp:

3/24, 3/25, 3/26, 3/27, 3/28

***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!**



YOUTH EXPLORER EXPO

FREE event for youth to explore the Y to learn about our programing and participate in fun activities/games!

**Jan. 12, 2025
2:00-4:00pm**

MORE INFO: nsymca.org

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

AGES 0-5 yrs
EVERY WED & THURS
10am-12pm

WINTER SESSION:
Jan 8th-April 24th

Members: FREE
Non-Members: \$5



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 2024–2025 School Year		
Days	\$ YM	\$ NM
3 Days	\$252	\$312
4 Days	\$336	\$416
5 Days	\$420	\$520

*Y-time registration for new members begins
February 1st, 2025



NAVIGATOR NIGHTS

MONTHLY FRIDAY NIGHT SOCIAL EVENTS

OPEN TO ALL MIDDLE SCHOOLERS (GRADES 6–8)

FOR MORE INFORMATION: RICKY GONZALEZ
RGONZALEZ@NSYMCA.ORG



LITTLE VETERINARIAN SCHOOL DOG

Grades K-5th

After “adopting” their very own plush puppy, students will role play 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 VETERINARIAN SCHOOL CAT

Grades K-5th

Students will role-play the key responsibilities of a veterinarian and perform a whiskers-to-tail exam on their newly “adopted” plush cat. These future veterinarians will learn about animal body language, maintaining a healthy environment such as proper litterbox placement, create a cat toy, and design a vet clinic.

DREAM BIG, STAND STRONG

Grades K-5th

NEW

Imagine what your child can accomplish when they feel empowered to stand tall and chase their dreams! Through engaging stories and hands-on activities from Adventures in Wisdom®, kids will learn how to say “no” to peer pressure and “yes” to being their awesome selves! They’ll discover who they are and what makes them unique, building the confidence to make choices that feel right for them. They’ll create a magical vision for their lives, set incredible goals, and use powerful tools like visualization and affirmations to help them succeed! It’s an adventure of self-discovery and growth your child won’t want to miss!

STICKY FINGERS COOKING CLASS

Grades K-6th

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 below and join us to WHIP up some culinary fun all year! Our cooking classes are perfect for all ages!



2025 WINTER/SPRING SESSION				Winter (1/6-3/23)			Spring (3/31-6/8)		
				NOW	12/11		NOW	3/5	
Class	Age	Day	Time	\$ YM		\$ NM	\$ YM		\$ NM
Little Vet School Dog	K-5th	M	5:00-6:00pm	\$327	\$363	\$418			
Little Vet School Cat							\$267	\$297	\$342
Sticky Fingers Cooking	K- 6th	W	4:30-5:30pm	\$366	\$407	\$495	\$324	\$360	\$450
Dream Big, Stand Strong (NEW)	K-5th	Th		\$267	\$297	\$385			



KRAZY GO KARTS JAN 9TH

7-12 yrs 4:15-5:45pm

NEW

In this thrilling workshop, students have an opportunity to build, customize and race their own go kart against the rest of the class to see who will be the ultimate RoboThink Racer! Using gears, motors, axles and RoboThink's proprietary hardware, you'll be in for the ride of your life!

BATTLE ROBOTS: TANKS FEB 11TH

7-12 yrs 4:15-5:45pm

NEW

Using unique RoboThink bricks, gears, axles and motors, students will be building a cool tank for challenges such as a battle, a race or target practice. It's up to each student to ensure that their tanks are in tip-top shape, so let's get rolling! No prior experience necessary.

MECHANICAL PUPPY WORKSHOP MARCH 13TH

7-12 yrs 4:15-5:45pm

NEW

In this workshop, kids will build and bring to life their very own robotic puppy! Using RoboThink's easy to use robotics kits, participants will learn basic engineering concepts while assembling their robotic puppy that can wag their own tail! This hands-on workshop is perfect for young creators who love both technology and cute animals!

BATTLE ROBOTS

WORKSHOP APRIL 15TH

7-12 yrs 4:15-5:45pm

Calling all warriors and engineers in training! With their imagination 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!

FUN STEM INVENTIONS WORKSHOP MAY 15TH

7-12 yrs 4:15-5:45pm

NEW

Attention all young inventors! We're on the lookout for brilliant young minds to embark on a journey and join us as we dive into the fascinating world of invention. Using RoboThink's cutting-edge hardware, kids will build one of the revolutionary creations that have shaped history. No experience necessary, just bring your passion for building and learning!

ONE-TIME S.T.E.A.M. WORKSHOPS:
YM\$50 NM \$60

MAGIC WORKSHOPS MARCH 4TH & MAY 21ST

Grades K-5th 4:30-5:25pm

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:

YM\$38 NM\$45

YOUTH DEVELOPMENT: ONE-TIME MINDFULNESS WORKSHOPS



ONE-TIME
MINDFULNESS WORKSHOPS:
YM\$35 NM \$45

ACTIVATING OUR INNER GOAL-SETTING RADAR

APRIL 10TH

Grades K-5th 4:30-5:30pm

NEW

Give your child the gift of discovering their inner superhero! In this fun and interactive class, kids will learn all about their brain's "superpower" called the Reticular Activating System (RAS). They'll find out how to use this amazing tool to focus on their goals and unlock their potential. Through exciting stories, hands-on arts & crafts, and engaging activities from Adventures in Wisdom®, they'll explore their unique talents and learn how to activate their "personal radar" to spot opportunities that bring them closer to their dreams.

THE MAGIC OF GRATITUDE

MAY 8TH

Grades K-5th 4:30-5:30pm

NEW

Kids will discover how gratitude is a super tool that can boost their mood, create happiness, and help them handle disappointments like a master adventurer. Through engaging stories, hands-on arts & crafts, and fun activities from Adventures in Wisdom®, they'll explore how focusing on the good things in life can make everyday brighter.

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 21

Special Needs Private Swim Lessons, *See Page 18

2025 WINTER/SPRING SESSION				Winter (1/6-3/23)			Spring (3/31-6/8)		
				NOW	12/11		NOW	3/5	
Class	Age	Day	Time	\$ YM		\$ NM	\$ YM		\$ NM
HAWKS Group Ex	11+ yrs	Sa	10:00-10:45am	\$307	\$341	\$396	\$251	\$279	\$324
Yoga			11:00-11:45pm	\$238	\$264	\$319	\$194	\$216	\$261
HAWKS S.T.E.A.M.	Highschool	Tu	4:15-5:00pm	\$238	\$264	\$319	\$216	\$240	\$290
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** (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.

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:	CVV#
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

TRIVIA NIGHT FUNDRAISER

February 22nd 2025

+ * CULTURAL FAIR

February 23rd 2025



DINNER & CASINO NIGHT

April 25, 2025

More Info: nsymca.org/community-strong



GOLF FUNDRAISER

July 17, 2025

More Info: nsymca.org/community-strong

Empowering Lives, Strengthening Communities



NORTH SUBURBAN YMCA
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Northbrook, IL 60062
nsymca.org