

NORTH SUBURBAN YMCA

# **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 .96% 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**

- FRIDAY 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

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# **PROGRAM**

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REGISTRATION INFORMATION

### **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           | Libertyville |
|-------------------------|--------------|
| Deerfield               | Lincolnshire |
| Glencoe                 | Northbrook   |
| Glenview                | Northfield   |
| Highland Park           | Riverwoods   |
| Highwood                | Wheeling     |
| Lake Forest             | Winnetka     |
| Lake Bluff              |              |
| Highwood<br>Lake Forest | Wheeling     |

# **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  |                                      |  |  |  |  |  |  |
|---|--------------------------------------|--|--|--|--|--|--|
| <b>Monday-Friday:</b><br>5:00am – 9:00pm  | <b>Saturday:</b><br>6:00am - 7:00pm  | <b>Sunday:</b><br>6:00am – 5:00pm            |  |  |  |  |  |
| Please check our website, nsymco.org/schedules for the most up to date Childwatch Hours, Pool Schedule and Gym Hours. |                                      |  |  |  |  |  |  |
| Childwatch  | Pool Hours                           | Gym Hours                                    |  |  |  |  |  |
|   |                                      |  |  |  |  |  |  |
| Holiday Hours   |                                      |  |  |  |  |  |  |
| <b>Christmas Eve:</b><br>Dec. 24: Y Closes at 2pm   | Christmas Day:<br>Dec. 25: Closed    | New Years Eve:<br>Dec. 31: Y Closes at 2pm   |  |  |  |  |  |
| New Years Day:<br>Jan. 1: 9am – 5pm   | Easter Sunday:<br>April 20: Closed   | Memorial Day:<br>May 27: 5am-12pm            |  |  |  |  |  |
|   |                                      |  |  |  |  |  |  |
| ON THE FOLLOWING DATES THERE WILL<br>BE LIMITED ADULT FITNESS CLASSES   | Winter Break: 12/23- 1/5             | Spring Break: 3/24-3/30                      |  |  |  |  |  |
| AND NO PAID PROGRAM CLASSES   | Easter Break:<br>4/18 after 3pm-4/20 | Memorial Day Weekend:<br>5/23 after 3pm–5/26 |  |  |  |  |  |

DOWNLOAD THE APP FOR UP TO DATE INFORMATION! NSYMCA.ORG/STAY-CONNECTED

### THE TEAM

Kathy Fielding kfielding@nsymca.org CEO

Barb Savino bsavino@nsymca.org VP of Finance & HR

#### **Ricky Gonzalez**

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Cathie Winnie cwinnie@nsymca.org 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



### Megan Vazquez Sr. Director of Wellness

mvazquez@nsymca.org



### Roman Edingburg Wellness Coordinator redingburg@nsymca.org



### Karen Brownlee

Adult Programming Coordinator kbrownlee@nsymca.org

### **GROUP EXERCISE CLASSES**



# FREE UNLIMITED CLASSES FOR MEMBERS

SCAN OUR QR FOR THE LATEST GROUP EXERCISE CLASSES



## **MORE THAN 60 CLASSES!**

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

# 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 BRD FRIDAY OF THE MONTH

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



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 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.



### 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.



# STRENGTH & STRETCH NEW

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  |             |     |              |         | nter (1/6-3/ | (23)  | Spi   | ring (3/31–6 | /8)   |
|-----------------------------|-------------|-----|--------------|---------|--------------|-------|-------|--------------|-------|
| 2025 WINTER/SPRING SESSION  |             |     |              | NOW     | 12           | /11   | NOW   | 3,           | /5    |
| Class                       | Age         | Day | Time         | \$ YM : |              | \$ NM | \$١   | /M           | \$ NM |
| Strength & Stretch<br>(NEW) | 18 yrs & up | Th  | 12:00-1:00pm | \$242   | \$286        | \$352 | \$220 | \$260        | \$320 |

### **YOUTH FITNESS**

### MOVE FOR LIFE

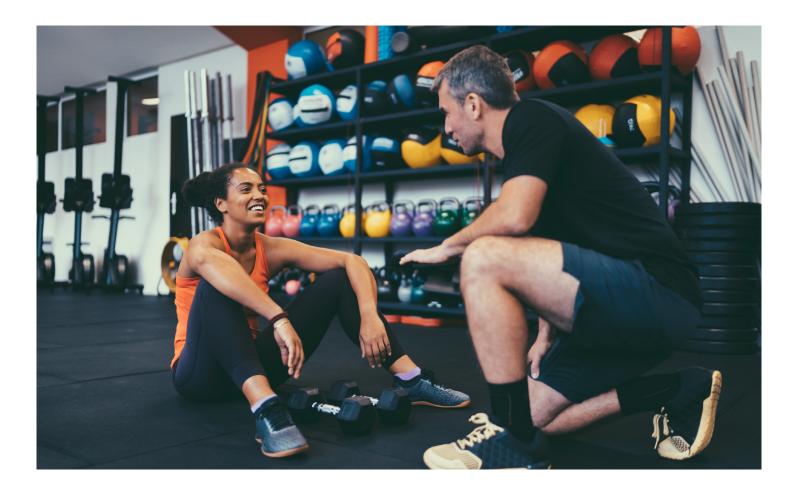
#### 8-11 years

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 |        |     |             |             | nter (1/6-3/ | 23)   | Spring (3/31-6/8) |       |       |
|----------------------------|--------|-----|-------------|-------------|--------------|-------|-------------------|-------|-------|
|                            |        |     |             |             | 12           | /11   | NOW               | 3/    | /5    |
| Class                      | Age    | Day | Time        | \$ YM \$ NM |              | \$ NM | \$ YM             |       | \$ NM |
| Move for Life              |        | w   |             |             |              |       |                   |       |       |
| Youth Group Training       | K-12th | Т   | 4:15-5:00pm | \$220       | \$242        | \$330 | \$200             | \$220 | \$300 |
| Youth Group Training       |        | 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<br>-Y MEMBER ONLY |                      |                  |  |  |  |  |  |  |
|---------------------------------------|----------------------|------------------|--|--|--|--|--|--|
| Package<br>Amount                     | Length of<br>Session | Package<br>Price |  |  |  |  |  |  |
| 4                                     | 20 min               | \$140            |  |  |  |  |  |  |
| 8                                     | 30 min               | \$280            |  |  |  |  |  |  |
| 4                                     |                      | \$220            |  |  |  |  |  |  |
| 8                                     | 45 min               | \$440            |  |  |  |  |  |  |
| 12                                    |                      | \$636            |  |  |  |  |  |  |
| 1                                     |                      | \$65             |  |  |  |  |  |  |
| 4                                     |                      | \$260            |  |  |  |  |  |  |
| 8                                     | 60 min               | \$520            |  |  |  |  |  |  |
| 12                                    |                      | \$756            |  |  |  |  |  |  |
| 24                                    |                      | \$1440           |  |  |  |  |  |  |
|                                       |                      |                  |  |  |  |  |  |  |

| -Y MEMBERS ONLY    |                      |                  |  |  |  |  |  |  |
|--------------------|----------------------|------------------|--|--|--|--|--|--|
| Package<br>Amount  | Length of<br>Session | Package<br>Price |  |  |  |  |  |  |
| 4                  | 60 min               | \$120 pp         |  |  |  |  |  |  |
| NON-MEMBER PRICING |                      |                  |  |  |  |  |  |  |
| Package            | Length of            | Package          |  |  |  |  |  |  |
| Amount             | Session              | Price            |  |  |  |  |  |  |
| 1                  |                      | \$100            |  |  |  |  |  |  |
| 4                  | 60 min               | \$400            |  |  |  |  |  |  |
| 8                  |                      | \$800            |  |  |  |  |  |  |

**SMALL GROUP TRAINING** 

(3 or more people)

| PARTNER TRAINING<br>-Y MEMBERS ONLY |                      |                  |  |  |  |  |  |  |  |
|-------------------------------------|----------------------|------------------|--|--|--|--|--|--|--|
| Package<br>Amount                   | Length of<br>Session | Package<br>Price |  |  |  |  |  |  |  |
| 4                                   | 60 min               | \$320            |  |  |  |  |  |  |  |

### 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<sup>®</sup> FITNESS

The YMCA's Enhance<sup>®</sup> 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

| 2025 WINTER/SPRING SESSION                   |        |                                     |      |     | ter (1/6-3 | /23)  | Spring (3/31-6/8) |         |       |
|--|--------|-------------------------------------|------|-----|------------|-------|-------------------|---------|-------|
|  |        |                                     |      |     | NOW 12/11  |       | NOW               | NOW 3/5 |       |
| Class  | Age    | Day                                 | Time | \$۱ | /M         | \$ NM | ۶۱                | ſM      | \$ NM |
| Y's Diabetes Prevention<br>Program (Virtual) | 18 yrs | Please contact M<br>mvazquez@r      | 5 1  |     | \$529      |       |                   |         |       |
| Enhance <sup>®</sup> Fitness                 | & up   | M,W,F 11:30-12:30pm FREE \$360 FREE |      |     |            |       |                   | \$360   |       |
| Punch Dance Move                             |        | See Page 14                         |      |     |            |       |                   |         |       |

# VIRTUAL 🕐

# **Important Update:** Virtual Y Platform Transition to Zoom



SCAN TO

### **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     | Winter (1/6-3/23) |     |               | Spring (3/31-6/8) |          |       |       |          |       |       |
|------------------------|-------------------|-----|---------------|-------------------|----------|-------|-------|----------|-------|-------|
|                        | NOW               | 12  | /11           | NOW               | 3/       | /5    |       |          |       |       |
| Class                  | Age               | Day | Time          | \$ ۱              | /M       | \$ NM | \$1   | /M       | \$ NM |       |
|                        |                   | м   | М             |                   |          |       |       |          | \$171 |       |
| Basic Cardio           |                   | W   | 10:15-11:10am | 10:15-11:10am     | FR       | EE    | \$209 | FREE     |       | \$190 |
|                        |                   | F   |               |                   |          |       |       |          |       |       |
|                        | 18 yrs            | Т   |               | <b>.</b>          | <b>*</b> |       | ÷     | <b>.</b> | \$171 |       |
| Cardio & Light Weights | & up              | Th  | 7:55-8:50     | \$150             | \$170    | \$190 | \$135 | \$153    |       |       |
|                        |                   | Т   |               |                   |          |       |       |          |       |       |
| Chair Yoga             |                   | Th  | 11:15-12:15pm | FR                | EE       | \$209 | FR    | EE       | \$190 |       |

## 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) |                                       |       |       |       |
|-------------------------------|-------|-----|-------------------|---------------|-------|-------------------|---------------------------------------|-------|-------|-------|
| 2025 WINTER/SPRING SESSION    |       |     |                   | NOW           | 12    | /11               | NOW                                   | 3/    | ′5    |       |
| Class                         | Age   | Day | Time              | \$1           | YM    | \$ NM             | \$1                                   | ſМ    | \$ NM |       |
|                               |       | м   |                   |               |       |                   | \$120                                 | \$136 | \$152 |       |
| Core & Functional<br>Strength |       | w   | 7:55-8:50pm       | \$150         | \$170 | \$190             | \$135                                 | \$153 | \$171 |       |
|                               |       | F   | -                 |               |       |                   | \$120                                 | \$136 | \$152 |       |
| Enhance Your Balance          | 18yrs | т   | 10.15.11.00       | 10:15-11:00am | ED    | REE               | \$209                                 | ED    | EE    | \$190 |
| childrice four balance        | & up  | Th  | 10:15-11:00am     |               | (CC   | \$209             | L L L L L L L L L L L L L L L L L L L | CC.   | 9190  |       |
|                               |       | м   | 11:30-12:30pm     |               |       |                   |                                       | \$120 | \$136 | \$152 |
| Punch Dance Move              |       | w   |                   | \$150         | \$170 | \$190             | ¢175                                  | ¢100  | ¢171  |       |
|                               |       |     |                   |               |       |                   | \$135                                 | \$153 | \$171 |       |

# 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**

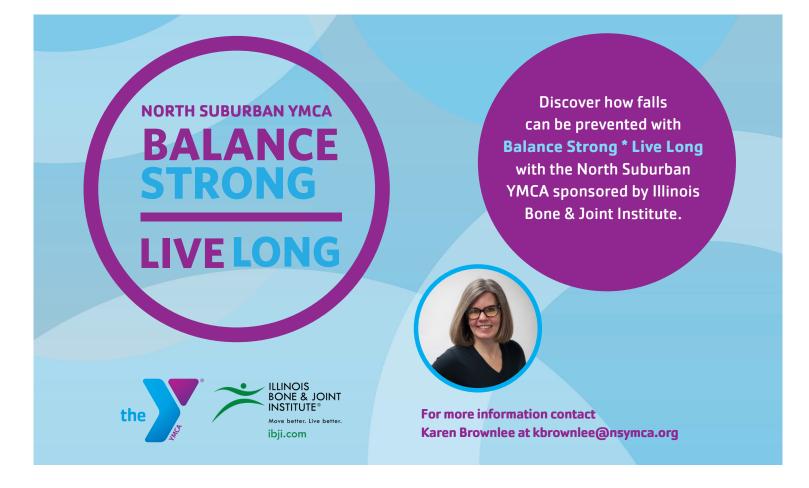
Mondays, Wednesdays and Fridays at 9:15 am

CAREGIVER SUPPORT GROUP Fridays at 10:30 am

SOCIAL CLUB DINNER

4th Monday of the month at 5:15 pm







# 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





# AQUATICS



Missy Contri Aquatics Director mcontri@nsymca.org



Tom March Aquatics Liaison tmarch@nsymca.org

## **DID YOU KNOW?**

The YMCA has long been known as the gold standard for swim lessons. After all, the Y organized the very first group swim lessons in 1909. Here at the NSYMCA, we continue that tradition, offering swim lessons for individuals of all ages and abilities. Our knowledgeable and helpful staff want to ensure everyone has a chance to be confident, happy, and safe in the water.

### FREQUENTLY ASKED QUESTIONS

#### Q: What level do I register my child for?

A: All swimmers will be tested on the first day of class and placed in the appropriate level. If your swimmer tests into a different level not offered during that class, they will need to move to the correct class.

### Q: Does the Y allow make-up lessons?

A: Due to the popularity of the program our classes fill to capacity. This makes make-up classes not possible. We find that moving a child to another class even one time affects the dynamics of the class. Our instructors teach to the individual and will work to ensure that missing one or two classes will not affect the child's progress.

## Q: My child has some special needs/circumstances. Do you have instructors that are trained in special needs?

A: Swimmers with special needs are always welcome. We have a well developed swim program and staff that are highly versed in special needs. If your child does have needs, please let the instructor know so we can offer the best lesson possible.

#### Q: Can my child sign up for 2 swim lessons?

A: Participants can register for only one swim lesson per day. Participants cannot register for consecutive swim lessons on the same day. Data has shown that back to back lessons are not efficient for learning as the lesson starts over with a different instructor for the second 30-minute swim class. 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

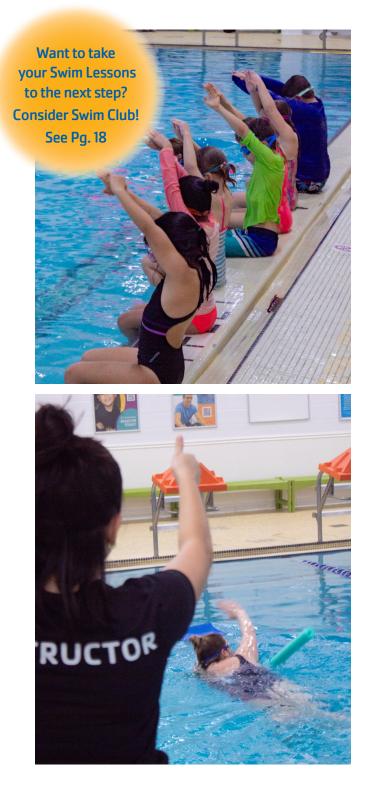
Our preschool swim lessons introduce water propulsion, floating, body awareness, and independence, all while focusing on water safety. We introduce the basic swim strokes, including front crawl and back crawl. Swimmers will learn swim skills designed for preschoolers based on their body development. 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 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**

| 2025 WINTER/SPRING SI | ESSION         |             |               | Win        | ter (1/6-3 | 3/23)    | Spri         | ng (3/31-     | 6/8)         |
|-----------------------|----------------|-------------|---------------|------------|------------|----------|--------------|---------------|--------------|
|                       |                |             |               | NOW        | 12         | /11      | NOW          | 3.            | /5           |
| Class                 | Age            | Day         | Time          | \$`        | YM         | \$ NM    | \$ ۱         | (M            | \$ NM        |
| PARENT - CHILD SWIM L | ESSONS         |             |               |            |            |          |              |               |              |
|                       |                | м           | 6:00-6:30pm   |            |            |          |              |               |              |
| Parent – Child        | 6 mo-<br>3 yrs | Tu          | 10:45-11:15am | \$188      | \$209      | \$264    | \$154        | \$171         | \$216        |
|                       |                | Sa          | 10:15-10:45am |            |            |          |              |               |              |
| PRESCHOOL SWIM LESS   | ONS            |             |               |            |            | _        |              |               |              |
|                       |                | м           | 6:00-6:30pm   |            |            |          | \$198        | \$221         | \$266        |
|                       |                |             | 10:15-10:45am |            |            |          |              |               |              |
|                       |                | Tu          | 10:45-11:15am |            |            |          |              |               |              |
|                       |                |             | 4:15-4:45pm   |            |            |          |              |               |              |
| Preschool Block –     | 2              |             | 10:15-10:45am | ¢242       | ¢270       | ¢225     | \$221        | \$245         | \$295        |
| All Preschool Levels  | 3 yrs – K      | -           | 10:45-11:15am | \$243      | \$270      | \$325    |              |               |              |
|                       |                | Th          | 5:25-5:55pm   |            |            |          |              |               |              |
|                       |                |             | 6:00-6:30pm   |            |            |          |              |               |              |
|                       |                | _           | 10:15-10:45am |            |            |          | ¢17C         | ¢106          | #22.0        |
|                       |                | Sa          | 10:50-11:20am |            |            |          | \$176        | \$196         | \$236        |
| Sports & Swim         |                |             |               | See page 2 | 25         |          |              |               |              |
| Gymnastics & Swim     |                |             |               | See page 2 | 27         |          |              |               |              |
| Art & Swim            |                |             |               | See page 4 | 13         |          |              |               |              |
| YOUTH SWIM LESSONS    |                |             |               |            |            |          |              |               |              |
|                       |                | 6:35-7:05pm |               |            | \$198      | \$221    | \$266        |               |              |
|                       |                | 141         | 7:10-7:40pm   |            |            |          | 961¢         | J221          | J200         |
|                       |                | Tu          | 4:50-5:20pm   |            |            |          |              |               |              |
|                       |                | Tu          | 5:25-5:55pm   |            |            |          | \$221        | \$245         | \$295        |
| All Youth Levels      | 1st-<br>14 yrs | Th          | 4:15-4:45pm   | \$243      | \$270      | \$325    | <u>۵</u> ۲۲۱ | <b>\$</b> 245 | <b>⊅</b> 232 |
|                       |                | 111         | 4:50-5:20pm   |            |            |          |              |               |              |
|                       |                |             | 9:05-9:35am   |            |            |          |              |               |              |
|                       |                | Sa          | 9:40-10:10am  |            |            |          | \$176        | \$196         | \$236        |
|                       |                |             | 11:25-11:55am |            |            |          |              |               |              |
| Swim Club             |                |             |               | See page 1 | 8          |          |              |               |              |
| ADULT & TEEN SWIM LES | SONS           |             |               |            |            |          |              |               |              |
|                       |                |             | 10:45-11:15am |            |            |          |              |               |              |
|                       |                | м           | 11:15-11:45am |            |            | 70 \$325 | \$198        | \$221         | \$266        |
|                       | 14.0           |             | 7:45-8:15pm   | 62.42      | ¢270       |          |              |               |              |
| All Levels            | 14 & up        | Tu          | 11:15-11:45am | \$243      | \$270      |          |              |               |              |
|                       |                |             |               | _          |            |          |              |               |              |
|                       |                | Th          | 10:45-11:15am |            |            |          | \$221        | \$245         | \$295        |



### 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 for more information. Director's Approval is required.

| 2025 WINTER/<br>SPRING<br>SESSION | Winter (1 | /6-3/23) | Spring (3/31–6/8 <b>)</b> |         |  |
|-----------------------------------|-----------|----------|---------------------------|---------|--|
| Day                               | \$ YM     | \$ NM    | \$ YM                     | \$ NM   |  |
| Monday                            |           |          | \$540                     | \$900   |  |
| Tuesday                           |           |          |                           |         |  |
| Wednesday                         |           |          |                           | \$1,000 |  |
| Thursday                          | \$660     | \$1,100  |                           |         |  |
| Friday                            |           |          |                           |         |  |
| Saturday                          |           |          | \$480                     | \$800   |  |
| 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/<br>SPRING SESSION |             | Win         | ter (1/6-3   | /23)  | Spring (3/31–6/8) |       |       |  |
|--------------------------------|-------------|-------------|--------------|-------|-------------------|-------|-------|--|
|                                |             | NOW         | 12/11        |       | NOW 3             |       | /5    |  |
| Day                            | Time        | \$ <b>\</b> | (M           | \$ NM | \$ YM             |       | \$ NM |  |
| м                              | 4:15-4:55pm | ¢ 3 F 3     | ¢201         | \$336 | ¢207              | \$230 | ¢ 275 |  |
| м                              | 5:00-5:40pm | \$252       | \$281        | 4000  | \$207             | #230  | \$275 |  |
| Т                              | 5:25-5:55pm | ¢242        | \$243 \$270  | \$325 | \$221             | \$245 | \$295 |  |
| т                              | 6:00-6:30pm | J245        |              | 4525  | J221              | ΨZŦJ  | J233  |  |
| W                              | 4:15-4:55pm | ±           | <b>*•</b> •• |       | ****              | 4     | 45.65 |  |
| W                              | 5:45-6:25pm | \$252       | \$281        | \$336 | \$230             | \$255 | \$305 |  |
| Th                             | 4:15-4:45pm | \$243       | \$270        | \$325 | \$221             | \$245 | \$295 |  |
| F                              | 4:15-4:55pm | \$252       | \$281        | \$336 | \$184             | \$204 | \$244 |  |

### LIFEGUARD CLASSES



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

NSYMCA Rentals

wibit





### 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.

| 2025 WINTER | 2025 WINTER/SPRING SESSION |                           |       |              | Spring (3/31-6/8) |                |  |
|-------------|----------------------------|---------------------------|-------|--------------|-------------------|----------------|--|
| Age         | Day                        | Time                      | \$YM  | \$ NM        | \$YM              | \$ NM          |  |
|             | W                          | 4:15-4:55pm               |       |              | \$245             | \$295          |  |
|             | vv                         | 5:00-5:45pm               | \$270 | \$325        | J24J              | \$2 <b>3</b> 3 |  |
| 9 22        | F                          | 4:15-4:55pm               | \$270 | <b>1</b> 223 |                   |                |  |
| 8-22 yrs    | *No class on 6/6           | 5:00-5:40pm               |       |              | \$172             | \$207          |  |
|             | Su                         | 11:30-12:10am             | \$245 | \$295        | <b>Э</b> 172      | \$207          |  |
|             | *No class on 3/23 or 6/8   | 3/23 or 6/8 12:15-12:55pm |       | \$Z30        |                   |                |  |



# 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.



|                            |        |     |               |       |             |         | Spring (3/31-6/8) |       |       |
|----------------------------|--------|-----|---------------|-------|-------------|---------|-------------------|-------|-------|
| 2025 WINTER/SPRING SESSION |        |     |               |       | NOW 12.     |         | NOW               | 3/    | /5    |
| Class                      | Age    | Day | Time          | \$ Y  | M           | \$ NM   | \$ ۲              | (M    | \$ NM |
| Sports & Swim              |        | Th  | 9:15-10:45am  | \$275 | \$275 \$330 |         | \$250             | \$300 | \$350 |
| Preschool Sports           | 3-5yrs | In  | 9:15-10:00am  | \$165 |             | 8 \$242 | \$150             | \$198 |       |
| Sports & Gymnastics        |        | w   | 11:00-11:45am |       | \$198       |         |                   |       | \$242 |

### **PRIVATE LESSONS AVAILABLE!** Volleyball & Basketball

Individual: Grades 3-12 Group: Grades 3-12 Prices per session: YM: \$60 NM: \$75

**Email for details** 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.

|                            | 510.11                    |                   |             | Winter (1/6-3/23) |             |       | Spring (3/31-6/8) |       |       |
|----------------------------|---------------------------|-------------------|-------------|-------------------|-------------|-------|-------------------|-------|-------|
| 2025 WINTER/SPRING SES     | U23 WINTER/SPRING SESSION |                   |             |                   |             | 12/11 |                   | 3     | /5    |
| Class                      | Age                       | Day Time          |             | \$ ۱              | \$ YM \$ NM |       | \$ YM             |       | \$ NM |
| Volleyball                 | Grades 2–4                | Т                 | 4:15-5:15pm |                   |             |       | \$195             | \$225 | \$235 |
| Volleyball                 | Glades 2-4                | 4:15-5:15pm<br>Th |             |                   |             |       | 200               | JZZJ  | 1233  |
| Advanced Volleyball        | Grades 3–5                | м                 | 5:30-6:30pm | \$223             | \$248       | \$259 | \$176             | \$203 | \$212 |
| ,                          |                           | w                 |             |                   |             | ,     | \$195             | \$225 | \$235 |
|                            | Grades 2-3                | M<br>4:15-5:15pm  |             |                   |             |       | \$176             | \$203 | \$212 |
| Basketball Skills & Drills | Grades 4–5                |                   |             |                   |             |       | \$195             | \$225 | \$235 |
| 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!

### 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             | 025 WINTER/SPRING SESSION |     |              |       |       |       | Spring (3/31-6/8) |       |       |  |
|--------------------------------|---------------------------|-----|--------------|-------|-------|-------|-------------------|-------|-------|--|
|                                |                           |     |              |       |       |       | NOW               | 3,    | /5    |  |
| Class                          | Age                       | Day | Time         | \$ 1  | (M    | \$ NM | \$ ۱              | (M    | \$ NM |  |
| Tumble Tots                    | 6mos-2 yrs                | Sa  | 9:30-10:00am | \$138 | \$149 | \$171 | \$109             | \$122 | \$140 |  |
| Preschool Gymnastics           | 3-5 yrs                   | т   | 9:15-10:00am | \$143 | \$154 | \$176 | \$130             | \$140 | \$160 |  |
| Preschool Gymnastics<br>& Swim |                           | Tu  | 9:15-10:45am | \$275 | \$330 | \$385 | \$250             | \$300 | \$350 |  |

### **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.

### **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 SES  | SION      |     |               | Winter (1/6–3/23) |          |          | Spring (3/31-6/8) |              |       |
|-------------------------|-----------|-----|---------------|-------------------|----------|----------|-------------------|--------------|-------|
|                         |           |     |               | NOW               | DW 12/11 |          | NOW               | 3.           | /5    |
| Class                   | Age       | Day | Time          | \$1               | ΥM       | ′M \$ NM |                   | (M           | \$ NM |
|                         |           | м   | 6:30-7:00pm   |                   | \$149    |          | \$113             | \$122        | \$140 |
| Little Cumposts         | 2 4 1 100 | W   | 9:30-10:00am  | \$138             |          | \$171    | \$125             | \$135        | \$155 |
| Little Gymnasts 3-4 yrs | 5-4 yrs   | F   |               | 900 Q             |          | ۱/۱¢.    | \$113             | \$122        | \$140 |
|                         |           | Sa  | 10:00-10:30am |                   |          |          | CII¢              | <b>Э</b> 122 | \$14U |
|                         |           | W   | 10:00-10:45am |                   |          |          | \$130             | \$140        | \$160 |
| Terrific Tumblers       | 4-6 yrs   |     | 6:30-7:15pm   | \$143             | \$154    | \$176    | 4150              | 9140         | \$100 |
|                         | 4-0 yis   | F   | 10:00-10:45am | J145              | J134     | J170     | \$117             | \$126        | \$144 |
|                         |           | Sa  | 10:30-11:15am |                   |          |          |                   | 120          |       |
|                         |           | м   | 4:15-5:15pm   |                   |          |          | \$135             | \$153        | \$180 |
|                         |           | M   | 5:15-6:15pm   |                   |          |          | CCIÈ              | CCIE         | J100  |
|                         |           | W   | 4:15-5:15pm   | ¢165              | ¢107     | \$220    | ¢150              | ¢170         | ¢200  |
| Progressive Gymnastics  | 6-12 yrs  | vv  | 5:15-6:15pm   | \$165             | \$187    | \$220    | \$150             | \$170        | \$200 |
|                         | ,         | F   | 4:15-5:15pm   |                   |          |          |                   |              |       |
|                         |           | F   | 5:15-6:15pm   |                   |          |          | \$135             | \$153        | \$180 |
|                         |           | 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.

This program is supported by the Ruth Schultz Bright Days Fund

|                            | 2025 WINTER/SPRING SESSION |          |              |             |           |       | Spring (3/31-6/8) |       |       |
|----------------------------|----------------------------|----------|--------------|-------------|-----------|-------|-------------------|-------|-------|
| 2025 WINTER/SPRING SESSION |                            |          |              |             | 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 |
| Competitive Team           | 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

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:  | \$ YM              | \$ NM              |
|--|--------------------|--------------------|
| Return/ Serve  | 1 class \$20       | 1 class \$30       |
| <ul> <li>Backhand and Drill/Play</li> <li>Ceiling Shots</li> </ul> | 3 classes<br>\$54  | 3 classes<br>\$81  |
| • Kill Shots / Rollout<br>• Pinch/ Passing Shots                   | 6 classes<br>\$102 | 6 classes<br>\$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





### 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 REHEARSALS: 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

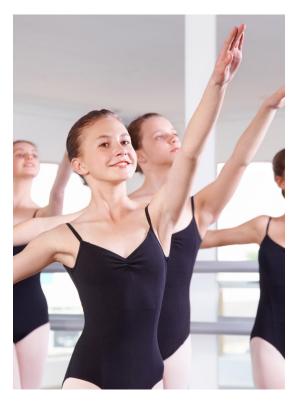
### 8 yrs & up, Adults 18 yrs & up

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/SPRIN    | G SESSION   |            |               | Winter/Spring (1/6–6/8) |       |       |         |  |  |
|----------------------|-------------|------------|---------------|-------------------------|-------|-------|---------|--|--|
| PRICES INCLUDE REC   | ITAL COSTUM | IE AND TUI | TION          | NOW 1                   |       | /11   |         |  |  |
| Class                | Age         | Day        | Time          | \$1                     | \$ YM |       | Recital |  |  |
| Discovery/Rhythms    | 2-3yrs      | Sa         | 10:30-11:00am | \$325                   | \$353 | \$422 | 1pm     |  |  |
| Ballet Rhythms       | Зуrs        |            | 4:30-5:15pm   | ¢250                    | ¢201  | ¢ 400 | 10am    |  |  |
| Ballet Beats         | 4           | w          | 5:15-6:00pm   | \$359                   | \$391 | \$488 | 1pm     |  |  |
| Ballet/Tap Beats*    | 4yrs        |            | 4:15-5:15pm   | \$366                   | \$399 | \$491 | 4.5.55  |  |  |
| Ballet Designs       |             | Tu         | 4:30-5:15pm   | \$359                   | \$391 | \$488 | 4pm     |  |  |
| Ballet/Tap Designs * | 5yrs        | Th         | 5:15-6:15pm   | \$366                   | \$399 | \$491 | 10am    |  |  |
| Ballet/Tap Designs   |             | Sa         | 11:15-12:15pm | 005¢                    | בבכל  | J431  | 4pm     |  |  |

\*Classes will start one week late (1/13-18)

### **NSSOD: STUDENT DIVISION**

### 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        |                 |     |               |       | Winter/Spring (1/6–6/8) |       |      |       |
|-----------------------------------|-----------------|-----|---------------|-------|-------------------------|-------|------|-------|
| PRICES INCLUDE RECITAL COST       | UME AND TUITION | 1   |               | NOW   | 12                      |       |      |       |
| Class                             | Age             | Day | Time          | \$`   | YM                      | \$ NM | Rec  | ital: |
| Ballet 1                          | 6-9yrs          | W   | 4:15-5:15pm   | \$386 | \$420                   | \$517 | 1p   | m     |
| Dallet I                          | 0-3915          | Sa  | 12:15-1:15pm  | \$371 | \$404                   | \$496 | 10   | am    |
| Ballet 2 (ages 8+)                |                 | Tu  | 5:15-6:15pm   | \$386 | \$420                   | \$517 | 10   | aili  |
| Ballet 2/3                        |                 | м   | 4:30-5:30pm   | \$371 | \$404                   | \$496 | 4p   | om    |
| Ballet 3                          |                 | W   | 4:15-5:30pm   | \$408 | \$445                   | \$550 | 1р   | m     |
| Ballet 4/5                        |                 | Sa  | 12:15-1:30pm  | \$392 | \$427                   | \$527 | 1-   |       |
| Ballet 4/5 + Pointe Prep/Pointe 1 | Dy Discoment    | Эd  | 12:15-2pm     | \$455 | \$496                   | \$589 | 4    | om    |
| Ballet 4/5                        | By Placement    | W   | 5:30-6:45pm   | \$408 | \$445                   | \$550 | 10   | am    |
| Ballet 5/6                        |                 | 6-  | 10:15-11:45am | \$434 | \$473                   | \$561 | 10   | 4     |
| Ballet 5/6 + Pointe               |                 | Sa  | 10:15-12:15pm | \$475 | \$519                   | \$612 | 10am | 4pm   |
| Ballet 5/6                        |                 | w   | 6:45-8:15pm   | \$452 | \$493                   | \$585 | 1-   |       |
| Ballet 5/6 + Pointe               |                 | vv  | 6:45-8:45pm   | \$495 | \$541                   | \$639 | (p   | m     |

### **NSSOD: STUDENT DIVISION**

### 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         |          |                         |                     | Winter/Spri | ng (1/6–6/8) |             |     |
|----------------------|-----------------|----------|-------------------------|---------------------|-------------|--------------|-------------|-----|
| PRICES INCLUDE RECIT | TAL COSTUME AND | ο τυιτιο | N                       | NOW                 | 12          | /11          |             |     |
| Class                | Age             | Day      | Time                    | \$                  | YM          | \$ NM        | Recital     |     |
| Jazz 1               | 6-10yrs         |          | 6:00-7:00pm             | ¢ppc                | ¢ 420       | ¢ F 17       | 4pm         |     |
| Jazz 2               |                 | w        | 5:15-6:15pm             | \$386               | \$420       | \$517        | 1pm         |     |
| Jazz 3*              |                 |          | 5:30-6:30pm             | \$371               | ¢ 40.4      | ¢ 40.0       | 10am<br>1pm |     |
| Jazz 4               |                 | м        | 7:15-8:15pm             |                     | \$404       | \$496        |             |     |
| Jazz 5               |                 |          | 4:45-6:00pm             | \$408               | \$445       | \$550        |             |     |
| Jazz 6*              | By Placement    | Tu       | 7:15-8:30pm             | \$392               | \$427       | \$527        | 1pm         | 4pm |
| Tap 1/2*             |                 |          | 6:15-7:00pm             | \$351               | \$381       | \$473        | 1p          | m   |
| Тар З                |                 |          | 6:15-7:15pm             |                     |             |              | 4pm         |     |
| Tap 4                |                 | м        | 5:15-6:15pm             | \$371               | \$404       | \$496        | 10          | am  |
| Tap 5/6              |                 |          | 7:15-8:15pm             |                     |             |              | 10am        | 1pm |
|                      |                 | *(       | lasses will start one w | veek 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 S   | ESSION         |               |             |                     | Winter/Spri | ng (1/6-6/8) |          |
|------------------------|----------------|---------------|-------------|---------------------|-------------|--------------|----------|
| PRICES INCLUDE RECIT/  | AL COSTUME AND | ο τυιτιο      | Ν           | NOW                 | 12          | /11          |          |
| Class                  | Age            | Day           | Time        | \$ `                | YM          | \$ NM        | Recital  |
| Contemporary Modern 1  | 9-13yrs        | W 6:15-7:15pm |             | taac                | ¢420        | \$517        | 10am     |
| Contemporary Modern 2  |                | Th            | 5:15-6:15pm | \$386               | \$420       | 104          | 1pm      |
| Contemporary Modern 3  | By Placement   | W             | 7:15-8:30pm | ¢408                | ¢ 445       | ¢            | 4pm      |
| Contemporary Modern 4  |                | Tu            | 6:00-7:15pm | \$408               | \$445       | \$550        | 10am 4pm |
| Poms 1*                | 7-11yrs        |               |             | \$371               | \$404       | \$496        | 10am     |
| Poms 2                 |                | Th            | 4:15-5:15pm |                     |             |              | 1pm      |
| Poms 3                 | By Placement   | IN            | 6:15-7:15pm | \$386               | \$420       | \$517        | 4pm      |
| Poms 4                 |                |               | 7:15-8:15pm |                     |             |              | 10am 1pm |
| *Classes will start on |                |               |             | veek 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 SESS  | ION                |            |                             | Winter/Spring (1/6–6/8) |       |           |            |  |  |
|--------------------------|--------------------|------------|-----------------------------|-------------------------|-------|-----------|------------|--|--|
| PRICES INCLUDE RECITAL C | OSTUME AND TUITION | N          |                             | NOW                     | 12    | /11       |            |  |  |
| Class                    | Age                | Day        | Time                        | \$1                     | /M    | \$ NM     | Recital    |  |  |
| Hip Hop ages 5–7         | 5–7yrs             |            | 4:45-5:30pm                 |                         |       |           | 10am       |  |  |
| Hip Hop ages 8–10        | 8–10yrs            | М          | 5:30-6:15pm                 | \$351                   | \$381 | \$473     | 4pm        |  |  |
| Hip Hop ages 11+         | 11+ yrs            |            | 6:15-7:00pm                 |                         |       |           | 1pm        |  |  |
| Musical Theatre          | 8-14yrs            | w          | 7:00-8:00pm                 | \$386                   | \$420 | \$517     | 4pm        |  |  |
| PBT & Stretch*           | 10+ yrs            | Th         | 6:15-7:15pm                 | \$291                   | \$324 | \$416     |            |  |  |
| Dance Lab Levels 5/6     | By Placement       | м          | 6:30-7:15pm                 | \$271                   | \$301 | \$393     | No Recital |  |  |
|                          |                    | Classes wi | ll start one week late (1/1 | 3-18)                   |       | - <u></u> |            |  |  |

# 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           |      |   | Winter/Spring (1/6–6/8) |       |          |      |  |  |  |
|--------------------------------------|------|---|-------------------------|-------|----------|------|--|--|--|
| PRICES INCLUDE RECITAL COSTUME AN    |      | ION   | NOW                     | /11   | Optional |      |  |  |  |
| Class                                | Time | \$`   | YM                      | \$ NM | Recital  |      |  |  |  |
| Adult Ballet                         | Tu   | 7:15-8:15 pm                                | \$331                   | \$365 | \$462    | 10am |  |  |  |
| Adult Advanced Beginner Tap*         |      | 6:30-7:30 pm                                | \$316                   | \$349 | \$441    | 4pm  |  |  |  |
| Adult Intermediate Tap               | W    | 7:30 - 8:30 pm                              | \$331                   | \$365 | \$462    |      |  |  |  |
| Adult Beginning/Intermediate Hip Hop | м    | 7:00-8:00 pm                                | \$316                   | \$349 | \$441    | 1pm  |  |  |  |
|                                      |      | *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**

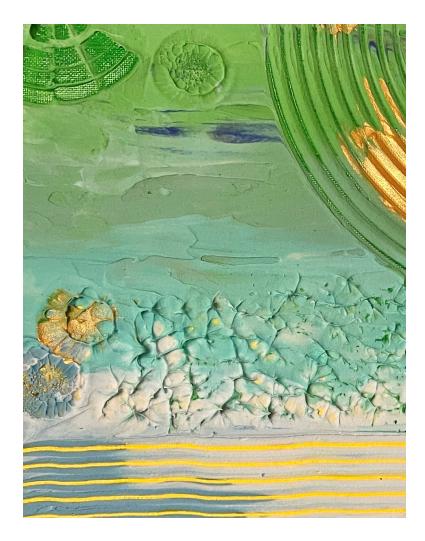
Calling all artists! We're seeking artists to exhibit and sell work in our Community Galleries, as well as those who create ceramics, jewelry, or handcrafts for a lobby Pop–Up. For an application, please contact Art Director, Cathie Winnie at cwinnie@nsymca.org.

# GIRL SCOUT/BOY SCOUT BADGE PROGRAM



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 at cwinnie@nsymca.org for info or workshops.

# **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!



# VISUAL ARTS: 3-6 YEARS OLD

|   |        |     |                                      | Win   | iter (1/6–3 | /23)  | Spring (3/31-6/8) |       |       |
|---|--------|-----|--------------------------------------|-------|-------------|-------|-------------------|-------|-------|
| 2025 WINTER/SPRING SESSION              |        |     |                                      | NOW   | 12/11       |       | NOW               | 3     | /5    |
| Class                                   | Age    | Day | Time                                 | \$`   | YM          | \$ NM | \$`               | YM    | \$ NM |
| Art & Swim                              | 3-6yrs | м   | Art: 9:00-9:50<br>Swim: 10:00-10:30  | \$327 | \$361       | \$394 | \$251             | \$279 | \$306 |
| Art & Swim                              | 5-0413 | 141 | Swim: 9:30-10:00<br>Art: 10:10-11:00 |       |             | 433 I |                   |       |       |
| Art Explorers                           | 5-9yrs | т   | 6:00pm-7:00pm                        |       |             | #262  | \$171             | \$190 | \$220 |
| Preschool Art<br>*No class on 5/11, 6/8 |        | Su  | 11:00-12:00pm                        | \$208 | \$229       | \$262 | \$120             | \$133 | \$154 |
| Preschool Clay (NEW)                    | 3-6yrs | Tu  | 4:15-5:15pm                          | \$228 | \$251       | \$284 | \$189             | \$210 | \$240 |
| Preschool Scribble into Drawing (NEW)   |        | Ĩ   | 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

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



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 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**

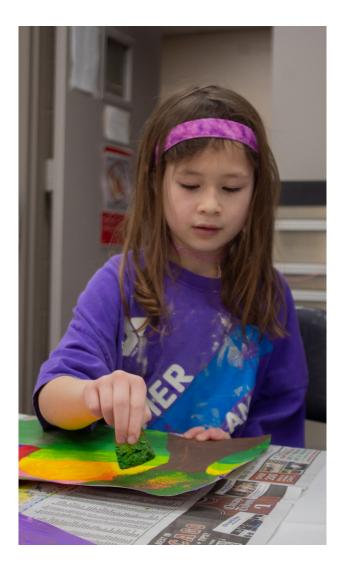
### 5-9 yrs

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.

|                            |         |     |             | Win          | Winter (1/6–3/23) |       |             | Spring (3/31-6/8) |       |  |
|----------------------------|---------|-----|-------------|--------------|-------------------|-------|-------------|-------------------|-------|--|
| 2025 WINTER/SPRING SESSION |         |     |             | NOW          | NOW 12/           |       | NOW         | 3/5               |       |  |
| Class                      | Age     | Day | Time        | \$ ۱         | ſΜ                | \$ NM | \$`         | YM                | \$ NM |  |
| 3D Creatures & Characters  |         | F   | 5:15-6:15pm | \$228        | \$251             | \$284 | \$170       | \$189             | \$216 |  |
| 3D Toy Design              | K-3rd   | Г   | 4:15-5:15pm | <i>\$220</i> | 4231              | J204  | <b>Д170</b> | 200               | \$210 |  |
| Adventures in Art          |         | w   |             | \$208        | \$229             | \$262 | \$171       | \$190             | \$220 |  |
| Art Explorers              | 5-9 yrs | Tu  | 6:00-7:00pm | 9208         | \$225             | \$202 |             | 0614              | 9220  |  |
| Ceramic & Sculpture        | K-3rd   | w   | 415 515     | \$228        | \$251             | \$284 | \$189       | \$210             | \$240 |  |
| Drawing & Painting         | K-JIU   | м   | 4:15-5:15pm | \$208        | \$229             | \$262 | \$154       | \$171             | \$198 |  |

## 3D ADVANCED DESIGN & PRINTING 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

Grades 4-8



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

### BIG & SMALL ART Grades 4-8

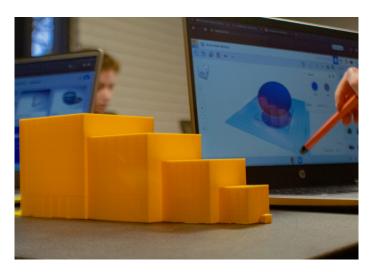


You might supersize a tiny bug or miniature a monster –who knows what's next. Various mediums used.

### DRAWING TECHNIQUES 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.





|   |               |     |                       | Win       | ter (1/6-3  | /23)        | Spring (3/31–6/8) |       |       |
|---|---------------|-----|-----------------------|-----------|-------------|-------------|-------------------|-------|-------|
| 2025 WINTER/SPRING SESSION                          |               |     |                       | NOW 12/11 |             | NOW         | 3/                | /5    |       |
| Class   | Age           | Day | Time                  | \$ ۱      | ſM          | \$ NM       | \$`               | YM    | \$ NM |
| 3D Advanced Design & Printing (NEW)<br>*Starts 1/15 |               | w   | 4:15-5:15pm           | \$209     | \$230       | \$260       | \$170             | \$189 | \$216 |
| 3D Design & Printing *Starts 1/13                   |               | м   | 4:1 <b>5-5:15</b> µ11 | 4205      | <i>4250</i> | <b>1200</b> | \$151             | \$168 | \$192 |
| Beginning Charcoal & Pastels (NEW)                  | Grades<br>4–8 | w   | 7:00-8:00pm           | \$208     | \$229       | \$262       | \$171             | \$190 | \$220 |
| Big & Small Art (NEW)                               |               | м   | 5:15-6:15pm           |           |             |             | \$154             | \$171 | \$198 |
| Drawing Techniques (NEW)                            |               | Th  | 5:00-6:00pm           |           |             |             | \$171             | \$190 | \$220 |

# VISUAL ARTS: GRADES 4-8



### EXPLORING MEDIUMS Grades 4-8



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

# FUN & FUNCTIONAL CLAY N 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

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

|   |        |     |              | Win   | ter (1/6-3 | /23)  | Spring (3/31-6/8) |       |       |
|---|--------|-----|--------------|-------|------------|-------|-------------------|-------|-------|
| 2025 WINTER/SPRING SESSION                  |        |     |              | NOW   | 12.        | /11   | NOW               | 3/    | /5    |
| Class                                       | Age    | Day | Time         | \$ ۱  | \$ YM      |       | \$`               | YM    | \$ NM |
| Exploring Mediums (NEW)                     |        | w   | 5:15-6:15pm  | \$208 | \$229      | \$262 | \$171             | \$190 | \$220 |
| Fun & Functional Clay (NEW)                 | Grades | vv  | under:o-er:e | \$218 | \$240      | \$273 | \$180             | \$200 | \$230 |
| Painting Techniques                         | 4-8    | Th  | 6:00-7:30pm  | \$258 | \$284      | \$317 | \$216             | \$240 | \$270 |
| RPG Video Game Design (NEW)<br>*Starts 1/13 |        | м   | 5:15-6:15pm  | \$209 | \$230      | \$260 | \$170             | \$189 | \$216 |

# VISUAL ARTS: AGES 14+

### PHOTOGRAPHY 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/        | Win         | ter (1/9-2 | /27)  | Spring (4/3-5/22) |       |       |  |
|--------|----------------|-------------|------------|-------|-------------------|-------|-------|--|
| SPRIN  | SPRING SESSION |             | 12         | /11   | NOW               | 3,    | /5    |  |
| Day    | Time           | \$۱         | (M         | \$ NM | \$۱               | (M    | \$ NM |  |
| Th     | 7:00-8:30pm    | \$178 \$196 |            | \$212 | \$158             | \$176 | \$192 |  |



# **VISUAL ARTS: Adult**

# TAKE AN ART BREAK



# NEW

| 2025  | WINTER/      | Win               | ter (1/6-3 | /23)  | Spring (3/31-6/8) |       |       |  |
|-------|--------------|-------------------|------------|-------|-------------------|-------|-------|--|
| SPRIN | IG SESSION   | NOW               | 12         | /11   | NOW               | 3,    | /5    |  |
| Day   | Time         | \$۱               | /M         | \$ NM | \$ YM             |       | \$ NM |  |
| W     | 12:00-1:00pm | \$218 \$240 \$273 |            | \$180 | \$200             | \$230 |       |  |

# CREATE YOUR OWN CLASS

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

**ADULT** 

free to Y members).

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



#### 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

# SCHOOL DAYS OUT

# 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.

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





the

# 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

| Rate   | s for 2024-2025 Schoo | 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 litter box placement, create a cat toy, and design a vet clinic.

### DREAM BIG, STAND STRONG Grades K-5th

NEW

### Grades K-Sth

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!



|                               |        |             |             | Win       | ter (1/6-3 | /23)  | Spring (3/31-6/8) |       |       |
|-------------------------------|--------|-------------|-------------|-----------|------------|-------|-------------------|-------|-------|
| 2025 WINTER/SPRING SESSION    |        |             |             | NOW 12/11 |            | NOW   | NOW 3/5           |       |       |
| Class                         | Age    | Day         | Time        | \$ ۱      | (M         | \$ NM | \$ ۱              | (M    | \$ NM |
| Little Vet School Dog         | K-5th  | м           | 5.00 5.00mm | \$327     | \$363      | \$418 |                   |       |       |
| Little Vet School Cat         | K-Stri | M           | 5:00-6:00pm |           |            |       | \$267             | \$297 | \$342 |
| Sticky Fingers Cooking        | K- 6th | w           | 4 20 5 2000 | \$366     | \$407      | \$495 | \$324             | \$360 | \$450 |
| Dream Big, Stand Strong (NEW) | K-5th  | 4:30-5:30pm |             | \$267     | \$297      | \$385 |                   |       |       |

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





## KRAZY GO KARTS JAN 9<sup>TH</sup> NEW 7-12 yrs 4:15-5:45pm

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 11<sup>TH</sup> 7-12 yrs 4:15-5:45pm



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 13<sup>TH</sup> NEW 7-12 yrs 4:15-5:45pm

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 15<sup>TH</sup> 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 15<sup>TH</sup> 7-12 yrs 4:15-5:45pm



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 4<sup>TH</sup> & MAY 21<sup>ST</sup>

### 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 MINDEULNESS WORKSHOPS



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

# **ACTIVATING OUR INNER GOAL-SETTING RADAR** APRIL 10<sup>TH</sup>

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<sup>®</sup>, 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 8<sup>TH</sup>

### 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<sup>®</sup>, 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

|                      |                           |     |               | Wir         | nter (1/6-3, | /23)  | Spring (3/31-6/8) |       |       |  |
|----------------------|---------------------------|-----|---------------|-------------|--------------|-------|-------------------|-------|-------|--|
| 2025 WINTER/SPRING S | 023 WINTER/SPRING SESSION |     |               | NOW 12/11   |              | NOW   | NOW               |       |       |  |
| Class                | Age                       | Day | Time          | <b>\$ ۱</b> | (M           | \$ NM | \$ ۲              | ſΜ    | \$ NM |  |
| HAWKS Group Ex       |                           |     | 10:00-10:45am | \$307       | \$341        | \$396 | \$251             | \$279 | \$324 |  |
| Yoga                 | 11+ yrs                   | Sa  | 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.



# Consider donating to our community today!

nsymca.org/give

# **NOT YET A MEMBER?**

JOIN TODAY TO BE A PART OF A COMMUNITY!

# VIRTUAL SZ

# 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 .96% 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 Cycle
- Unlimited Lap Swim
- And so much more!

| Member CategoryImage: Not eligible for program discounts)All Ages (Not eligible for program discounts)Image: Not eligible for program discounts)Youth MembershipsYouth (1-26)Image: Not eligible for program discounts)Young Adult (27-35)Image: Not eligible for program discounts)Young Adult (27-35)Image: Not eligible for program discounts)Adult (36 and older)Adult MembershipsAdult CoupleImage: Not eligible for program discounts)Seniors (60+)Senior MembershipsSenior Family (1 Senior + Spouse & Children**)Image: Not eligible for program discounts)Family MembershipsImage: Not eligible for program discounts) | Dues per Month<br>\$10<br>\$38*<br>\$47* |  |  |
|---|--|--|--|
| All Ages (Not eligible for program discounts)       Youth Memberships         Youth (1–26)          Young Adult (27–35)          Adult Memberships          Adult (36 and older)          Adult Couple          Seniors (60+)          Senior Family (1 Senior + Spouse & Children**)   | \$38*                                    |  |  |
| Youth Memberships         Youth (1-26)          Young Adult (27-35)          Adult Memberships         Adult (36 and older)          Adult Couple          Senior Memberships         Seniors (60+)          Senior Family (1 Senior + Spouse & Children**)   | \$38*                                    |  |  |
| Youth (1-26)Young Adult (27-35)Adult MembershipsAdult (36 and older)Adult CoupleSenior MembershipsSeniors (60+)Senior Family (1 Senior + Spouse & Children**)   |  |  |  |
| Young Adult (27–35) Adult Memberships Adult (36 and older) Adult Couple Senior Memberships Seniors (60+) Senior Family (1 Senior + Spouse & Children**)   |  |  |  |
| Adult Memberships         Adult (36 and older)         Adult Couple         Senior Memberships         Seniors (60+)         Senior Family (1 Senior + Spouse & Children**)   | \$47*                                    |  |  |
| Adult (36 and older)       Adult Couple         Adult Couple       Senior Memberships         Seniors (60+)       Senior Family (1 Senior + Spouse & Children**)  |  |  |  |
| Adult Couple       Senior Memberships         Seniors (60+)       Senior Family (1 Senior + Spouse & Children**)  |  |  |  |
| Senior Memberships         Seniors (60+)         Senior Family (1 Senior + Spouse & Children**)   | \$66*                                    |  |  |
| Seniors (60+) Senior Family (1 Senior + Spouse & Children**)  | \$87*                                    |  |  |
| Senior Family (1 Senior + Spouse & Children**)  |  |  |  |
|   | \$59*                                    |  |  |
| Family Membershins  | \$79*                                    |  |  |
| r unity memoerampa  |  |  |  |
| 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 mem-<br>bership is active)  |  |  |  |
| <b>Household:</b><br>A Household Membership is defined as two (2) adults,<br>dependent children**, elderly parents, and live-in nannies<br>or au pairs, residing in the same household. (Proof of<br>residency is required.) Household membership is limited<br>to four (4) adults. A \$10 charge is added to the monthly<br>membership fee for each adult added over 4 to the<br>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**





| <b>Applicant Inf</b>    | forma   | ition   |             |       | The NSYMCA welcomes all individuals. Please describe any<br>accommodations needed for successful inclusion into our                                    |  |
|-------------------------|---|---|-------------|-------|--|--|
| Family Name:            |   |   |             |       | programs.  |  |
| Address:                |   |   |             |       |  |  |
| City, State, Zip Code:  |   |   |             |       |  |  |
| Cell/Home Phone:        |   |   |             |       |  |  |
| Email:                  |   |   |             |       |  |  |
|                         |   |   |             |       |  |  |
| Please Comple           | te the  | Following for Y                                 | outh Pro    | grams |  |  |
| Parent/Guardian #1's N  | Name:   |   |             |       |  |  |
| Work Phone:             |   |   | Cell Phone: |       |  |  |
| Parent/Guardian #2's    | Name:   |   |             |       |  |  |
| Work Phone:             |   |   | Cell Phone: |       | PROGRAM WITHDRAWALS  |  |
| Emergency Contact:      |   |   |             |       | I understand that as of January 2018, withdrawals after the start of the<br>session will not receive a refund unless accompanied by a doctors note for |  |
| Relationship to Applica | ant:  |   | Phone:      |       | medical reasons.   |  |
|                         |   |   |             |       | Signature:   |  |
| Method of               |   | e note that a non-refe<br>tructure fee of 3% wi |             |       |  |  |
| Payment                 | payments and .96% will be added to ACH payments for |   |             |       |  |  |
|                         | all mer   | mbership and progra                             | m transacti | ons.  | through the Community Strong Financial Fund.   |  |
| Credit Card #:          |   |   |             |       | I would like to make a monthly/one-time donation.  |  |
| Exp Date:               |   | CVV#  |             |       | \$25 \$50 \$75 \$100 Other \$  |  |
| Card Holder's Name:     |   |   |             |       | Starting: / Ending: / /  |  |

| Program Name | Session | Day | Time | Participant's Name<br>First & Last | Gender | DOB<br>MM/DD/YY |
|--------------|---------|-----|------|------------------------------------|--------|-----------------|
|              |         |     |      |                                    |        |                 |
|              |         |     |      |                                    |        |                 |
|              |         |     |      |                                    |        |                 |
|              |         |     |      |                                    |        |                 |
|              |         |     |      |                                    |        |                 |

| WAIVER OF RISK & RELEASE  | POLICIES   |
|---|--|
| 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. | Membership must remain current throughout the entire class period to qualify for member rates.<br>Prices are subject to change. A full refund will be issued if you cancel prior to the registration<br>deadline, or if the NSYMCA cancels class. Refunds will be given by check or NSYMCA credit voucher<br>only. Refer to the previous page for complete registration policy. The NSYMCA does not turn anyone<br>away due to inability to pay. If you need assistance, please stop by the Guest Services Desk. Policies<br>are subject to change. If you would like to contribute to the Community Strong Campaign, please<br>contact Kathy Fielding, CEO, at 847-272-7250 ext. 1213. By signing below, I acknowledge all of the<br>NSYMCA's Policies. |

# **SAVE THE DATE**



February 22nd 2025



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 2705 Techny Rd. Northbrook, IL 60062 nsymca.org