

# About the NSYMCA

#### **OUR MISSION**

The North Suburban YMCA is a 501(c)3 nonprofit dedicated to building a stronger community. We welcome everyone by providing programs that support health, family, and connection in an inclusive and welcoming space for all. As a community-based organization, we believe everyone should have access to our services, which is why our scholarship program helps ensure that cost is never a barrier. At the Y, everyone belongs!

## AREAS WE SERVE

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

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## A NOTE TO OUR VALUED MEMBERS

Starting this summer, the YMCA is simplifying program pricing by removing early rate discounts. Instead, we'll offer consistent, accessible pricing throughout an extended registration period—making it easier for everyone to plan, register, and participate. This change reflects our ongoing commitment to creating a more inclusive and welcoming experience for all in our Y community.

# SUMMER YMCA SCHEDULE

REGULAR BUILDING HOURS						
<b>Monday-Friday:</b> 5:00am - 9:00pm	<b>Saturday:</b> 6:00am - 7:00pm	<b>Sunday:</b> 6:00am - 5:00pm				
	HOLIDAY BUILDING H	IOURS				
<b>Memorial Day:</b> May 26th: 6:00 am - Noon	<b>Independence Day:</b> July 4th: Closed	<b>Labor Day:</b> September 1st 6:00 am - Noon				
THERE WILL BE LIMITED ADULT	IMPORTANT DATI	' <b>ES</b> ID PROGRAM CLASSES ON THESE DATES:				
<b>Memorial Day Weekend:</b> 5/23 after 3pm-5/26						
<b>Summer Break:</b> 8/11 - 8/24		<b>Labor Day Weekend:</b> Aug.29 after 3pm- Sept. 1				

**DOWNLOAD THE APP FOR UP TO DATE INFORMATION!** 



# INFORMATION

#### **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

#### **Registration Information**

Register online at nsymca.org or at our Y. 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.

#### 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. Full refunds are available if the NSYMCA cancels a class.

#### **Credit Card & ACH Fees**

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

#### 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.

#### **Refund and Credit Policy**

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

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

#### **NSF Policies**

The NSYMCA will charge a \$30 fee for any membership or program dues that are returned by the bank or credit card company. Each billing member will receive 1 exception per year.



VISIT NSYMCA.ORG TO DOWNLOAD A PAPER REGISTRATION FORM

# HEALTH & WELLNESS

Summer Session: 6/9 - 8/10 Member Registration: NOW Non-Member Registration: 5/21

20 25 PROGRAM



# **DID YOU KNOW?**

The mission of the YMCA's Health & Wellness Department is to empower individuals of all abilities and backgrounds to lead healthier, more balanced lives. We strive to create an inclusive, supportive environment where everyone feels welcome and encouraged to pursue their personal wellness goals—whether that means building strength, improving mobility, managing stress, or simply enjoying an active lifestyle. Through a variety of programs, expert guidance, and a strong sense of community, we are committed to helping individuals develop lifelong healthy habits that enhance both mind and body.

# As part of your membership, you receive FREE complimentary:



# FITNESS CENTER ORIENTATIONS:

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





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



Roman Edingburg Wellness Coordinator redingburg@nsymca.org



Karen Brownlee Adult Programs Coordinator kbrownlee@nsymca.org



#### FITNESS CONSULTATIONS:

This consultation gives members an idea of what types of exercises they can do, what classes to take for their fitness level, and the opportunity to ask specific questions about any programs that we offer.



# INBODY FITNESS ASSESSMENTS:

During this appointment, a member's body composition, weight and measurements will be obtained and a physical test will be done to determine recovery heart rate, upper body, and trunk strength.

# FREE UNLIMITED CLASSES FOR MEMBERS

Stay active, have fun, and move in a way that works for you! Your NSYMCA membership gives you access to over 60 group exercise classes at no extra cost. Whether you're into high-energy workouts, strength training, or mind-body wellness, there's a class for every fitness level and style. Check out all the options below and find what moves you!

#### **MORE THAN 60 CLASSES!**

Active Adult Classes (AOA) Core Classes

Aqua Classes Cycle Classes

Balance Classes Dance-Based Fitness

Barre Classes HIIT Classes
Cardio Classes LaBlast

Cardio & Strength Les Mills BODYPUMP™

Combo Classes Mat Pilates

**Step Classes** 

Strength Classes

TRX classes

Yoga Classes

**Zumba**®

SCAN OUR QR CODE FOR THE LATEST GROUP EXERCISE SCHEDULE





# PERSONAL TRAINING

# Individual Training

NSYMCA Trainers will help you maintain dedication and eliminate guesswork from your exercise program. You will receive a training program custom-designed for your individual needs and goals.

# Mind-Body Training

One-on-one yoga and/or Pilates sessions allow you the opportunity to receive personal guidance and instruction, with 100% of the trainer's attention.

# Partner training

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

INDIVIDUAL TRAINING -Y MEMBER ONLY							
Package	Length of	Package					
Amount	Session	Price					
4	30 min	\$140					
8	30 111111	\$280					
4		\$220					
8	45 min	\$440					
12		\$636					
1		\$65					
4		\$260					
8	60 min	\$520					
12		\$756					
24		\$1440					
NON-I	MEMBER PF	RICING					
Package Amount	Length of Session	Package Price					
1		\$100					
4	60 min	\$400					
8		\$800					
	TNER TRAIN MEMBERS O						
Package Amount	Length of Session	Package Price					
4	60 min	\$320					
SMALL GROUP TRAINING (3 or more people) -Y MEMBERS ONLY							
Package Amount	Length of Session	Package Price					
4	60 min	\$120 pp					



# **ACTIVE ADULTS**

#### Basic Cardio

#### **Adult**

Utilize low-impact moves in this joint-friendly class. Geared for a low to moderate intensity level, the class will include cardiovascular, strengthening, and stretching exercises.

# Cardio & Light Weights

#### **Adult**

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

2025 CHMMED CECCION					6/10-8/11)
ZUZD SUMMER SESSI	2025 SUMMER SESSION				
Class	Age	Day	Time	\$ YM	\$ NM
Basic Cardio		М	10:15-11:10 am	FREE	#100
	18+ yrs	W			\$190
		F			\$171
Cardio & Light Weights		Tu	7:55-8:50 am	\$170	\$190
		Th			<b>J130</b>

# Chair Yoga

#### **Adult**

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

# Core & Functional Strength

#### **Adult**

This 55 minute class is designed to build muscle and overall body strength to enable students to more easily function in their everyday lives. Class includes a warm-up/cool-down and full-body stretch. The class is structured to fit each participant's individual needs.

2025 CHMMED CECCION					Summer (6/10-8/11)		
ZUZD SUMMER SESSIU	2025 SUMMER SESSION						
Class	Age	Day	Time	\$ YM	\$ NM		
Chair Yoga		Tu			¢100		
		Th	11:15-12:15 pm	FREE	\$190		
Core Functional Strength	18+ yrs	М		¢170	£100		
		W	7:55-8:50 am	\$170	\$190		
		F		\$153	\$171		

# **ACTIVE ADULTS**

## **Enhance Your Balance**

#### **Adult**

Enhance Your Balance will incorporate a variety of exercises including balance, coordination, bodyweight strength, and flexibility to prevent falls, improve balance, and increase the ability to navigate surroundings.

### Punch, Dance, Move

#### **Adult**

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.

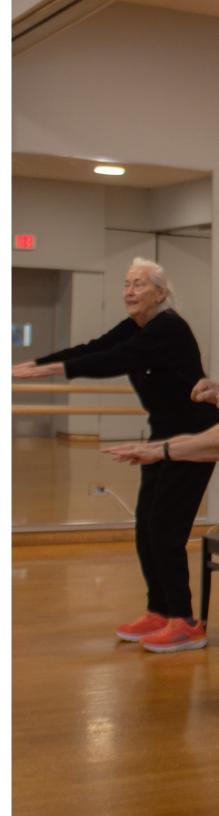
2025 SUMMER SESSION				Summer (6/10-8/11)		
ZUZD SUMMER SESSI	NOW	5/21				
Class	Age	Day	Time	\$ YM	\$ NM	
Enhance Your Balance	10	Tu	10:15-11:00 am	FREE	\$190	
	18+ yrs	Th				
D D M	10	М	0.00.10.00	<b>#</b> 12.5	\$171	
Punch, Dance, Move	18+ yrs	W	9:00-10:00 am	\$135		





Discover how falls
can be prevented with

Balance Strong \* Live Long
with the North Suburban
YMCA sponsored by Illinois
Bone & Joint Institute.









- The importance of preventing falls and improving balance.
- Critical fall statistics.
- Information about what's involved in balance.
- Education regarding why falls happen.
- Suggestions about how to mitigate fall risk.
- Instruction on how to self-assess, and what to do after a fall.
- The opportunity to participate in exercises to build strength, increase flexibility and improve balance to prevent falls.
- Take-home exercises to practice regularly.
- A "To Do" list of fall prevention suggestions.
- Q & A with the presenter(s)

For info: Karen Brownlee at KBrownlee@nsymca.org

# FREE ADULT ACTIVITIES

The NSYMCA offers a variety of free social opportunities for adults in our community geared toward bringing people together for fun, entertainment and to support one another. Join us for any or all the following by contacting Karen Brownlee at kbrownlee@nsymca.org to register.

#### **BRAIN GAMES**

Fridays at 9:15 am online
Tuesday, Thursdays in Person at the Y at 12:00 pm!

## CAREGIVER SUPPORT GROUP

Fridays online at 10:30 am

### SOCIAL CLUB ACTIVITIES

2nd Wednesday and 4th Monday of the month at 5:00 pm





# LEARN FROM EXPERTS IN OUR COMMUNITY ABOUT TOPICS THAT ARE OF INTEREST TO YOU!

The NSYMCA, in partnership with experts, presents the YMCA Education Series (Y.E.S.)—offering insights on health, wellness, finance, safety, and more. Weekly virtual sessions feature professionals sharing their expertise, with recordings available for later viewing.

For more information on how to be a presenter or sponsor, contact Kim Nyren at knyren@nsymca.org.

Scan our QR Code to view our latest Y.E.S Programming





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

#### STRENGTHENING OUR COMMUNITY

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

#### **HFAITHY LIVING**

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

#### YOUTH DEVELOPMENT

239 children learned to swim thanks to swim financial aid.

#### **SOCIAL RESPONSIBILITY**

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





#### 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.

#### THE TEAM





Tom March Aquatics Liaison tmarch@nsymca.org



# SWIM LESSONS

North Suburban YMCA Swim Lessons follow a progressive approach, from water orientation to stroke development, for all skill levels. Swimmers learn water safety and technique in a fun, supportive environment.

Correct placement is key to success—each swimmer is tested on the first day and placed accordingly. Advancement happens once skills are mastered, though some levels take multiple sessions. Visit nsymca.org for details on swim levels.

## Private Swim Lessons

#### 3 yrs - Adult

These one-on-one lessons are 30 minutes in length. DIRECTOR'S APPROVAL IS NEEDED PRIOR TO REGISTRATION. Interested swimmers should fill out a Private Swim Lesson request form. We are known for our special needs private lessons specifically designed for each participant with the initial goal of water safety in and around the water. All Private Lessons purchases must be used by end of Summer session. Please contact Missy Contri at mcontri@nsymca.org for more information.



PRIVATE & SEMI-PRIVATE SWIM LESSONS			Summer (6/10-8/11)		
			NOW	5/21	
Lesson	Lesson Age				
Drivete Lessen	(3) - 30 minute lesson		\$180	\$300	
Private Lesson	(5) - 30 minute lesson		\$300	\$500	
Semi-Private Lesson	(3) - 30 minute lesson	6 yrs - Adult	\$270	\$450	
	(5) - 30 minute lesson	,	\$450	\$750	

# SWIM LESSONS

#### 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-K

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

#### Youth Swim Swim Lessons

#### 6-14 yrs

Youth swim levels will introduce water propulsion, floating, body awareness, and independence, all while introducing the basic swim strokes of front crawl and back crawl.

Advanced levels will learn the competitive stokes and work on building swim endurance. Youth levels are: Polliwog, Guppy, Minnow, Fish, Flying Fish, and Shark.

#### Adult & Teen Swim Lessons

#### 14 yrs - Adult

Adults and teen lessons are taught in a smaller group setting, concentrating on the needs of individual swimmers as their skills progress. Beginner and Intermediate levels will emphasize water propulsion, floating, body awareness, and independence, all while introducing the basic swim strokes of front crawl, back crawl, and breaststroke.

2025 SUMMER SESSION		Summer I (6/9 -7/13)		Summer II (7/14 - 8/10)		
			NOW	5/21	NOW	5/21
Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM
PARENT - CHILD SW	IM LESSO	NS				
6 mo-3 yrs	М	6:00-6:30 pm	\$100	<b>\$125</b>	\$80	\$100
5 mo 5 yrs	Sa		\$100	<b>\$123</b>	400	ψ100
PRESCHOOL SWIN	A LESSON	S – ALL PRESCHOOL I	.EVELS			
	М	5:25-5:55 pm				
	IM	6:00-6:30 pm		\$150		\$120
2 4	T.	5:25-5:55 pm	<b>#11</b> F		\$92	
3 yrs-K	Th	6:00-6:30 pm	\$115			
	_	10:15-10:45 am				
	Sa	10:50-11:20 am				
YOUTH SWIM LESSONS - ALL YOUTH LEVELS						
	м	6:35-7:05 pm			\$92	\$120
	IVI	7:10-7:40 pm				
	Th	4:15-4:45 pm				
6-14 yrs	""	4:50-5:20 pm	\$115	\$150		
		9:05-9:35 am				
	Sa	9:40-10:10 am				
		11:25-11:55 am				
ADULT & TEEN SW	IM LESSO	NS - ALL LEVELS				
14+	М	7:45-8:15 pm	\$115	\$150	\$92	\$120

# FREE WATER FITNESS CLASSES

#### **FREE TO NSYMCA 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.



# SPECIAL OLYMPICS





# 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 blending team spirit with individual challenges in a social setting. Open to swimmers 8+ with intellectual disabilities who can swim 25 yards unassisted on their front and back. Participants can register for up to three days per week but only one practice per day, with potential adjustments based on swimmer needs.

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.



SOSE CHMMED	Summer I (6	5/9-7/13)	Summer II	(7/14-8/10)			
2025 SUMMER SESSION			NOW	5/21	NOW	5/21	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM
Special Olympics	0.22	14	4:15 - 4:55 pm	<b>#12</b> F	<b>#1</b> F0	f100	<b>#120</b>
Flying Turtles Swim team	8-22 yrs W	yrs W	5:00 -5:45 pm	\$125	\$150	\$100	\$120



# CELEBRATE YOUR NEXT EVENT AT OUR Y!

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!

#### **CONTACT:**

nsymca.org/rentals Joanna Hughes rentals@nsymca.org



# NSYMCA SWIM CLUB

#### SWIM CLUB WILL BE ON BREAK OVER THE SUMMER.

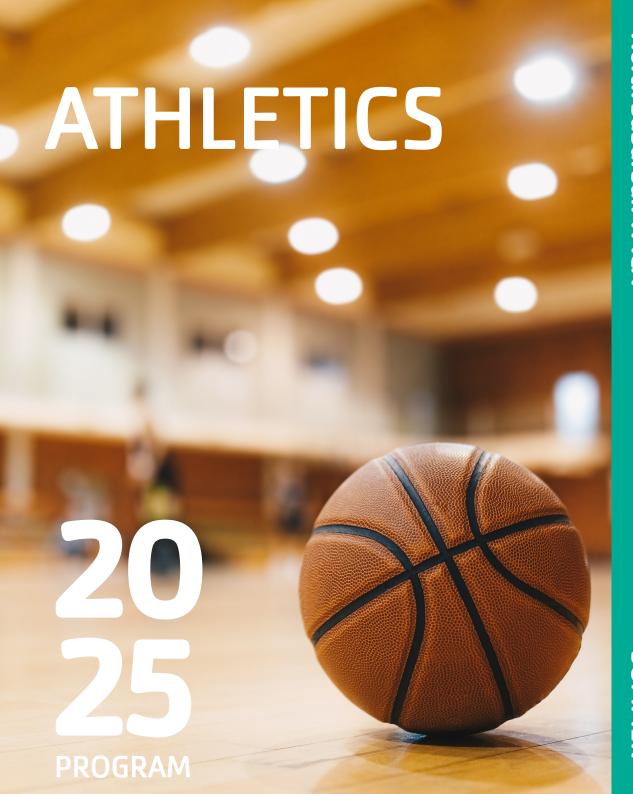
This non-competitive program helps swimmers build endurance and refine stroke mechanics in a team-like setting, bridging the gap between lessons and competitive teams. Open to Fish-level or higher swim lesson participants, swimmers should be able to complete 25–50 yards of all strokes with proper breathing to join or try out.

**Swim club** will resume in the Fall. Tryouts will be available August 25th at 5:00pm & August 27th at 4:15pm. Please email mcontri@nsymca.org for all questions.





Trunk or Treat
Costume Contest for youth
Face Painting
Bounce Houses
Snacks and Treats for Purchase



## FREE FOR MEMBERS

As part of your YMCA membership, you have access to a variety of sports and fitness activities to keep you moving:

## Adult Lap Swim

Available daily—check the online pool schedule for updated times.

## Open Adult Basketball

Hit the court and enjoy some friendly competition—view the gym schedule online.

## Open Racquetball

Reserve your free court time online at nsymca.org.

## Open Pickleball

Join in on open Pickleball sessions—check the gym schedule for available times.



### **THE TEAM**



# 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:

- Return/Serve
- Backhand and Drill/Play
- Ceiling Shots
- Kill Shots / Rollout
- Pinch/ Passing Shots

# **PICKLEBALL**

Ready to dive into the fastest-growing sport in America?

## Open Pickleball / Reservations

Below is our official pickleball schedule: Up to three courts available

### **Tuesdays & Wednesdays**

6:30am-8:00am (Open Pickleball)

### **Sundays**

9:30am-11:00am (Open Pickleball)

11:00 AM –12:30 PM (Pickleball Reservation)

	\$ YM	\$ NM
Open Pickleball	FREE	\$5
Semi-Priva	te Pickleball l	Lessons
Court		
Reservation	\$10	\$30
(90 Minutes)		

### Pickleball Lessons

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

For more information and scheduling:

Ricky Gonzalez, rgonzalez@nsymca.org

Pickleball Lessons	\$ YM	\$ NM				
Private	\$70	\$80				
Semi-Private Pickleball Lessons						
2 Participants	\$75	\$85				
3 Participants	\$80	\$90				
4 Participants	\$85	\$95				





**North Suburban** School of Dance

North Suburban YMCA

Summer I Session: 6/16 - 7/13 Summer II Session: 7/14 - 8/10

Member Registration: NOW Non-Member Registration: 5/21

## MINI MOVERS

### THE TEAM



### MINI MOVERS BALLET

#### 3-5 years

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

### MINI MOVERS BALLET/TAP

### 4-6 years old

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 and continuation to both disciplines.

2025 SUMMER SESSION				Summer I	(6/16-7/13)	Summer II	(7/14-8/10)
				NOW	5/21	NOW	5/21
Class	Age	Day	Time	\$YM	\$ NM	\$YM	\$ NM
Mini Movers Ballet	3-5 yrs	т	4:15-5:00pm	\$60	\$79	\$60	\$79
Mini Movers Ballet/Tap	4-6 yrs	Tu	5:00-6:00pm	\$65	\$83	\$65	\$83

## STUDENT DIVISION

### DANCE COMPANY PREP

#### 7-12 years old

Thinking about auditioning for our NSSOD IMC Dance Company this Fall? Already a member of our Inspired Company? This class is designed to give new company members a sense of Dance Company life, and for our current dancers in levels 1–3 an opportunity to keep up with their training over the summer. Featuring Ballet and Jazz techniques along with learning choreography, dancers will also work on their strength and flexibility in creative ways to keep them engaged!

## INTERMEDIATE TECHNIQUE

#### 12-16 years old

Designed for dancers to keep up with their training over the summer, this class will feature a different weekly technique class along with strength training and flexibility for dancers. Techniques include Ballet, Jazz, Modern, and PBT! This class is recommended for dancers in levels 2–4.

## ADVANCED TECHNIQUE

### 15+ years old

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



2025 SUMMER		Summer I	(6/16-7/13)	Summer II	(7/14-8/10)		
ZUZS SUMMER		NOW	5/21	NOW	5/21		
Class	Age	Day	Time	\$YM	\$ NM	\$YM	\$ NM
Dance Company Prep	7-11 yrs	W	4:15-5:15pm	\$65	\$83	\$65	\$83
Intermediate Technique	12-16 yrs	Th	4:15-5:30pm	\$69	\$89	\$69	\$89
Advanced Technique	15-18 yrs	111	5:30-6:45pm	<b>.</b>	403	<b>403</b>	<b>409</b>

## STUDENT DIVISION

### BEGINNING/INTERMEDIATE BALLET

#### 12+ years old

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

### BEGINNING/INTERMEDIATE TAP

### 12+ years old

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

DODE CHAMA	בח כבכ	CLON		Summer I	(6/16-7/13)	Summer II (7/14-8/10)	
2025 SUMMER SESSION				NOW	5/21	NOW	5/21
Class	Age	Day	Time	\$YM	\$ NM	\$ YM	\$ NM
Beg/Int Ballet	12+	Th	5:30-6:30pm	\$65	\$83	\$65	\$83
Beg/Int Tap	12+	W	5:15-6:15pm	<b>ДО</b>			

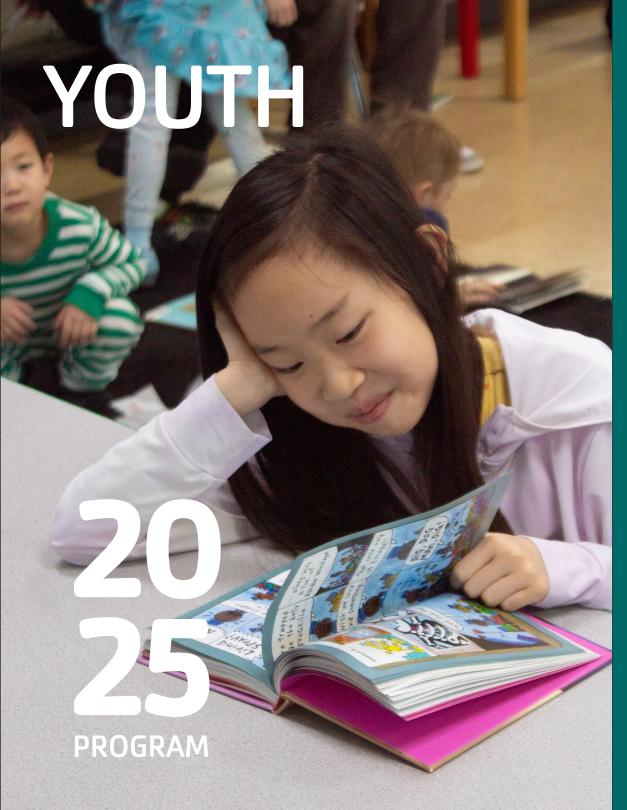


### 18+ years old

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.



SOSE CHMMED		Summer I (	(6/16-7/13)	Summer II	(7/14-8/10)		
2025 SUMMER !	SESSION			NOW	5/21	NOW	5/21
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM
Adult Beg/int Ballet	18 yrs +	Th	6:30-7:30pm	\$65	\$83	\$65	\$83





#### SUPERVISED AFTER-SCHOOL CARE

## SIGN UP FOR 2025-2026 SCHOOL YEAR IS OPEN!

With a focus on safety, health, social growth and academic enhancement, Y after-school programs serve youth with a variety of programs and activity options to explore and develop their interests and talents. In addition to enhancing what they have learned in school, Y-Time includes the following:

- Homework assistance
- Free recreation swimming
- Creating crafts
- Playing sports and games
- Exploring fun with food
- Add on a class such as dance, swim, yoga or art
- Free transportation provided from most area schools

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

Rate					
Days	\$YM	\$ NM			
3 Days	\$258	\$318			
4 Days	\$344	\$424			
5 Days	\$430	\$530			

### THE TEAM



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



Shannon Sliwinski Youth Education & Smartlab Director SSliwinski@nsymca.org



The Visual Arts Department will resume classes in the Fall. Below are a few of our new fall offerings.

## HANDS ON PHOTOGRAPHY WORKSHOP

#### **Ages 12+**

This workshop takes place outdoors in surrounding locations. You will get hands on advice in regards to lighting, composition, etc.

### FINE MOTOR ART

### Mondays from 1-2pm

Little hands will explore painting, cutting, and sculpting activities designed to strengthen fine motor skills while fostering creativity and self-expression.

### WORKSHOP WEDNESDAYS

#### for Grades 4-8

Sign up for a month-long workshop where we will feature a unique theme. For example, one month might feature a "Scents workshop," where you will create bath bombs and more!

### MAKERS FOR ADULTS

Once a month Wednesdays from 12-1:30pm



# REASONS TO BECOME AN NSYMCA MEMBER!

## Sign up today!



### FRFE

- Unlimited group exercise classes including yoga,
   Pilates, TRX, cycle, and Les Mills programming
- Fitness assessment and consultation
- Special events for the whole family
- · Family swimming and lap swimming
- · Monthly life enrichment seminars
- Open gym, volleyball, basketball, and pickleball
- Indoor & Outdoor Group Exercise Classes

## **DISCOUNTS**

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

### FACILITY FEATURES

- Two floors of the latest in cardio, strength, free weights and circuit training equipment
- Modern strength training center and track for all levels of users
- Six-lane pool, sauna, steam room, and whirlpool
- · Full-sized gymnasium
- Three racquetball courts with free play
- Locker rooms & all-gender locker room
- Massage by Ruby Therapeutic Massages

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

# **NOT YET A MEMBER?**



# JOIN TODAY TO BE A PART OF A COMMUNITY!

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

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

Membership Rates as of 1/1/23	
Member Category	Dues per Month
Virtual Memberships	
All Ages (Not eligible for program discounts)	\$10
Youth Memberships	
Youth (1-26)	\$38*
Young Adult (27-35)	\$47*
Adult Memberships	
Adult (36 and older)	\$66*
Adult Couple	\$87*
Senior Memberships	
Seniors (60+)	\$59*
Senior Family (1 Senior + Spouse & Children**)	\$79*
Family Memberships	
1 Adult + 1 Child**	\$74*
1 Adult + 2 or more children**	\$83*
2 Adults + 1 Child**	\$95*
2 Adults + 2 or more children**	\$105*
(Existing Family Member will stay active at \$94 as long as membership is active)	
Household: A Household Membership is defined as two (2) adults, dependent children**, elderly parents, and live-in nannies or au pairs, residing in the same household. (Proof of residency is required.) Household membership is limited to four (4) adults. A \$10 charge is added to the monthly membership fee for each adult added over 4 to the group membership.	\$112*

\*Save up to 7% when you take advantage of annual rates. Ask for details.

The NSYMCA reserves the right to collect any unpaid membership dues.

- \* The Joiner's Fee, equaling one month's membership dues, is paid at the time of joining the YMCA. It is re-assessed if membership lapses more than 30 days.
- \*\* Child is defined as under 26 years old.



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