

North Suburban YMCA

20 25 PROGRAM

SUMMER

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



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

Monday-Friday:
5:00am - 9:00pm

Saturday:
6:00am - 7:00pm

Sunday:
6:00am - 5:00pm

HOLIDAY BUILDING HOURS

Memorial Day:
May 26th:
6:00 am - Noon

Independence Day:
July 4th:
Closed

Labor Day:
September 1st
6:00 am - Noon

IMPORTANT DATES

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

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

Summer Break:
8/11 - 8/24

Labor Day Weekend:
Aug.29 after 3pm- Sept. 1

DOWNLOAD THE APP FOR UP TO DATE INFORMATION!



North Suburban YMCA

community
strong fundraiser

GOLF FUNDRAISER

Thursday July 17th

Chevy Chase Country Club



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](https://www.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:

THE TEAM



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 CENTER ORIENTATIONS:

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



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 | Step Classes |
| Aqua Classes | Cycle Classes | Strength Classes |
| Balance Classes | Dance-Based Fitness | TRX classes |
| Barre Classes | HIIT Classes | Yoga Classes |
| Cardio Classes | LaBlast | Zumba® |
| Cardio & Strength | Les Mills BODYPUMP™ | |
| Combo Classes | Mat Pilates | |

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 Amount	Length of Session	Package Price
4	30 min	\$140
8		\$280
4	45 min	\$220
8		\$440
12		\$636
1	60 min	\$65
4		\$260
8		\$520
12		\$756
24		\$1440

NON-MEMBER PRICING

Package Amount	Length of Session	Package Price
1	60 min	\$100
4		\$400
8		\$800

PARTNER TRAINING -Y MEMBERS ONLY

Package Amount	Length of Session	Package Price
4	60 min	\$320

SMALL GROUP TRAINING (3 or more people) -Y MEMBERS ONLY

Package Amount	Length of Session	Package Price
4	60 min	\$120 pp



A Personal Training form must be filled out before purchasing a Personal Training Package. Scan the Qr code to fill out the form



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 SUMMER SESSION				Summer (6/10-8/11)	
				NOW	5/21
Class	Age	Day	Time	\$ YM	\$ NM
Basic Cardio	18+ yrs	M	10:15-11:10 am	FREE	\$190
		W			
		F			\$171
Cardio & Light Weights		Tu	7:55-8:50 am	\$170	\$190
		Th			

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 SUMMER SESSION				Summer (6/10-8/11)		
				NOW	5/21	
Class	Age	Day	Time	\$ YM	\$ NM	
Chair Yoga	18+ yrs	Tu	11:15-12:15 pm	FREE	\$190	
		Th				
Core Functional Strength		M	7:55-8:50 am	\$170	\$190	
		W				
		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)	
				NOW	5/21
Class	Age	Day	Time	\$ YM	\$ NM
Enhance Your Balance	18+ yrs	Tu	10:15-11:00 am	FREE	\$190
		Th			
Punch, Dance, Move	18+ yrs	M	9:00-10:00 am	\$135	\$171
		W			

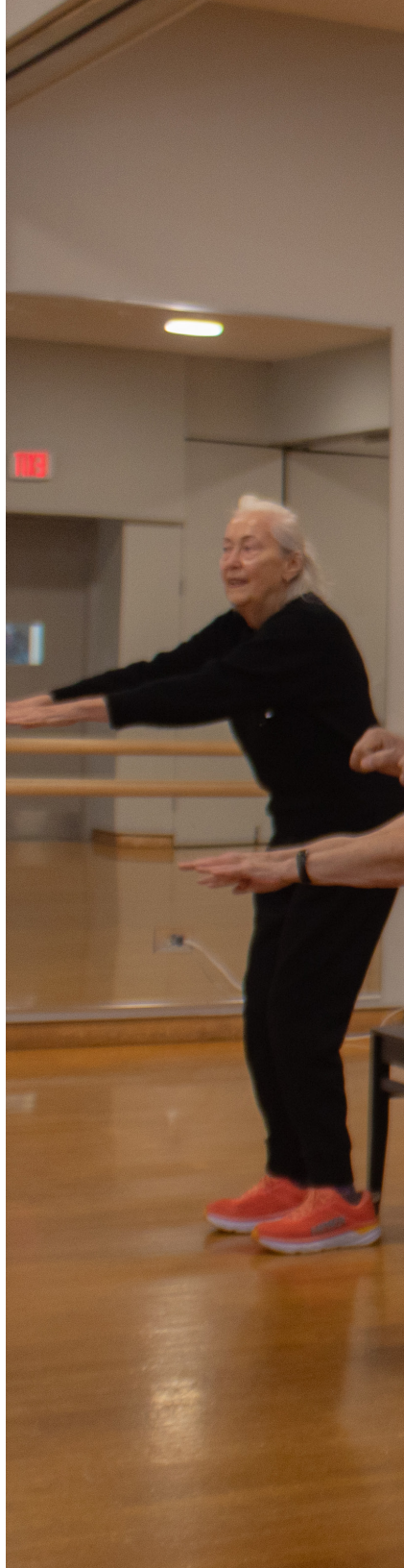


A large purple circle containing the text "BALANCE STRONG" in purple and blue, a horizontal purple line, and "LIVE LONG" in purple and blue.

**BALANCE
STRONG**

LIVE LONG

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





This hour-long interactive program will teach participants:

- 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

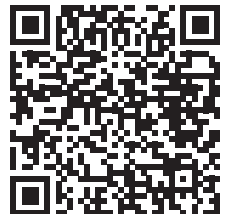
Fridays online at 10:30 am

SOCIAL CLUB ACTIVITIES

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



LEARN
MORE!





YMCA EDUCATION SERIES

North Suburban YMCA

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.

HEALTHY 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.



DONATE
TODAY!

AQUATICS

Summer I Session: 6/9 - 7/13

Summer II Session: 7/14 - 8/10

Member Registration: NOW

Non-Member Registration: 5/21

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North Suburban YMCA

SUMMER

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.

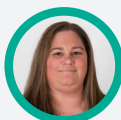
Q: My child has some special needs/ circumstances. Do you have instructors that are trained in special needs?

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



Missy Contri
Aquatics Director
mcontri@nsymca.org



Tom March
Aquatics Liaison
tmarch@nsymca.org



Campers can take swim lessons during camp on Tuesdays. Email camp registrar for more info at registrar@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.

Learn More about
Private Swim Lessons



PRIVATE & SEMI-PRIVATE SWIM LESSONS			Summer (6/10-8/11)	
			NOW	5/21
Lesson		Age	\$YM	\$NM
Private Lesson	(3) - 30 minute lesson	6 yrs - Adult	\$180	\$300
	(5) - 30 minute lesson		\$300	\$500
Semi-Private Lesson	(3) - 30 minute lesson		\$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 strokes and work on building swim endurance. Youth levels are: Polliwog, Guppy, Minnow, Fish, Flying Fish, and Shark.

Adult & Teen Swim Lessons

14 yrs – Adult

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

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 SWIM LESSONS						
6 mo-3 yrs	M	6:00-6:30 pm	\$100	\$125	\$80	\$100
	Sa	10:15-10:45 am				
PRESCHOOL SWIM LESSONS - ALL PRESCHOOL LEVELS						
3 yrs-K	M	5:25-5:55 pm	\$115	\$150	\$92	\$120
		6:00-6:30 pm				
	Th	5:25-5:55 pm				
		6:00-6:30 pm				
	Sa	10:15-10:45 am				
		10:50-11:20 am				
YOUTH SWIM LESSONS - ALL YOUTH LEVELS						
6-14 yrs	M	6:35-7:05 pm	\$115	\$150	\$92	\$120
		7:10-7:40 pm				
	Th	4:15-4:45 pm				
		4:50-5:20 pm				
	Sa	9:05-9:35 am				
		9:40-10:10 am				
		11:25-11:55 am				
ADULT & TEEN SWIM LESSONS - ALL LEVELS						
14+	M	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.

A photograph of three women swimming in a pool. They are using yellow kickboards. The woman in the foreground is wearing a purple swimsuit and is smiling. The woman in the middle is wearing a blue and black patterned swimsuit. The woman in the background is wearing a black swimsuit and is also smiling. The pool has lane lines in the background.

**LAP SWIM
AVAILABLE**

View our pool latest
schedule here!



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.



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



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



NORTH SUBURBAN YMCA

Sun. Oct. 19th

1:00-3:00 pm

FREE TO THE COMMUNITY!

2705 TECHNY RD. NORTHBROOK, IL

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

ATHLETICS

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North Suburban YMCA

SUMMER

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.

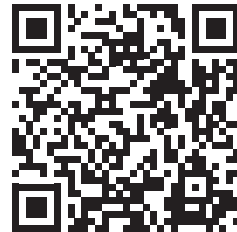
Open Racquetball

Reserve your free court time online at nsymca.org.

Open Pickleball

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

VIEW OUR
LATEST
SCHEDULE
HERE!



THE TEAM



Kelly Rao
Sports & Gymnastics Director
Krao@nsymca.org

RACQUETBALL

Racquetball Lessons

Adult

We offer private, semi private, and group lessons.

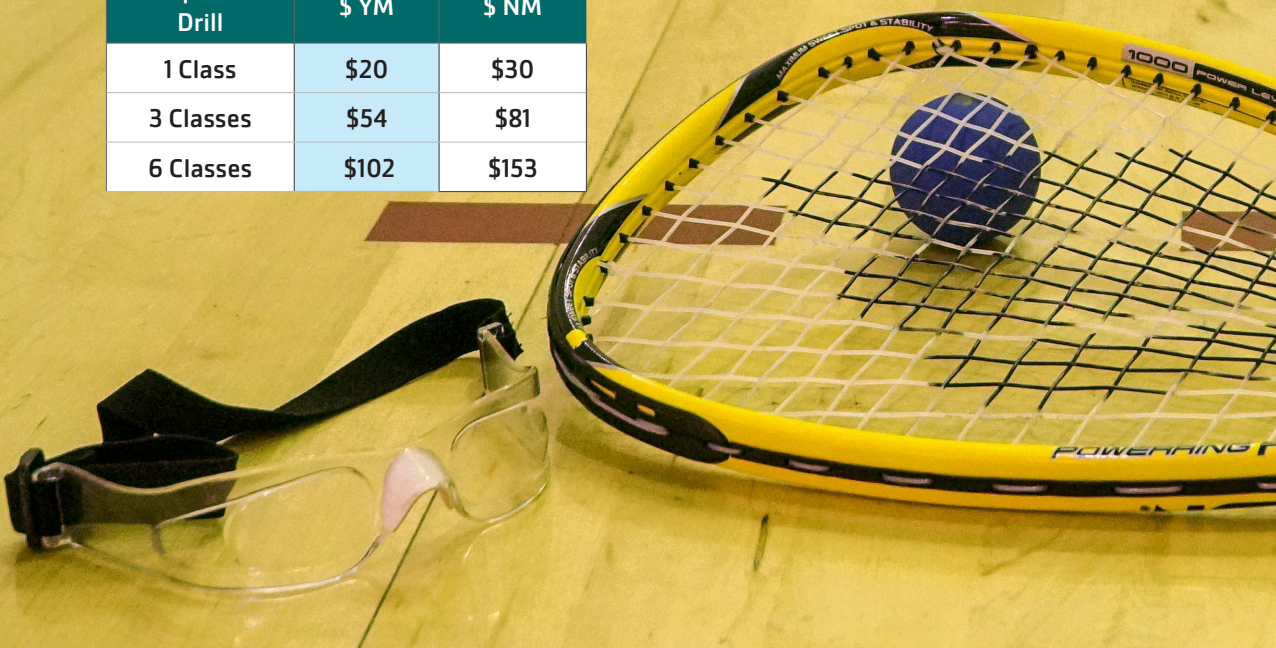
Learn and improve your game with our beginner and intermediate/advanced classes. To register or for more information, email Howard Robbins at howier623@gmail.com

Register for Drill Classes!

Learn how to:

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

Racquetball Drill	\$ YM	\$ NM
1 Class	\$20	\$30
3 Classes	\$54	\$81
6 Classes	\$102	\$153



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
Pickleball Court Reservations (90 Min.)	
\$10	\$30

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

20 25

PROGRAM



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



Val Lober
Director of Performing Arts
vlober@nsymca.org

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	Tu	4:15-5:00pm	\$60	\$79	\$60	\$79
Mini Movers Ballet/Tap	4-6 yrs		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 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
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		5:30-6:45pm				

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!

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
Beg/Int Ballet	12+	Th	5:30-6:30pm	\$65	\$83	\$65	\$83
Beg/Int Tap		W	5:15-6:15pm				

ADULT BALLET

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.

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
Adult Beg/int Ballet	18 yrs +	Th	6:30-7:30pm	\$65	\$83	\$65	\$83



YOUTH

20 25

PROGRAM

North Suburban YMCA

SUMMER

Y-TIME

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

A young child with dark hair, wearing a red long-sleeved shirt over a blue t-shirt, is the central focus. The child is looking directly at the camera with a neutral expression and has their right hand raised, palm facing forward. The background is a blurred art room with shelves holding various supplies like paint jars and brushes. A white canvas with a green and red painting is visible on the right.

**20
25**
PROGRAM

**VISUAL
ARTS FALL
SNEAK PEEK**

North Suburban YMCA

SUMMER

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

THE TEAM



Cathie Winnie
Visual Arts Director
cwinnie@nsymca.org

REASONS TO BECOME AN NSYMCA MEMBER!

Sign up today!



FREE

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

DISCOUNTS

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

FACILITY FEATURES

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

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

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** (Existing Family Member will stay active at \$94 as long as membership is active)	\$105*
Household: A Household Membership is defined as two (2) adults, dependent children**, elderly parents, and live-in nannies or au pairs, residing in the same household. (Proof of residency is required.) Household membership is limited to four (4) adults. A \$10 charge is added to the monthly membership fee for each adult added over 4 to the group membership.	\$112*

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

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

* The Joiner's Fee, equaling one month's membership dues, is paid at the time of joining the YMCA. It is re-assessed if membership lapses more than 30 days.

** Child is defined as under 26 years old.



North Suburban YMCA
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nsymca.org
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