

For More Information Contact:

Kim Nyren
knyren@nsymca.org
847-272-7250

FOR IMMEDIATE RELEASE

The North Suburban YMCA Provides Spring Programming to Energize and Inspire Families

Northbrook, IL —The North Suburban YMCA is excited to provide an array of spring programming designed to energize and inspire families in the 15 communities they serve. Spring is a season of renewal, and the Y offers many opportunities to reconnect with friends, neighbors and make time for yourself. Whether you're interested in finding a new fitness routine or helping your family members discover a new passion through sports or programs, the Y has something for everyone. [CLICK HERE](#) for full list of programs.

Spring program opportunities available at the Y this season include:

Camp

- **Summer is coming fast and there is an array of opportunities for ages 2-13** to explore all the amazing camps at the YMCA. Let's make is a summer to remember together – THE BEST SUMMER EVER!

Health and Wellness – Friday Night Out

- **Sound Bath Experience** - Friday, Mar 21 from 7-8:30 PM. A sound bath is a meditative experience in which participants listen to sound waves produced by a variety of instruments such as crystal singing bowls, chimes, and other resonant tools.

Visual Arts

- **Photography Class** - 12+ years old, Thursdays 7-8:30pm – Camera and/or cell phone required, learning, lighting, aperture, etc. for beginners
- **Fun & Functional Clay** - Grades 4-8, Wednesdays 5:15-6:15pm – Hand build some fun pieces and learn more advanced glazing techniques. All pieces fired.
- **Adult Workshops** - Monthly on Tuesdays (2 on Tuesdays) and/or Fridays (Friday Night Out), 7:00-8:30pm – no experience necessary, all supplies provided, bring your own beverage

Athletics

- **Pickleball** – The Y has open pickleball every morning at the Y and offer pickleball workshops and lessons **Advanced Volleyball** – 8-10 years old, Mon/Wed 5:30pm-6:30pm
- **Gym Jam** - Parent & Child Open Play Gym Ages 0-5 yrs, Wed/Thurs 10am-12pm
- **CT Soccer- Spring Prep Clinic** – 1st-6th grade, thurs, 4 sessions starting 4/3 5:30 -6:30 PM
- **Progressive Gymnastics** - 6-12 years, Mondays, Wednesdays, or Fridays 4:15 PM - 5:15 PM or 5:15 PM - 6:15 PM

Aquatics

- **Lifeguard Certification Classes** – 4/11-4/13

Youth Programs

- **Sticky Fingers Cooking** - ages K-6th grade, Wednesdays 4:30-5:30
- **Little Vet School Cat** - ages K-5th grade, Mondays 5-6 pm

Youth One-time Workshops

- **Activating Inner Goal Setting** - ages K-5th grade, Thursday April 10, 4:30-5:30. 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 Reticular Activating System (RAS),
- **Fun Stem Inventions Workshop** - 7-12yrs, May 15, 4:15-5:45pm. Using RoboThink's cutting edge hardware, kids will build one of the revolutionary creations that have shaped history.
- **The Magic of Gratitude Workshop** - K-5, May 8, 4:30-5:30pm. Kids will discover how gratitude is a super tool that can boost their mood, create happiness, and help them handle disappointments.

And much more...

“Join us at the NSYMCA this spring to get active, learn new skills and enjoy reconnecting with the community,” said Kathy Fielding, CEO at the NSYMCA. “We welcome everyone, all ages, to come and discover what the Y has to offer!”

A membership to the North Suburban YMCA entitles participants to reduced pricing for classes and programs, priority registration, two floors of the latest equipment in cardio, strength, free weights, and circuit training, a modern strength training center and track, a six-lane, 25-yard pool, sauna, steam room, and whirlpool, a full-sized gymnasium, three racquetball courts with free play, and unlimited group exercise classes such as yoga, Les Mills, cycling, cardio and strength, aqua fitness, and more.

To view the program choices for NSYMCA 2025 Spring session, download the [program guide here](#), visit www.nsymca.org, call 847-272-7250, or stop by the Y at 2705 Techny Road in Northbrook. To fill out a registration application [CLICK HERE](#).

About the North Suburban YMCA

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



Caption: The North Suburban YMCA's Spring Program registration is now open.