



North Suburban YMCA

# 20 25 PROGRAM

2705 Techny Rd.  
Northbrook, IL 60062  
847-272-7250  
[nsymca.org](http://nsymca.org)

FALL

# 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!

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# FALL YMCA SCHEDULE

## REGULAR BUILDING HOURS

**Monday-Friday:**  
5:00am – 9:00pm

**Saturday:**  
6:00am – 7:00pm

**Sunday:**  
6:00am – 5:00pm

## HOLIDAY BUILDING HOURS

**Labor Day:**  
Sept 1st  
6:00 am – Noon

**Thanksgiving Day:**  
Nov 27th  
6:00 am – Noon

**Christmas Eve:**  
Dec 24th  
Y Closes at 2pm

**Christmas Day:**  
Dec 25th  
Y Closed

**New Year's Eve:**  
Dec 31st  
Y closes at 2pm

**New Year's Day:**  
Jan 1, 2026  
9:00 am – 5:00 pm

## IMPORTANT DATES

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

**Labor Day Weekend:**  
Aug 29th after 3pm – Sept 1st

**Rosh Hashanah:**  
Sept 23rd

**Yom Kippur:**  
Oct 2nd

**Halloween:**  
Oct 31st after 3:00 pm

**Thanksgiving Break:**  
Nov 26th after 3pm – Nov 30th

**Winter Break 2025:**  
Dec 22, 2025 – Jan 4, 2026

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

# INFORMATION

## Registration Information

**Register online at [nsymca.org](https://nsymca.org) or at our Y. Registration is not guaranteed until you receive an email confirmation of payment. All programs are on a first-come, first-serve basis.**

## Program Enrollment:

If the minimum program enrollment is not met, 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

A non-refundable infrastructure fee of 3% will be added to all credit card payments and .096% will be added to ACH payments.

## Member Rates

Memberships must remain current throughout the entire class period to qualify for member rates. Annual memberships not renewed 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, 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.

## Early Rate

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.

**VISIT [NSYMCA.ORG](https://nsymca.org) TO DOWNLOAD  
A PAPER REGISTRATION FORM**



# 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

## 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

## DISCOUNTS

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

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

**\*See page 88 for membership prices**

# HEALTH & WELLNESS

**Fall I Session: 8/25-10/19**  
**Fall II Session: 10/20-12/20**

**Member Registration: NOW**

**Non-Member Registration:**  
**Fall I: 8/6**  
**Fall II: 10/1**

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.



## **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.

### **FOR MORE INFORMATION:**

[mvazquez@nsymca.org](mailto:mvazquez@nsymca.org)

## **THE TEAM**



**Megan Vazquez**  
[mvazquez@nsymca.org](mailto:mvazquez@nsymca.org)  
Sr. Director of Wellness



**Roman Edingburg**  
Wellness Coordinator  
[redingburg@nsymca.org](mailto:redingburg@nsymca.org)



**Karen Brownlee**  
Adult Programs Coordinator  
[kbrownlee@nsymca.org](mailto:kbrownlee@nsymca.org)

# 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.

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



### 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

# SMALL GROUP FITNESS

## FuerzaLift (StrengthLift)

**Adult**

Strength. Empowerment through understanding. Progress.

Fuerza. Empoderamiento a través de la comprensión. Progreso.

This 60-minute bilingual (Spanish and English) class is designed specifically for those navigating perimenopause and post-menopause. In this class we will focus on building muscle, increasing our understanding of our bodies, boosting our confidence, and feeling our strongest.

Esta clase bilingüe (español e inglés) de 60 minutos está diseñada específicamente para quienes atraviesan la perimenopausia y la posmenopausia. En esta clase nos enfocaremos en desarrollar músculo, aumentar nuestro entendimiento de nuestros cuerpos, fortalecer nuestra confianza y sentirnos más fuertes que nunca.

## Strength Start-Up

**Adult**

Feel confident, capable, and strong in the gym. Strength Start-Up is a supportive small group class designed to teach the fundamentals of strength training using a variety of equipment—machines, free weights, kettlebells, resistance bands, and more. This multi-session experience helps you practice proper form, build consistency, and learn how to structure workouts you can do on your own. If you've ever felt unsure or intimidated on the gym floor, this is your place to start. With guidance from a knowledgeable trainer and encouragement from a small group, you'll build strength, skills, and gym-floor confidence.





2025 FALL SESSION				Fall I (8/25-10/19)		Fall II (10/20-12/20)	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM
FuerzaLift (NEW)	18 yrs & up	Please contact mvazquez@nsymca.org for more information		\$200	\$256	\$200	\$256
Strength Start-Up (NEW)		W	11:30-12:15 pm				

# 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 FALL SESSION				Fall I (8/25-10/19)		Fall II (10/20-12/20)	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM
Move for Life	K-12th	W	4:15-5:00 pm	\$160	\$240	\$160	\$240
Youth Group Training		Tu		\$140	\$210	\$180	\$270
		Th				\$160	\$240

# 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 small group personal training class, taught by personal trainer Karen Brownlee, 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 FALL SESSION				Fall I (8/25-10/19)		Fall II (10/20-12/20)	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM
Basic Cardio	18+ yrs	M	10:15-11:10 am	FREE	\$147	FREE	\$189
		W			\$168		\$168
		F					\$147
Cardio & Light Weights		Tu	7:55-8:50 am	\$112	\$147	\$144	\$189
		Th				\$128	\$168



# ACTIVE ADULTS

## 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 small group personal training class, taught by personal trainer Karen Brownlee, 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 FALL SESSION				Fall I (8/25-10/19)		Fall II (10/20-12/20)	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM
Chair Yoga	18+ yrs	Tu	11:15-12:15 pm	FREE	\$147	FREE	\$189
		Th					\$168
Core & Functional Strength		M	7:55-8:50 am	\$112	\$147	\$144	\$189
		W		\$128	\$168	\$128	\$168
		F				\$112	\$147

# 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.

## Enhance Your Fitness

**Adult**

Enhance Your Fitness is a low-impact program designed to help older adults manage arthritis, stay active, boost energy, and maintain independence.

## Your Workout, Your Body

Exercise as You Are Able

**(Formerly Punch Dance Move)**

**Adult**

Stay active your way with guided exercises tailored to your needs—in a supportive space that honors your abilities and encourages movement at your own pace.

Perfect for chronic conditions such as Parkinson’s, Arthritis and others.

2025 FALL SESSION				Fall I (8/25-10/19)		Fall II (10/20-12/20)	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM
Enhance Your Balance	18+ yrs	Tu	10:15-11:00 am	FREE	\$147	FREE	\$189
		Th					\$168
M		11:30-12:30 pm	\$168		\$189		
W					\$168		
F			11:30-12:30 pm	\$112	\$147	\$144	\$189
W		\$128		\$168	\$128	\$168	
F		\$112		\$147	\$112	\$147	

# JOINT REPLACEMENT PREP-TALKS

## TIPS AND STRATEGIES FOR KNEE/HIP/SHOULDER REPLACEMENT

NEW! ✨

HOSTED BY KAREN BROWNLEE

**Ages 18+ Mondays 2:00–3:00pm**

**Price For Each: YM: \$35 NM: \$45**



**Sept  
22nd**

### PRE-HAB FOR KNEE REPLACEMENT

Preparing for knee replacement? Learn key strategies that boost strength, flexibility, and motion—helping make recovery easier, faster, and less painful, no matter your fitness level.

**Sept  
29th**

### PRE-HAB FOR HIP REPLACEMENT

Facing shoulder replacement? Learn targeted exercises to build strength, flexibility, and mobility—helping ensure a smoother, less painful recovery, whether you’re currently active or gradually returning to movement.

**Oct  
6th**

### PRE-HAB FOR SHOULDER REPLACEMENT

Told you need a shoulder replacement? Learn personalized exercises to build strength, flexibility, and mobility—supporting a smoother, less painful recovery whether you’re active now or just easing back in.



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](mailto: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](mailto:kbrownlee@nsymca.org) to register.

## BRAIN GAMES

**Mondays and 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 about  
FREE Adult Activities







# 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](mailto:knyren@nsymca.org).

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





# AQUATICS

**Fall I Session: 8/25-10/19**  
**Fall II Session: 10/20-12/20**

**Member Registration: NOW**

**Non-Member Registration:**  
**Fall I: 8/6**  
**Fall II: 10/1**

**20  
25**  
**PROGRAM**

**North Suburban YMCA**

**FALL**

## 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



# FREE WATER FITNESS

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.

**LAP SWIM  
AVAILABLE**

View our pool latest  
schedule here!



# 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](https://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](mailto:mcontri@nsymca.org) for more information.

Learn More about  
Private Swim Lessons



2025 FALL SESSION		Fall I (8/25-10/19)		Fall II (10/20-12/20)	
Age	Day	\$YM	\$NM	\$YM	\$NM
3yrs-Adult	M	\$455	\$700	\$585	\$900
	Tu				
	W			\$520	\$800
	Th				
	F				
	Sa				
	Su				

# 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 Lessons

### **1st grade – 14 yrs**

Youth swim levels will introduce water propulsion, floating, body awareness, and independence, all while introducing the basic swim strokes of front crawl and back crawl. Advanced levels will learn the competitive strokes and work on building swim endurance. Youth levels are: Polliwog, Guppy, Minnow, Fish, Flying Fish, and Shark.

## Adult & Teen Swim Lessons

### **14 yrs – Adult**

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

2025 FALL SESSION			Fall I (8/25-10/19)		Fall II (10/20-12/20)				
Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM			
PARENT - CHILD SWIM LESSONS									
6 mo-3 yrs	M	6:00-6:30 pm	\$140	\$182	\$180	\$234			
	T	10:45-11:15 am							
	Sa	10:15-10:45 am			\$160	\$208			
PRESCHOOL SWIM LESSONS - ALL PRESCHOOL LEVELS									
3 yrs-K	M	6:00-6:30 pm	\$168	\$218	\$216	\$281			
	T	10:15-10:45 am							
		10:45-11:15 am							
		4:15-4:45 pm							
		6:00-6:30 pm							
	Th	10:15-10:45 am			\$192	\$250			
		10:45-11:15 am							
		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							
1st grade-14 yrs		M	6:35-7:05 pm	\$168			\$218	\$216	\$281
	7:10-7:40 pm								
	T	4:50-5:20 pm							
		5:25-5:55 pm							
	Th	4:15-4:45 pm	\$192		\$250				
		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+ yrs	M	10:45-11:15 am	\$168	\$218	\$216	\$281			
		11:15-11:45 am							
		7:45-8:15 pm							
	Tu	10:45-11:15 am							
		11:15-11:45 am							
	Th	10:45-11:15 am			\$192	\$250			
		11:15-11:45 am							



# Special Olympics Flying Turtles Swim Team

8–24 years

The North Suburban YMCA’s Special Olympics Swim Team is known for combining team spirit, individual growth, and a supportive social environment. Open to swimmers at least 8 years old with intellectual disabilities who can swim 25 yards unassisted on both front and back.

Swimmers may register for up to three days per week (one practice per day), with possible adjustments based on individual needs.

## Swim Practice & Team Building (Wednesdays Only)

This additional class for ages 12–24 fosters friendships and communication through games and movement activities that support social-emotional growth and team connection. **Available only to swimmers registered on Wednesdays.**

All new swimmers must complete a water acclimation and swim assessment before joining. Please contact Missy Contri at [mcontri@nsymca.org](mailto:mcontri@nsymca.org) to schedule.



2025 FALL SESSION					
Week	Age	Day	Time	\$ YM	\$ NM
9/3-12/17	8 – 22 yrs	W	4:15-4:55 pm	\$375	\$488
9/3-12/17 + Team Build Combo			4:15-6:00 pm	\$600	\$780
9/5-12/19		F	4:15-4:55 pm	\$350	\$455
			5:00-5:40 pm		
9/7-12/21		Su	11:30-12:10 pm	\$375	\$488
			12:15-12:55 pm		

# NSYMCA SWIM CLUB

**Fall Tryout Dates:**  
**Monday 8/25 at 5pm**  
**Wednesday 8/27 at 5pm**

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 FALL SESSION					
Week	Age	Day	Time	\$ YM	\$ NM
9/8-12/15	8 -18 yrs	M	4:15-4:55 pm	\$375	\$488
			5:00-5:40 pm		
9/3-12/17		W	5:00-5:40 pm		
9/5-12/19		F	4:15-4:55 pm	\$350	\$455





## 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](https://nsymca.org/rentals)  
Joanna Hughes  
[rentals@nsymca.org](mailto:rentals@nsymca.org)



# ATHLETICS

**Fall I Session: 8/25-10/19**  
**Fall II Session: 10/20-12/20**

**Member Registration: NOW**

**Non-Member Registration:**  
**Fall I: 8/6**  
**Fall II: 10/1**

20  
25  
PROGRAM



North Suburban YMCA

FALL

# THE TEAM



**Kelly Rao**  
Sports & Gymnastics Director  
Krao@nsymca.org



**Jen Hart**  
Gymnastics Coach  
JHart@nsymca.org

# YOUTH SPORTS

## PRESCHOOL SPORTS

**3-5 yrs**

Join Preschool Sports for weekly fun with soccer, basketball, T-ball, and more! This energetic class builds coordination, teamwork, and a love for movement through age-appropriate activities—perfect for all skill levels.

## PRESCHOOL SPORTS & SWIM

**3-5 yrs**

Double the fun with Preschool Sports & Swim! Kids enjoy active play in sports and a swim lesson—seamlessly supervised and transitioned by our staff. One drop-off, one pick-up—two great classes in one active program!

2025 FALL SESSION				Fall I (8/25-10/19)		Fall II (10/20-12/20)	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM
Preschool Sports	3 -5 yrs	W	9:15-10:00 am	\$112	\$147	\$144	\$189
		Th				\$128	\$168
Preschool Sports & Swim			9:15-10:45 am	\$224	\$287	\$256	\$328



# YOUTH SPORTS

## PRESCHOOL GYMNASTICS & SWIM

3-5 yrs

Double the fun with Preschool Gymnastics & Swim! Kids enjoy active play in gymnastics and a swim lesson—seamlessly supervised and transitioned by our staff. One drop-off, one pick-up—two great classes in one active program!

## BASKETBALL SKILLS & DRILLS

Grades 1-5

This high-energy class is perfect for young athletes looking to build a strong foundation in basketball. Players will work on essential skills such as dribbling, passing, shooting, footwork, and defense through fun drills and age-appropriate instruction.

Whether your child is new to the game or looking to sharpen their skills, this program focuses on developing fundamentals, improving coordination, and boosting confidence—all in a supportive and team-focused environment

2025 FALL SESSION				Fall I (8/25-10/19)		Fall II (10/20-12/20)	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM
Preschool Gymnastics & Swim	3-5 yrs	Tu	9:15-10:45 am	\$256	\$328	\$288	\$369
Basketball Skills & Drills	Grades 1-5	M	4:15-5:15 pm	\$133	\$168	\$171	\$216

# YOUTH SPORTS

BEGINNER CHEERLEADING

NEW!

Grades 2-5

This exciting introductory class is perfect for young cheerleaders ready to jump, cheer, and dance their way into the basics of cheerleading! Participants will learn fundamental motions, jumps, chants, basic stunts, and simple routines—all in a fun and energetic environment.

VOLLEYBALL

Grades 2-4

This co-ed program focuses on learning and improving skills such as passing, setting, and serving. Great for players with minimal experience or looking to get into the game.

This program is supported by the Ruth Schultz Bright Days Fund

2025 FALL SESSION				Fall I (8/25-10/19)		Fall II (10/20-12/20)	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM
Beginner Cheerleading (NEW)	Grades 2-5	Th	5:15-6:15 pm	\$133	\$168	\$133	\$168
Volleyball	Grades 2-4	W	4:15-5:15 pm	\$152	\$192	\$152	\$192

# GYMNASTICS: PRESCHOOL

2025 FALL SESSION				Fall I (8/25-10/19)		Fall II (10/20-12/20)	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM
Parent and Tot (NEW)	18 mos-3 yrs	M	9:15-9:45 am	\$104	\$136	\$117	\$153
		Sa	9:15-10:00 am	\$96	\$126	\$128	\$168
Preschool Gymnastics	3 -5 yrs	M	10:00-10:45 am	\$112	\$147	\$144	\$189
		Tu	9:15-10:00 am	\$128	\$168		
			3:30-4:15 pm				
		W	10:00-10:45 am				
			6:30-7:15 pm				
		F	9:15-10:00 am			\$112	\$147
		Sa	10:15-11:00 am				

## PARENT & TOT GYMNASTICS

NEW!

18 mos - 2 yrs (with adult)

A fun and active introduction to gymnastics for toddlers and their grown-ups. This class builds coordination, balance, and motor skills through playful circuits on the floor, beam, bars, and more— all in a supportive and playful environment. A great way to bond and move together!

## PRESCHOOL GYMNASTICS

3-5 yrs

A playful introduction to gymnastics that builds gross motor skills, confidence, and coordination. Gymnasts will explore tumbling, bars, beam, and more while learning to listen, take turns, and follow directions— all in a fun, supportive environment.

This program is supported by the Ruth Schultz Bright Days Fund

# GYMNASTICS: YOUTH

## KINDER GYMNASTICS

5-6 yrs

Designed for current Kindergarteners, this class is a fun introduction to recreational gymnastics. Kids build strength, coordination, and confidence while learning foundational skills on the floor, beam, bars, and vault—all in a supportive, structured setting.

## BEGINNER GYMNASTICS

6-12 yrs

Perfect for beginners, this class introduces gymnasts to vault, bars, beam, and floor while teaching essential shapes, positions, and basic skills. With a focus on strength, coordination, and confidence, students build a strong foundation in a fun, supportive environment.

NEW!

This program is supported by the Ruth Schultz Bright Days Fund

2025 FALL SESSION				Fall I (8/25-10/19)		Fall II (10/20-12/20)	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM
Kinder Gymnastics (NEW)	5-6 yrs	Th	4:15-5:00 pm	\$112	\$147	\$112	\$147
Beginner Gymnastics	6-12 yrs	M	4:15-5:15 pm	\$133	\$168	\$171	\$216
		W		\$152	\$192	\$152	\$192
		W	5:15-6:15 pm				
		Sa	11:00-12:00 pm	\$133	\$168		



# GYMNASTICS: YOUTH



## INTERMEDIATE GYMNASTICS

6+ By placement only

For gymnasts who have completed our Beginner class, this next-level program focuses on advancing skills and progressions on vault, bars, beam, and floor. With continued emphasis on strength, form, and technique, gymnasts build confidence and consistency in a supportive environment.

## BOYS GYMNASTICS NEW!

6-12 yrs

This high-energy class builds strength, coordination, and confidence through gymnastics. With drills, challenges, and skill stations, students develop fundamentals, body control, and athleticism for gymnastics or any sport they pursue.

## BACK HANDSPRING BOOTCAMP (3 WEEKS) NEW!

Grades 2-6

Flip to the next level in our 3-week Back Handspring Bootcamp! Designed for gymnasts and cheerleaders to build technique, power, and form through drills, strength training, and expert spotting. **Prerequisite:** Must have a solid round-off and back walkover to enroll.

2025 FALL SESSION				Fall I (8/25-10/19)		Fall II (10/20-12/20)	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM
Intermediate Gymnastics	6+ yrs By placement only	M	5:15-6:15 pm	\$133	\$168	\$171	\$216
		F	4:15-5:15 pm			\$133	\$168
		Sa	11:00-12:00 pm			\$152	\$192
Boys Gymnastics <span>(NEW)</span>	6-12 yrs	Tu	4:15-5:15 pm	\$152	\$192	\$171	\$216
Back Handspring Bootcamp <span>(NEW)</span>	Grades 2-6	Sa	For 3 Weeks 1:00-2:00 pm	\$66	\$84	\$66	\$84



# GYMNASTICS: COMPETITIVE



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

This invitation-only class is for gymnasts with strong skills, focus, and passion for the sport. Athletes train twice a week, working on progressions, strength, and flexibility while building goal-setting, perseverance, and teamwork in a supportive environment. Pre-Team gymnasts are required to attend practice two days per week.

## COMPETITIVE TEAM (XCEL)

By invitation only

Our Competitive Team trains under the USA Gymnastics Xcel Program, focusing on skill development and competition experience. Gymnasts practice three days a week, must be NSYMCA members, and commit to the full September–May season. For tryouts, contact Kelly Rao at [krao@nsymca.org](mailto:krao@nsymca.org).

2025 FALL SESSION				Fall I (8/25-10/19)		Fall II (10/20-12/20)	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM
Pre-Team Gymnastics	5–12 yrs By placement only	Tu	4:15–5:45 pm	\$300	\$405	\$320	\$432
		Th					
Team Gymnastics	6+ yrs By invite only	M	4:15–6:15 pm	\$484	\$616	\$550	\$700
		Tu					
		Th					

# 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.

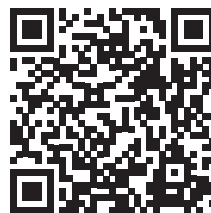
## Open Racquetball

Reserve your free court time online at [nsymca.org](https://nsymca.org).

## Open Pickleball

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

VIEW OUR  
LATEST  
SCHEDULE  
HERE!



# 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](mailto: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](mailto: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



# 2025

## PROGRAM



**North Suburban**  
School of Dance  
North Suburban YMCA

**Fall Session: 8/25-12/20**

**Member Registration: NOW**  
**Non-Member Registration: 8/6**

## THE TEAM



**Val Lober**

Director of Performing Arts  
vlober@nsymca.org

### 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](mailto:performingarts@nsymca.org) the classes your dancer will be taking so that we may put them on the correct rosters.

**4 & 5 Classes:**

**YM: \$980 NM: \$1,274**

**6 & 7 Classes:**

**YM: \$1010 NM: \$1,313**

### PRIVATE LESSONS

#### **Ages 6 – Adults**

Personalized one-on-one instruction designed for dancers of any age and skill level. Whether you're new to dance or looking to refine your technique, private lessons offer focused attention to help you grow at your own pace. Ideal for skill-building, confidence boosting, or preparing for auditions and performances.

**YM: \$60 NM: \$70**







## DANCE COMPANY AUDITIONS

Our Dance Companies will be holding their annual auditions on **Saturday, September 6th**. Mark your calendars now! Dancers must be in 2nd grade or higher.

### NSSOD INSPIRED

Grades 2-12

1:30-2:45pm

### NSSOD MOMENTUM

Grades 7-12

2:45-4:00pm

### NSSOD COMPETITIVE

Grades 8-12

4:00-5:30pm

FOR MORE  
INFO ON  
THE DANCE  
COMPANIES:



# MINI MOVERS SHOWCASE SUN. DEC 7<sup>th</sup>

Finish Out the Fall 2025 session with a special Mini Showcase just for our Mini Movers Division! This exciting opportunity is a chance to get your Mini Mover to perform in their very first live dance performance! Find out what all the excitement about recital is and get to watch your little mover do what they do best!





# MINI MOVERS

## BALLET RHYTHMS

**3 yrs by 9/1/25**

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 9/1/25**

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 9/1/25**

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.

2025 FALL SESSION				Fall I & II (8/25-12/20)	
				NOW	5/21
Class	Age	Day	Time	\$ YM	\$ NM
Ballet Rhythms	3 yrs	W	4:30-5:15 pm	\$268	\$329
Ballet Rhythms/Beats	3-4 yrs	Sa	10:30-11:15 am	\$252	\$308
Ballet Beats	4 yrs	Tu	4:15-5:00 pm	\$268	\$329
Ballet/Tap Beats		W	4:15-5:15 pm	\$287	\$354

# MINI MOVERS

## BALLET DESIGNS

5 yrs by 9/1/25

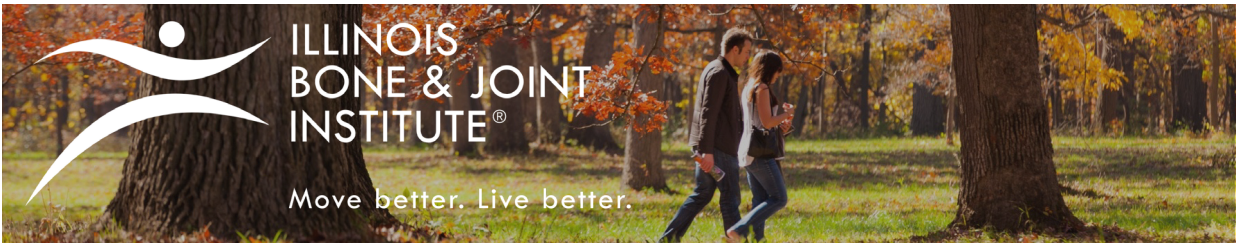
Kindergarten students work on basic ballet skills and movements. More complex concepts in dance are introduced along with more challenging tumbling. Hard work is still rewarded with fun dance games and the use of props.

## BALLET AND TAP DESIGNS

4-5 yrs by 9/1/25

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 FALL SESSION				Fall I & II (8/25-12/20)	
				NOW	5/21
Class	Age	Day	Time	\$ YM	\$ NM
Ballet Designs	5 yrs	Tu	4:30-5:15 pm	\$268	\$329
Ballet/Tap Designs		W	5:15-6:15 pm	\$287	\$354
Ballet/Tap Beats/Designs	4-5yrs	Sa	11:15-12:15 pm	\$270	\$332



## Orthopedic Care Dedicated to Helping You Move Better and Live Better

- Orthopedic Care
- Rheumatology
- Pain Management
- Pediatrics
- Podiatry
- Outpatient Joint Replacement
- OrthoAccess Immediate Care
- Sports Neurology
- Rehab
- MRI
- Health and Performance
- Sports Medicine

[ibji.com](http://ibji.com)

**WASH.  
SHINE.  
REPEAT.  
WASH.  
SHINE.  
REPEAT.**



**NORTHBROOK**  
2300 WAUKEGAN RD.

**HIGHLAND PARK**  
64 SKOKIE VALLEY RD.

**VERNON HILLS**  
860 S. MILWAUKEE AVE.

**SKOKIE**  
9208 SKOKIE BLVD.

***Waterway.com***

# 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 FALL SESSION				Fall I & II (8/25-12/20)	
				NOW	5/21
Class	Age	Day	Time	\$ YM	\$ NM
Ballet 1	6-9 yrs	Sa	12:15-1:15 pm	\$255	\$332
Ballet 1/2	By Placement	W	5:15-6:15 pm	\$272	\$354
Ballet 2/3	11+ By Placement	M	4:15-5:15 pm		
	8-10 By Placement	Tu	5:15-6:15 pm		
Ballet 3	By Placement	M	5:45-7:00 pm	\$292	\$379
Ballet 3/4		Sa	12:15-1:30 pm	\$273	\$355
Ballet 3/4 + Pointe Prep			12:15-2:00 pm	\$328	\$426
Ballet 4/5/6		W	5:45-7:15 pm	\$330	\$430
Ballet 5/6		Sa	10:15-11:45 am	\$310	\$403
Ballet 5/6 + Pointe			10:15-12:15 pm	\$346	\$450

# 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**

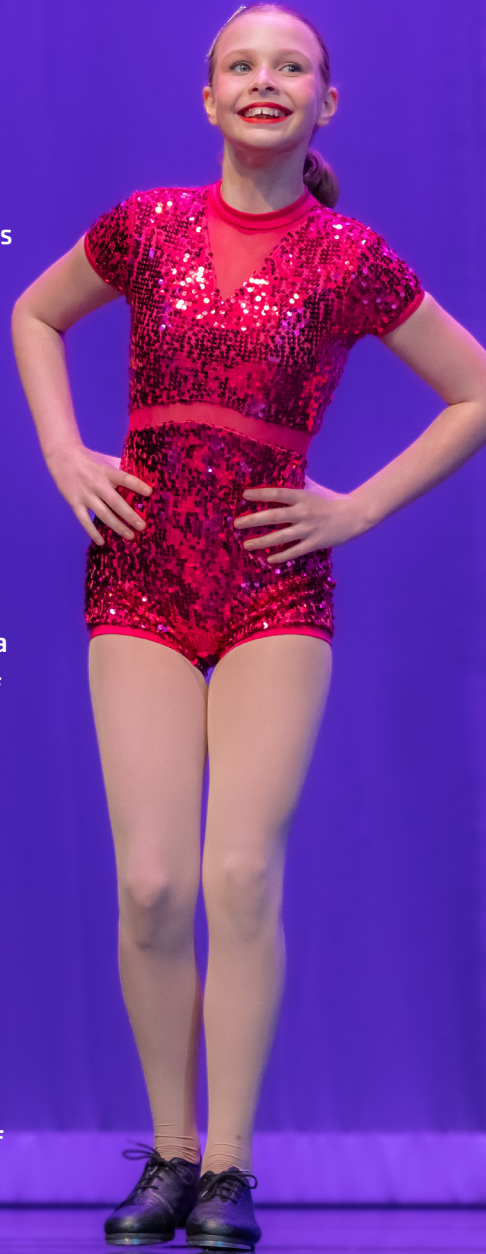
Tap promotes coordination and an acute sense of rhythmic patterns. Warm-ups, combinations and short routines are a part of the tap curriculum. Tap encourages the retention of movement patterns and aids in the development of kinetic memory.

## CONTEMPORARY MODERN

### **9 yrs and up**

#### **Requirement: 1 Ballet or Jazz class/week**

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.



2025 FALL SESSION				Fall I & II (8/25-12/20)	
				NOW	5/21
Class	Age	Day	Time	\$ YM	\$ NM
Jazz 1	6-10 yrs	W	6:15-7:15 pm	\$272	\$354
Jazz 2	By Placement	Th	5:15-6:15 pm	\$238	\$309
Jazz 3		Tu	6:15-7:15 pm	\$272	\$354
Jazz 4		M	7:00-8:15 pm	\$292	\$379
Jazz 5		Tu	4:45-6:00 pm		
Jazz 6			6:00-7:15 pm		
Tap 1	6-10 yrs	Tu	5:00-6:00 pm	\$272	\$354
Tap 2/3	By Placement	M	4:15-5:15 pm	\$272	\$354
Tap 4/5			5:15-6:15 pm		
Tap 6			7:15-8:15 pm		
Contemporary Modern 1	9-13 yrs	Tu	4:15-5:15 pm	\$272	\$354
Contemporary Modern 2	By Placement		5:15-6:15 pm		
Contemporary Modern 3		Th	6:15-7:15 pm	\$238	\$309
Contemporary Modern 4		Tu	7:15-8:30 pm	\$292	\$379
Contemporary Modern 5			7:15-8:30 pm		

# STUDENT DIVISION

## 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.

## 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**

Taught by a certified Progressing Ballet Technique and mUvmethod flexibility instructor, this class helps dancers build strength, flexibility, and stamina. Dancers will focus on deep core activation, alignment, and ballet positions using tools like stability balls, therabands, and mUvbands. A supply list will be provided at the start of the session.





# Acro & Tricks

## By Placement Only

Acro combines classic dance technique with precision acrobatic elements. Dancers will work on strength, flexibility, partnering, and transitions in addition to learning more advanced turns, jumps, and lifts. Participants must be enrolled in a technique class (Ballet, Jazz, or Cont. Mod) at level 3 or higher for this class.

2025 FALL SESSION				Fall I & II (8/25-12/20)	
				NOW	5/21
Class	Age	Day	Time	\$ YM	\$ NM
Poms 1	7-11 yrs	Th	4:15-5:15 pm	\$238	\$309
Poms 2	By Placement		5:15-6:15 pm		
Poms 3			W	7:15-8:15 pm	\$272
Poms 4		7-10 yrs	M	5:30-6:15 pm	\$253
Hip Hop 1 (ages 7-10)	By Placement	4:45-5:30 pm			
Hip Hop 2		6:15-7:00 pm			
Hip Hop 3	8-14 yrs	W	7:15-8:15 pm	\$272	\$354
Musical Theatre	10+ yrs	Th	6:15-7:15 pm	\$238	\$309
PBT & Stretch	By Placement	W	4:30-5:45 pm	\$292	\$379
Acro & Tricks 1		Th	7:15-8:30 pm	\$255	\$332
Acro & Tricks 2					

# ADULT

## 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.

## ADULT TAP

18+ years old

These tap classes build a fun foundation through rhythm, syncopation, and balance. Our level 1 class will focus on the basics, 2 will learn more complex steps and patterns, and 3 is for those with more experience, looking for a little push!

## ADULT HIP HOP

18+ years old

Designed for adults, this energetic class builds rhythm, agility, coordination, and strength. Choose from two levels: beginner for newcomers or intermediate for faster-paced, stylized choreography.

2025 FALL SESSION				Fall I & II (8/25-12/20)	
				NOW	5/21
Class	Age	Day	Time	\$ YM	\$ NM
Adult Beg/Int Ballet	18+ yrs	Tu	6:15-7:15 pm	\$272	\$354
Adult Tap 1		W	6:15-7:15 pm		
Adult Tap 2		M			
Adult Tap 3	By Placement	W	7:30-8:30 pm		
Adult Open Level Hip Hop	18+ yrs	M	7:15-8:15 pm		



# WE ARE PROUD TO SUPPORT THE NORTH SUBURBAN YMCA

Our efforts come in a variety of forms, from financial investments to support economic growth to traditional philanthropy and volunteer hours contributed by our team members. We strive to provide community banking as it should be.



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# YOUTH

Fall I Session: 8/25-10/19  
Fall II Session: 10/20-12/20

Member Registration: NOW

Non-Member Registration:  
Fall I: 8/6  
Fall II: 10/1

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

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](mailto:rgonzalez@nsymca.org)



**Shannon Sliwinski**  
Youth Education  
Director  
[SSliwinski@nsymca.org](mailto:ssliwinski@nsymca.org)

For more information, please  
contact Shannon Sliwinski at  
[ssliwinski@nsymca.org](mailto:ssliwinski@nsymca.org)





# SCHOOL DAYS OUT



**GRADES K-5**

**Y Camp School Days  
Out is the perfect  
solution for families  
when school is closed.**

This program offers kids a fun, active, and enriching day filled with games, creative projects, and social connection—keeping them engaged and supported even when class isn't in session.

Schools day out runs when Districts 27, 28, 30 and 31 ALL have no school

**REGISTER TODAY!**

## Y CAMP:

**8:00–6:00 pm**

**Sept 23th**

**Oct 2nd**

**Nov 26th**

## WINTER BREAK CAMP:

**Dec 22th**

**Dec 29th**

**Dec 23rd**

**Dec 30th**

**Dec 26th**

**Jan 2nd**

**RATES: YM \$80 NM \$95**

Registration closes the Wednesday before.  
Late additions, if space allows, include a \$10 fee.

**\*NO REFUNDS** will be given one week prior to trip  
without doctor's note.

**Visit Our Website  
For Updates!**





## 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** at [rgonzalez@nsymca.org](mailto:rgonzalez@nsymca.org).

- Spend quality time together developing strong bonds.
- Improve communication skills and increase self-esteem.
- Lay the foundation for positive, lifelong relationships.
- Build a sense of community and belonging.
- Learn, teach, and demonstrate leadership skills and positive values.
- Give back to your community through service projects.





# GYM JAM

PARENT & CHILD OPEN PLAY GYM

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

**Members: FREE**  
**Non-Members: \$5**



# WEEKLY CLASSES

## STICKY FINGERS COOKING

**Grades K-5**

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!

## CHESS SCHOLARS

**Grades K-8**

Develop your child’s intellect through the royal game of chess! Current research has shown a strong link between chess and academic performance in a variety of areas, including mathematics and language arts. Chess has been proven to enhance children’s motivation, concentration, focus, social skills, and creativity. Each class will consist of a fun, interactive teaching period and guided practice time. Both beginner and experienced players are welcome and will learn under the guidance of an experienced Chess Scholars coach.

2025 FALL SESSION				Fall I (8/25-10/19)		Fall II (10/20-12/20)	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM
Sticky Fingers Cooking	K-5th	W	4:30-5:30 pm	\$304	\$368	\$304	\$368
Chess Scholars (NEW)	K-8th	M	4:30-5:30 pm	\$224	\$280	\$288	\$360



# WEEKLY CLASSES

SPANISH AMIGOS

NEW!

Grades K-5

Learning Spanish is as easy as uno, dos, tres! In Amigos, children will dive deep into the traditions and get a taste of the culture of Spanish speaking nations across the globe as well as learn basic vocabulary words such as numbers, colors, shapes, greetings, days of the week and more. Sing, clap, and count your way towards learning the Spanish language.

ROBOTHINK AI THINKLAB

NEW!

7-12 yrs   Fall 2 only

Let’s get hands-on with Artificial Intelligence! In this program, kids are able to use cool AI tools, such as motion tracking and object recognition, to build amazing AI powered robots of different shapes and functions. They will gain an understanding of using AI to power robots as well as gaining insight into applying AI in an increasingly automated world. Basic computer skills are necessary

2025 FALL SESSION				Fall I (8/25-10/19)		Fall II (10/20-12/20)	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM
Spanish Amigos (NEW)	K-5th	Th	4:30-5:30 pm	\$231	\$287	\$264	\$328
AI ThinkLab: Robots by Robothink (NEW)	7 -12 yrs	Tu	4:15-5:45 pm			\$369	\$405

# POP-UP WORKSHOPS: MIND IN MOTIONS

NEW!

Come experience an exciting and hands-on world of fun as you conduct and witness the following scientific experiments!

Grades K-5      4:30-5:30pm

Wed Oct 15th	<b>OUTER SPACE &amp; PHYSICS FUN</b> 1. See a real meteorite. 2. Watch a rocket soar 50 feet. 3. Watch an egg get sucked into a bottle. 4. Make and take home your own planet.	YM: \$60 NM: \$70
Tues Nov 11th	<b>CHEMICAL CREATIONS 1</b> 1. Make your own UV bracelet to take home. 2. See and touch amazing magic sand. 3. Watch snow form—and take some home.	

# POP-UP WORKSHOPS: KIM'S CRAFTING

NEW!

Grades K-6th

Thurs Oct 23rd 5:15-6:45pm	<b>HALLOWEEN TOTE BAG</b> Participants will draw or color their own designs to then be sublimated onto their bags.	YM: \$50 NM: \$65
Mon Dec 8th 5:00-6:00pm	<b>CUSTOM GLITTER ORNAMENT</b> Get into the festive spirit with this fun and creative hands-on workshop where you'll design your very own holiday ornaments using glitter and plenty of imagination.	

# POP-UP WORKSHOPS: FERNANDO'S COOKING

Grades K-5th

NEW!

**Fri**  
**Sept 12th**  
**4:30–6:00pm**

## FRUIT SALSA WITH CINNAMON CHIPS

Kick off the year with a fun, healthy fruit salsa and cinnamon chips—no knives needed, just flavor and fun!

**Fri**  
**Oct 3rd**  
**4:30–6:00pm**

## PUMPKIN STREUSEL MUFFINS

Bake cozy pumpkin muffins with cinnamon streusel and celebrate autumn spices—warm, golden treats that smell and taste like fall!

**Mon**  
**Nov 24th**  
**4:30–6:00pm**

## BAKED APPLE NACHOS

Celebrate fall with apple nachos—layered with caramel, chocolate chips, and crunchy toppings. Sweet, shareable, and full of seasonal flavor!

**Fri**  
**Dec 19th**  
**6:00–8:00pm**

## FAMILY WORKSHOP: LASAGNA WITH GARLIC BREAD BITES

Make personal lasagna, garlic bread bites, and enjoy fun family bonding!

**YM: \$55**  
**NM: \$70**

**YM: \$75**  
**NM: \$90**

For 1 Parent & 1 Child  
(\$20 for each  
additional child)

# POP-UP WORKSHOPS: NEW! LAUGHTER YOGA

Welcome to a fun-filled, giggle-packed Laughter Yoga workshop just for kids! In this playful and energetic session, children will explore the joy of laughter through exciting activities that blend deep breathing, playful movements, and silly laughter exercises. This workshop is designed to boost happiness, reduce stress, and build confidence. Kids will discover how laughter can be a superpower for both body and mind.

4:30–5:30 pm



<b>Grades K–2</b>	<b>Tues Sept 30th</b>	<b>Tues Nov 18th</b>	<b>YM: \$40 NM: \$55</b>
<b>Grades 3–5</b>	<b>Tues Oct 14th</b>	<b>Wed Dec 3rd</b>	



# POP-UP WORKSHOPS: MINDFULNESS WORKSHOPS

FROM ADVENTURES IN WISDOM®



**Thurs**  
**Sept 4th**  
**4:30–5:30pm**

## SOARING SELF-ESTEEM

(NO MATTER THE CIRCUMSTANCE)

Kids boost self-esteem through stories, and self-esteem jars—learning to believe in themselves and bounce back from setbacks.

**Thurs**  
**Oct 9th**  
**4:30–5:30 pm**

## UNLOCKING OUR POWER TO PERSEVERE

Kids build resilience through stories—learning mindset tools to see obstacles as opportunities and grow more confident.

**Thurs**  
**Nov 6th**  
**4:30–5:30 pm**

## HOW YOUR MIND SHAPES YOUR WORLD

Kids learn how thoughts shape life through stories, crafts, and activities—building confidence and a success-focused mindset.

**Thurs**  
**Dec 11th**  
**4:30–5:30 pm**

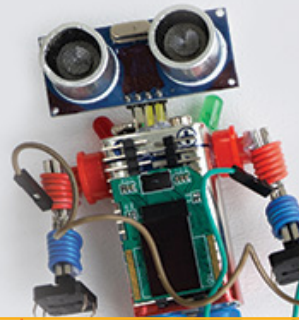
## BREAK FREE FROM “IF...THEN” THINKING!

Kids break free from “if...then” thinking through stories, crafts, and activities—taking action toward their dreams.

**YM: \$40**  
**NM: \$55**

# POP-UP WORKSHOPS: ROBOTHINK

Ages 7-12



**Thurs**  
**Sept 18th**  
**4:15-5:45pm**

## TRAINS, PLANES & AUTOMOBILES

Build robots inspired by real vehicles! Kids use motors and gears to create, explore STEM, and engineer moving machines.

**Tues**  
**Oct 7th**  
**4:15-5:45pm**

## ROBOPETZ

Join RoboPetz and build robotic animals like turtles or elephants using motors, gears, and more in a wild STEM adventure!

**Thurs**  
**Nov 13th**  
**4:15-5:45pm**

## STEM INVENTIONS

Young inventors wanted! Explore invention history and build revolutionary creations using RoboThink's cutting-edge hardware in this hands-on workshop.

**Thurs**  
**Dec 18th**  
**4:15-5:45pm**

## HOLIDAY WORKSHOP

Build Rudolph the Red-Nosed Reindeer with a magical glowing red nose! Enjoy holiday cheer, creativity, and fun—no experience needed for this festive workshop!

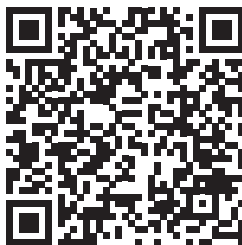
**YM: \$55**  
**NM: \$70**



# NAVIGATOR NIGHTS

**SOCIAL EVENTS FOR  
MIDDLE SCHOOLERS**

**One Friday Night a Month  
Grades 6-8**



For more info email Ricky Gonzalez:  
[RGonzalez@nsymca.org](mailto:RGonzalez@nsymca.org)



# 20 25

PROGRAM

# VISUAL ARTS

**Fall I Session:** 8/25-10/19  
**Fall II Session:** 10/20-12/20

**Member Registration:** NOW

**Non-Member Registration:**  
**Fall I:** 8/6  
**Fall II:** 10/1

North Suburban YMCA

FALL



# PRESCHOOL

## ART & SWIM

3-6 yrs

This unique combo class blends creativity and confidence! Children will dive into swimming lessons and then explore their artistic side with a fun hands-on art project. YMCA staff will safely transition your child between activities and assist with changing—no adult participation needed.

## FUN WITH CLAY

3-6 yrs

Young artists will explore the basics of clay using slabs, coils, and pinch pots to shape fun and functional creations. Each piece is kiln-fired and glazed—perfect for keepsakes to treasure for years.

## PRESCHOOL ART

3-6 yrs

Young artists explore drawing and painting through fun, hands-on activities —building creativity, confidence, and a lifelong love of art. **\*No class on 11/16 and 12/21.**

2025 FALL SESSION				Fall I (8/25-10/19)		Fall II (10/20-12/20)	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM
Art & Swim	3 -6 yrs	M	Art: 9:00-9:50 am Swim: 10:00-10:30 am	\$203	\$259	\$261	\$333
			Swim: 9:30-10:00 am Art: 10:10-11:00 am				
Fun w/ Clay		Tu	4:15-5:15 pm	\$140	\$182	\$180	\$234
Preschool Art <b>*No Class 11/16 &amp; 12/21</b>		S	11:00-12:00 pm			\$120	\$156

# YOUTH

## GRADES K-3

### 3D TOY DESIGN

**Grades K-3**

In this playful intro to 3D modeling, young creators will explore how digital designs are transformed into real-life toys and decorations using 3D printing. A fun, hands-on way to learn the basics of design and technology.

### ADVENTURES IN ART

**Grade K-3**

In this popular class, young artists explore their creative side through fun, hands-on 3D projects. With a focus on creativity, problem-solving, and spatial awareness, each session is designed to inspire self-expression and artistic discovery.

2025 FALL SESSION				Fall I (8/25-10/19)		Fall II (10/20-12/20)	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM
3-D Toy Design	Grades K-3	M	6:15-7:15 pm	\$168	\$216	\$168	\$216
Adventures in Art		Th	5:15-6:15 pm	\$140	\$182	\$160	\$208

# YOUTH

## GRADES K-3

### CERAMIC & SCULPTURE

#### Grades K-3

Get creative with clay! In this hands-on class, kids explore the fun of working with slabs, coils, and pinch pots to craft both playful and practical pieces. Projects are fired and glazed in our kiln—perfect keepsakes to be proud of!

### DRAWING & PAINTING

#### Grade K-3

Love to draw or mix colors? Build on your skills and boost your confidence as you learn the fundamentals of drawing and painting. Through creative projects, you'll explore the building blocks of art—from shape and color to balance and design.

2025 FALL SESSION				Fall I (8/25-10/19)		Fall II (10/20-12/20)	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM
Ceramic & Sculpture	K-3rd	W	4:15-5:15 pm	\$160	\$208	\$160	\$208
Drawing & Painting		M	5:15-6:15 pm	\$126	\$168	\$162	\$216

YOUTH

NEW!

# YARN & FABRIC FUN WITH MS. ALEX

Grades 1st-4th & 5th-8th

Unleash your child’s creativity in this hands-on Yarn and Fabric Fun class with Ms. Alex! From yarn and thread to fabric and fiber, students will explore a wide range of textile techniques while creating unique and colorful projects. Activities may include weaving, latch hook, basic crochet, amigurumi, and more. Perfect for young makers who love to craft, create, and learn new skills with their hands!

2025 FALL SESSION				Fall I (8/25-10/19)		Fall II (10/20-12/20)	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM
Yarn & Fabric Fun with Ms. Alex (NEW)	1st-4th	F	4:15-5:15 pm	\$140	\$182	\$140	\$182
	5th-8th	F	5:30-6:30 pm				



# YOUTH

## GRADES 4-9

### 3D DESIGN & PRINTING

#### Grades 4-8

In this hands-on class, you'll learn to model and design your own objects—from fun fidgets to eye-catching curiosities—and bring them to life using 3D printing technology. Perfect for young innovators ready to explore design and engineering in action.

### BEGINNING CHARCOAL & PASTELS

#### Grade 4-8

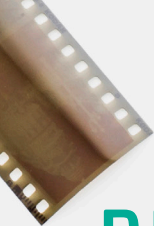
Explore the richness and variety of charcoal and pastels – you'll fall in love with this medium.

### PAINTING TECHNIQUES

#### Grade 4-8

Curious how artists bring waves to life or create dreamy clouds? In this hands-on class, you'll explore painting with acrylics, oils, and watercolors while learning the brushstrokes and techniques that make your artwork stand out.

2025 FALL SESSION				Fall I (8/25-10/19)		Fall II (10/20-12/20)	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM
3D Design & Printing	4-9th	M	7:30-8:30 pm	\$168	\$216	\$168	\$216
Beginning Charcoal & Pastels		Tu	7:00-8:00 pm	\$126	\$168	\$162	
Painting Techniques	4-9th	Th	6:30-7:30 pm				



# PHOTOGRAPHY

## CAPTURE THE MOMENT: PHOTOGRAPHY BASICS

Fall 2 Only

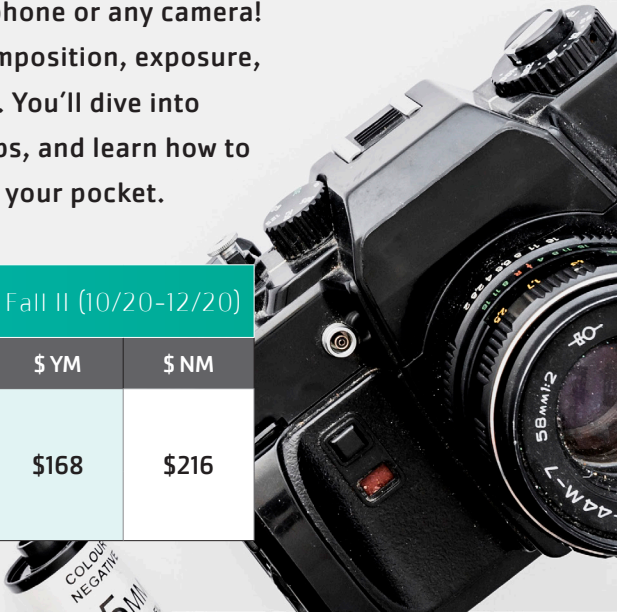
### ADULTS & SENIORS

Discover the joy of photography—no fancy gear required! Whether you have a smartphone, flip phone with a camera, or an actual camera, this welcoming class introduces you to the basics of photography. Learn about composition, lighting, exposure, and how to capture meaningful moments. You'll explore different photo styles, discover easy ways to enhance your images, and gain confidence telling your story through pictures—using the camera you already have in hand.

### AGES 12+

Ready to see the world through a new lens? Learn the fundamentals of photography using just your using your smartphone or any camera! This fun, hands-on class covers camera skills, composition, exposure, lighting, and exploring what makes a great photo. You'll dive into different photography genres, discover editing tips, and learn how to tell powerful visual stories—all with the device in your pocket.

2025 FALL SESSION				Fall II (10/20-12/20)	
Class	Age	Day	Time	\$ YM	\$ NM
Capture the Moment: Photography Basics	Adult/ AOA	Th	7:00-8:30 pm	\$168	\$216
	12+		9:00-10:00 am		



A hand is shown in the process of drawing a vertical line with a charcoal stick on a piece of paper. The background is a soft, out-of-focus image of the drawing process, with the hand and charcoal stick in sharp focus.

ADULT

BEGINNING CHARCOAL  
& PASTELS

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

2025 FALL SESSION				Fall I (8/25-10/19)		Fall II (10/20-12/20)	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM
Beginning Charcoal & Pastels	Adult	Th	7:00–8:00 pm	\$140	\$182	\$160	\$208

# YOUTH ART WORKSHOPS: **NEW!** MAKE & TAKE

Get crafty for the holidays! In this seasonal art class, kids will create special keepsakes they can proudly take home. Each session features a themed project. A fun way to celebrate creativity and give with love!



**Grades K-8    Sundays 12:30–1:30pm**

<b>Oct 3rd</b>	<b>HALLOWEEN DECORATION</b>	<b>YM: \$35 NM: \$45</b>
<b>Dec 7th</b>	<b>WINTER THEME</b>	

# YOUTH ART WORKSHOP: **NEW!** FLASH FICTION

Flash fiction is short, powerful storytelling that packs a punch. In this Halloween-themed workshop, participants will learn what makes flash fiction unique, explore spooky prompts, and get guided support from an experienced instructor to write their own eerie mini-masterpiece. No writing experience needed—just your imagination and a love for stories!



**Grades 5-8    6:00–7:30pm**

<b>Tues Oct 7th</b>	<b>SPOOKY STORIES IN A SNAP!</b>	<b>YM: \$70 NM: \$90</b>
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**NEW!**

# YOUTH ART WORKSHOPS: MAKER WORKSHOPS

Ignite your imagination and explore hands-on creativity in this monthly maker series! Each session introduces a new artistic technique designed to spark curiosity and build skills:



**Grades 4–8    4 Weeks    5:15–6:15pm**

<b>Sept 3rd–24th</b>	<b>PRINTMAKING</b> Learn how to design, carve, and press your own unique prints. Explore patterns, textures, and color layering to create frame-worthy art.	<b>YM: \$80 NM: \$104</b>
<b>Oct 8th–29th</b>	<b>FAUX WOOD BURNING</b> Get the look of wood burning without the flame! Using safe tools and techniques, you'll design and etch intricate patterns or images onto wood-like surfaces.	
<b>Nov 5th–26th</b>	<b>NEEDLE FELTING</b> Learn the art of needle felting as you sculpt soft wool into fun, fuzzy creations. This tactile craft is perfect for making ornaments, animals, or small seasonal sculptures.	

# ADULT WORKSHOPS: FLASH FICTION

NEW!

Flash fiction is short, powerful storytelling that packs a punch. In this Halloween-themed workshop, participants will learn what makes flash fiction unique, explore spooky prompts, and get guided support from an experienced instructor to write their own eerie mini-masterpiece. No writing experience needed—just your imagination and a love for stories!

6:00–7:30pm



Tues  
Oct 14th

SPOOKY STORIES  
IN A SNAP!

YM: \$70  
NM: \$90

# ADULT WORKSHOPS: PRESSED TO IMPRESS

NEW!

A DIY SUBLIMATION WORKSHOP SERIES

NO EXPERIENCE NECESSARY, BRING A FRIEND, BRING A BEVERAGE.

Wednesdays 6:30–8:00pm



Sept  
15th

MUGS & MAKERS

Craft your own custom drinkware and take home a mug as unique as you are!

YM: \$35  
NM: \$45

Dec  
1st

HOLIDAY HEAT PRESS

Turn up the heat and bring your festive flair to life with personalized holiday ornaments!

# ADULT WORKSHOPS: THRIFTY THURSDAYS

NO EXPERIENCE NECESSARY.  
BRING A FRIEND, BRING A BEVERAGE.

Thursdays 7:00–8:30pm



Sept 18th	<b>T-SHIRT YARN &amp; RUG MAKING</b> Learn how to cut worn-out t-shirts into stretchy yarn, then use simple techniques to weave a small rug or mat. Bring 3 of your own old t-shirts.	<b>YM: \$35</b> <b>NM: \$45</b>
Oct 16th	<b>WITCH BELL DIY</b> Ward off negativity! A beautiful, symbolic craft made with bells, ribbon, charms, and good intentions.	

# ADULT WORKSHOPS: FRIDAY NIGHT OUT

NO EXPERIENCE NECESSARY.  
BRING A FRIEND, BRING A BEVERAGE.

Fridays 7:00–8:30pm



Sept 12th	ALCOHOL INKS	Nov 14th	NEEDLE FELTING DRYER BALLS	<b>YM: \$35</b> <b>NM: \$45</b>
Oct 10th	ACRYLIC POUR	Dec 12th	SOCK SNOWMAN	



# SPECIAL SERVICES

20  
25  
PROGRAM

Fall I Session: 8/25-10/19  
Fall II Session: 10/20-12/20

Member Registration: NOW

Non-Member Registration:  
Fall I: 8/6  
Fall II: 10/1

North Suburban YMCA

FALL



# SPECIAL SERVICES

## Group Ex.

11+ years

Exercises are geared to increase movement and set fitness goals while enhancing social skills.

## Yoga

11+ years

Improve strength, balance and flexibility while reducing stress. Practice guided meditation and breathing techniques to calm the mind and body.

## STEAM

Highschool

Participants work together to create and problem solve. The class focuses on Science, Technology and Art.

## THE TEAM



Ellen Mirochnick  
Special Services  
Coordinator  
emirochnick@nsymca.org



Tom March  
Aquatics Liaison  
tmarch@nsymca.org

## SWIM PROGRAMS

Special Olympics Swim Team  
\*See Page 27  
Special Needs Private Swim Lessons  
\*See Page 22

2025 FALL SESSION				Fall I (8/25-10/19)		Fall II (10/20-12/20)	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM
Group Ex	Ages 11+	Sa	10:00-10:45 am	\$217	\$312	\$248	\$312
Yoga			11:00-11:45 pm	\$168	\$248	\$192	\$248
STEAM	highschool	Tu	4:15 – 5:00 pm	\$192	\$279	\$216	\$279



# Senior PALOOZA

North Suburban YMCA


## HEALTH & FUN FAIR



**Sept 17<sup>th</sup>**  
**1-3pm**

**Location:**

North Suburban YMCA  
2705 Techny Rd.  
Northbrook, IL



**FREE to the  
community**

**Presentation  
by: IBJI**



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- Health Screenings
- Vendors
- Demonstrations
- Give-a-ways
- Raffle





# TRUNK OR TREAT



NORTH SUBURBAN YMCA

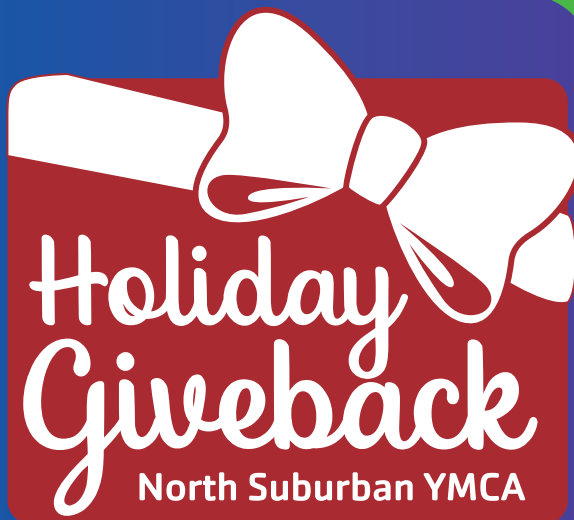
Sun. Oct. 19th

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



**December 6th**  
**11:00am – 12:00pm**

Help pack Blessing Bags to be donated to people experiencing homelessness. Great volunteer opportunity for families including those with younger children.



Scan our QR code  
to sign up and  
see the list of  
donation items.





# 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. IN 2024, 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 in 2024, we saved 675 lives with 5 drives.

DONATE  
TODAY!



# 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
<b>Virtual Memberships</b>	
All Ages (Not eligible for program discounts)	\$10
<b>Youth Memberships</b>	
Youth (1-26)	\$38*
Young Adult (27-35)	\$47*
<b>Adult Memberships</b>	
Adult (36 and older)	\$66*
Adult Couple	\$87*
<b>Senior Memberships</b>	
Seniors (60+)	\$59*
Senior Family (1 Senior + Spouse & Children**)	\$79*
<b>Family Memberships</b>	
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*
<b>Household:</b> 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](http://nsymca.org)  
847-272-7250