



**NORTH SUBURBAN
YMCA**
2705 Techny Road
Northbrook, IL 60062
www.nsymca.org

For More Information Contact:

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

FOR IMMEDIATE RELEASE

North Suburban YMCA Fall 2025 Program Registration Now Open

Expanded Offerings Promoting Wellness, Creativity, Athletics and Lifelong Learning for All Ages

Northbrook, IL – August 2025 – Registration is now open for the North Suburban YMCA's Fall 2025 programs, with classes beginning the week of August 25. Members may register immediately, while registration for non-members opens August 6.

This fall, the Y is excited to introduce a variety of new and innovative programs alongside returning favorites—offering something for everyone, from toddlers to seniors.

In addition to its robust offerings in aquatics, performing arts, fitness, gymnastics, sports, visual arts, and special needs programs, the NSYMCA is expanding its lineup with fresh classes in health and wellness, youth development, athletics, and creative arts.

Adults can explore a wide range of opportunities including visual arts, dance, racquetball, pickleball, specialized fitness classes, and senior wellness programs. For families, the Y continues to offer Y-Time afterschool care and *Schools Day Out* to keep children active and engaged when school is not in session.

Preschool-aged children can enjoy a wealth of activities such as swim, sports, and art, along with *Gym Jam*—a popular parent-and-child open play time held every Wednesday and Thursday from 10:00 AM to 12:00 PM.

Middle schoolers can look forward to the return of *Navigator Nights*, providing fun and safe social activities, while *Adventure Guides* encourages parent-child bonding through memorable experiences like campouts.

Financial assistance is available for both membership and program fees, ensuring access for all individuals and families, regardless of financial circumstances.

“Our goal is to inspire healthy living, spark creativity, and foster connection,” said Kathy Fielding, CEO of the North Suburban YMCA. “This fall’s lineup offers fresh opportunities to explore new interests while staying active and engaged—no matter your age or ability.”

Highlighted New Fall 2025 Classes:

HEALTH & WELLNESS

- FuerzaLift (StrengthLift)
- Strength Start-Up
- Joint Replacement Prep-Talk Series (with Karen Brownlee)

ATHLETICS

- Beginners Cheerleading
- Parent & Tot Gymnastics
- Kinder Gymnastics
- Boys Gymnastics (ages 6–12)
- Back Handspring Boot Camp (grades 2–6)

YOUTH DEVELOPMENT

- Chess Scholars (grades K–8)
- Spanish Amigos (grades K–5)
- RoboThink AI Think Lab (ages 7–12)

VISUAL & LITERARY ARTS

- Yarn and Fabric Fun (grades 1–8)
- Youth Art Workshops: “Make & Take” and “Maker Workshop”
- Flash Fiction Storytelling (youth and adult)
- Adult Art Workshops: Mugs and Makers, Pressed to Impress, Holiday Heat Press, and more
- Adult Workshops: “Thrifty Thursdays” DIY Workshops

Youth POP-UP WORKSHOPS

- Mind in Motion Science Series (grades K–5)
 - Oct 15: Outer Space & Physics Fun
 - Nov 11: Chemical Reactions
- Kim’s Crafting Workshops (grades K–6)
 - Oct 23: Halloween Tote Bags
 - Dec 8: Custom Glitter Ornaments
- Fernando’s Cooking Classes (grades K–5)
 - Sept 12: Fruit Salad & Cinnamon Chips
 - Oct 3: Pumpkin Streusel Muffins
 - Nov 24: Baked Apple Nachos
 - Dec 19: Lasagna with Garlic Bites
- Youth Laughter Yoga
- Mindful Workshops hosted by Adventures in Wisdom
 - Sept 4: Soaring Self-Esteem
 - Oct 9: Unlock Your Power
 - Nov 6: Mindset & Reality
 - Dec 11: Break Free from “If...Then” Thinking
- RoboThink - Robotics Workshops
 - Sept 18: Trains, Planes & Automobiles

- Oct 7: RoboPetz
- Nov 13: STEM Inventions
- Dec 18: Holiday Workshop

Community Events

- **Seniorpalooza** – Tuesday, September 17: Senior Health & Fun Fair
 - **Trunk or Treat** – Sunday, October 19, 1:00–3:00 PM: Halloween Celebration
- Both events are free and open to the public.*

Additional Member Benefits

NSYMCA members enjoy **over 60 free weekly fitness classes**, including Les Mills BodyPump, Yoga, Pilates, Cycle, and more. Members also receive priority registration and discounts on programs, camp and events.

Register Today

Explore the full **NSYMCA Fall 2025 Program Guide** at:

 [NSYMCA Fall Guide 2025 PDF](#)

To register or learn more about membership options, go to [Home | North Suburban YMCA](#) or visit the North Suburban YMCA at **2705 Techny Road, Northbrook, IL**, or contact **Heidi Busch** at **hbusch@nsymca.org**.

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](https://www.nsymca.org)



Creative early childhood programs and senior programming are part of the North Suburban YMCA's wide range of activities for all ages. Fall session classes begin August 25. Details and online registration are available at www.nsymca.org.