

# 2026 PROGRAM GUIDE

**WINTER / SPRING**



**NEW for 2026!**  
Now offering Winter 1, Winter 2,  
and Spring Sessions!

# 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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# WINTER/SPRING YMCA SCHEDULE

## REGULAR BUILDING HOURS

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

**Saturday:**  
6:00am - 7:00pm

**Sunday:**  
6:00am - 5:00pm

## HOLIDAY BUILDING HOURS

**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

**Easter Sunday:**  
April 5  
Y Closed

**Memorial Day:**  
May 25th  
5:00 am - 12:00 pm

## IMPORTANT DATES

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

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

**Easter Break:**  
April 3 after 3pm- April 5

**Spring Break:**  
March 23 - March 29

**Memorial Weekend:**  
May 22 after 3pm - May 25

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

# INFORMATION

## Registration Information

**Register online at [nsymca.org](http://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](http://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 87 for membership prices

# HEALTH & WELLNESS

20  
26  
PROGRAM

**Winter Spring 2026**  
**Winter 1: 1/5-2/22**  
**Winter 2: 2/23- 4/19**  
**Spring: 4/20-6/7**

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**Member Registration: NOW**  
**Non-Member Registration:**  
**Winter 1: 12/8**  
**Winter 2: 2/2**  
**Spring: 3/30**

North Suburban YMCA

WINTER/SPRING

# 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.

## **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

# 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		\$220
8	45 min	\$440
12		\$636
1		\$65
4		\$260
8	60 min	\$520
12		\$756
24		\$1440

### NON-MEMBER PRICING

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

# YOUTH FITNESS

## POWER PLAY

### ACTIVE BODIES, CONFIDENT MINDS

NEW!

**8-11 years**

PowerPlay is all about movement, fun, and friendship!

This high-energy class introduces kids to exciting circuit-style games and challenges that build strength, coordination, and teamwork. While staying active, participants also build self-confidence and meaningful peer connections—supporting their social and emotional growth in a playful, inclusive environment.

## GAME READY

### YOUTH ATHLETE FOUNDATIONS

NEW!

**9-12 years**

Game Ready helps young athletes build a strong foundation for sports—and life. Through bodyweight exercises and fun challenges, youth develop strength, speed, coordination, and flexibility. This class also emphasizes teamwork, goal setting, and perseverance, helping participants gain the confidence and character they need both on and off the field.

2026 WINTER/SPRING SESSION				Winter 1 (1/5-2/22)		Winter 2 (2/23-4/19)		Spring (4/20-6/7)	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM	\$ YM	\$ NM
NEW! Power Play	8-11 yrs	W	4:15-5:00pm	\$140	\$210	\$140	\$210	\$140	\$210
NEW! Game Ready	9-12 yrs	T & Th	4:15-5:00pm	\$280	\$420	\$280	\$420	\$280	\$420

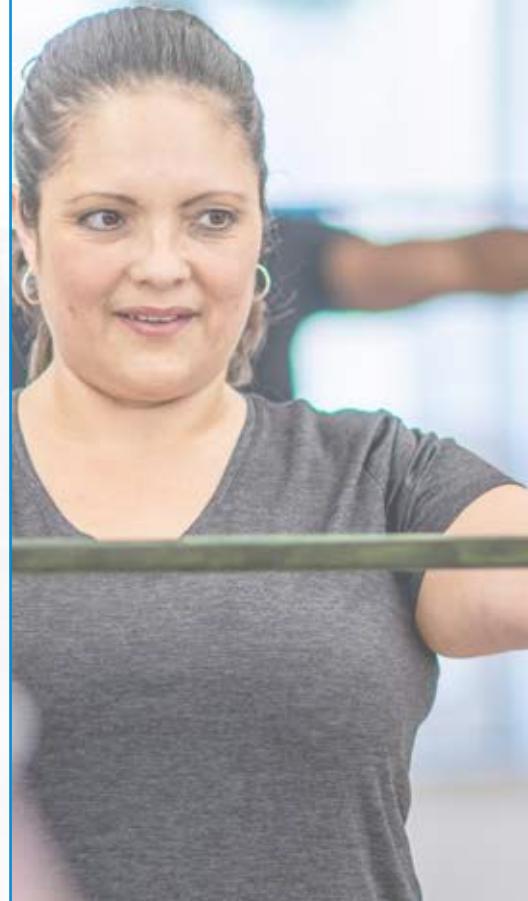
# ADULT SMALL GROUP

**NEW!**

## 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.



2026 WINTER/SPRING SESSION				Winter 1 (1/5-2/22)		Winter 2 (2/23-4/19)		Spring (4/20-6/7)	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM	\$ YM	\$ NM
NEW! Strength Start Up	Adult+	M	9:30-10:30am	\$175	\$245	\$175	\$245	\$175	\$245

# 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

Winter Virtual Only

### 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.

2026 WINTER/SPRING SESSION				Winter 1 (1/5-2/22)		Winter 2 (2/23-4/19)		Spring (4/20-6/7)	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM	\$ YM	\$ NM
Basic Cardio	Adult+	M	10:15-11:10am	FREE	\$147	FREE	\$147	FREE	\$147
Basic Cardio		W	10:15-11:10am	FREE	\$147	FREE	\$147	FREE	\$147
Basic Cardio		F	10:15-11:10am	FREE	\$147	FREE	\$147	FREE	\$147
Cardio & Light Weights: <i>Winter Virtual Only</i>		T	7:55-8:50am	\$112	\$147	\$112	\$147	\$112	\$147
Cardio & Light Weights: <i>Winter Virtual Only</i>		Th	7:55-8:50am	\$112	\$147	\$112	\$147	\$112	\$147

# 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

Winter Virtual Only

### 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.

2026 WINTER/SPRING SESSION				Winter 1 (1/5-2/22)		Winter 2 (2/23-4/19)		Spring (4/20-6/7)	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM	\$ YM	\$ NM
Chair Yoga	Adult+	T	11:15-12:15pm	FREE	\$147	FREE	\$147	FREE	\$147
Chair Yoga	Adult+	Th	11:15-12:15pm	FREE	\$147	FREE	\$147	FREE	\$147
Core & Functional Strength: <i>Winter Virtual Only</i>	Adult+	M	7:55-8:50am	\$112	\$147	\$112	\$147	\$112	\$147
Core & Functional Strength: <i>Winter Virtual Only</i>	Adult+	W	7:55-8:50am	\$112	\$147	\$112	\$147	\$112	\$147
Core & Functional Strength: <i>Winter Virtual Only</i>	Adult+	F	7:55-8:50am	\$112	\$147	\$112	\$147	\$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.

## Parkinson's Exercise Plus: EMPOWERING MOVEMENT FOR LIFE

### 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.

2026 WINTER/SPRING SESSION				Winter 1 (1/5-2/22)		Winter 2 (2/23-4/19)		Spring (4/20-6/7)	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM	\$ YM	\$ NM
Enhance Your Balance	Adult+	T	10:15-11:00am	FREE	\$147	FREE	\$147	FREE	\$147
	Adult+	Th	10:15-11:00am	FREE	\$147	FREE	\$147	FREE	\$147
Enhance Your Fitness	Adult+	M	11:30-12:30pm	FREE	\$147	FREE	\$147	FREE	\$147
	Adult+	W	11:30-12:30pm	FREE	\$147	FREE	\$147	FREE	\$147
	Adult+	F	11:30-12:30pm	FREE	\$147	FREE	\$147	FREE	\$147
Parkinson's Exercise Plus	Adult+	M	11:30-12:30pm	\$112	\$147	\$112	\$147	\$112	\$147
	Adult+	W	11:30-12:30pm	\$112	\$147	\$112	\$147	\$112	\$147
	Adult+	F	11:30-12:30pm	\$112	\$147	\$112	\$147	\$112	\$147

# ADULT

## SOUNDBATH & NEUROGRAPHIC ART RELAX.RESET.RECONNECT.

Take some time for yourself with relaxing sound baths and neurographic art. These creative practices help reduce stress, quiet the mind, and encourage mindfulness. Join us on the first Saturday of every month for a calm and inspiring afternoon.

### SOUND BATH

A sound bath uses soothing vibrations from bowls, gongs, and chimes to calm the mind, release tension, and promote deep relaxation.

**1:00-2:00pm**

**DATES: 1/3, 2/8, 3/7, 5/2**

**YM: \$50 NM: \$65**

### NEUROGRAPHIC ART

Neurographic Art uses simple lines and colors to reduce stress, calm the mind, and inspire creativity.

**2:15-3:30 pm**

**DATES: 2/8, 3/7, 5/2**

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

### EXPERIENCE BOTH!

You can experience both for a full mind-body reset that helps you relax, reflect, and recharge.

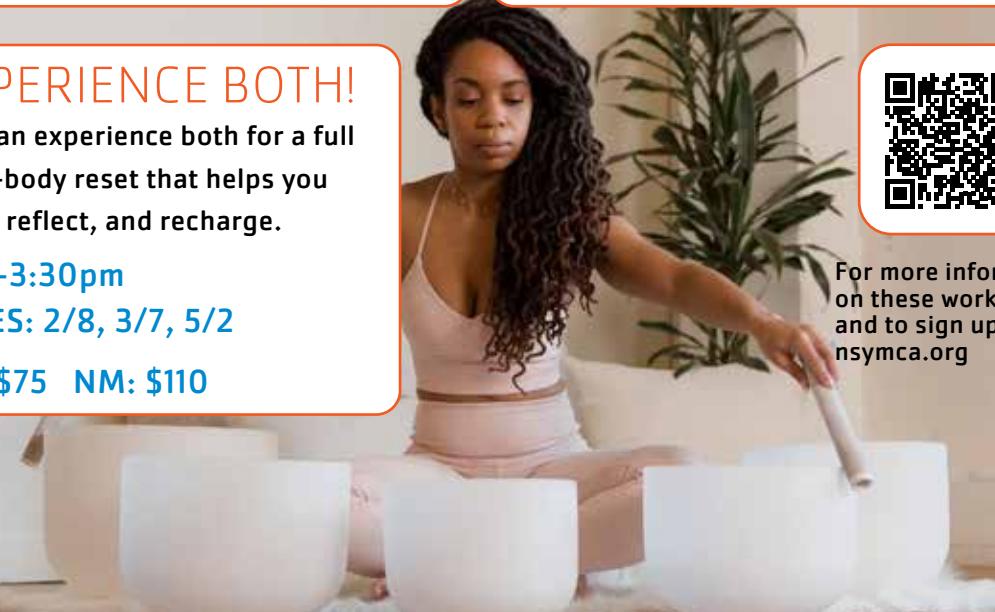
**1:00-3:30pm**

**DATES: 2/8, 3/7, 5/2**

**YM: \$75 NM: \$110**



For more information on these workshops and to sign up, visit [nsymca.org](http://nsymca.org)





# BALANCE STRONG

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# 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](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!

[Learn More about  
FREE Adult Activities](#)

## CAREGIVER SUPPORT GROUP

Fridays online at 10:30 am

## SOCIAL CLUB ACTIVITIES

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





# 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



JOINT  
E®

Live better.





## 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](http://nsymca.org/rentals)

Joanna Hughes

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



# AQUATICS

# 2026

PROGRAM

**Winter Spring 2026**

**Winter 1: 1/5-2/22**

**Winter 2: 2/23- 4/19**

**Spring: 4/20-6/7**

**Member Registration: NOW**

**Non-Member Registration:**

**Winter 1: 12/8**

**Winter 2: 2/2**

**Spring: 3/30**

North Suburban YMCA

WINTER/SPRING

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



**Tom March**  
Aquatics Liaison  
[tmarch@nsymca.org](mailto:tmarch@nsymca.org)



**Ella Rico**  
[erico@nsymca.org](mailto:erico@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

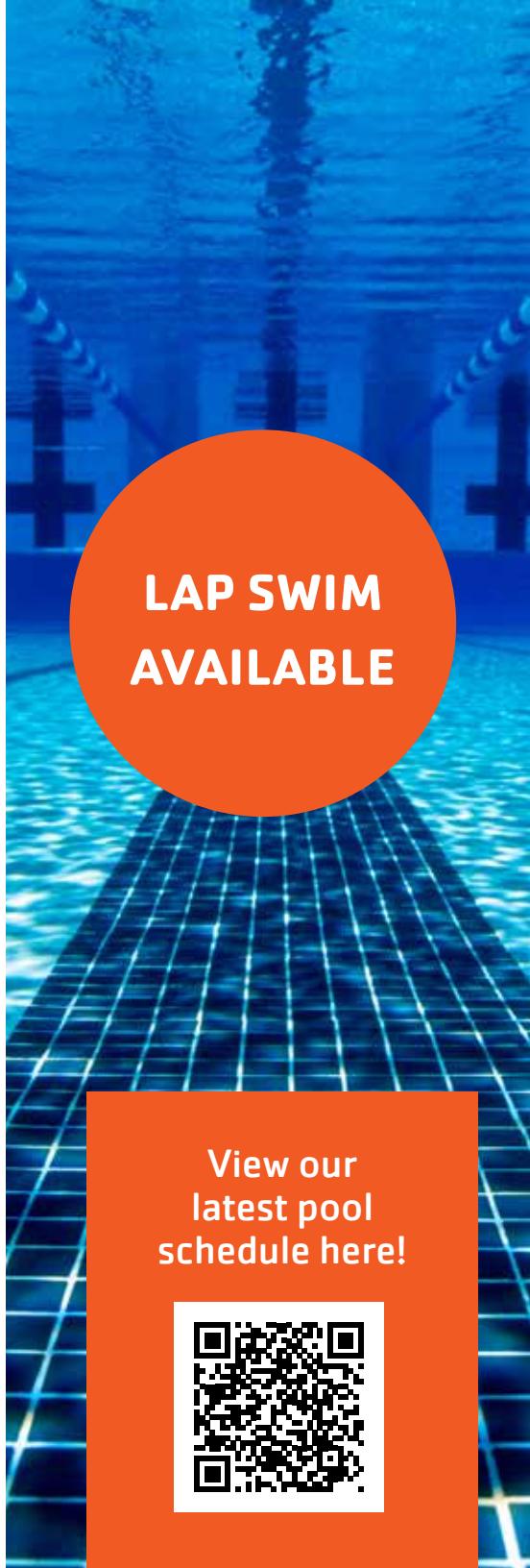
**Adult**

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

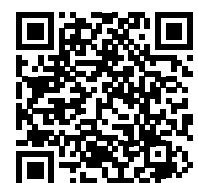
**Adult**

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  
latest pool  
schedule here!



# NSYMCA SWIM CLUB

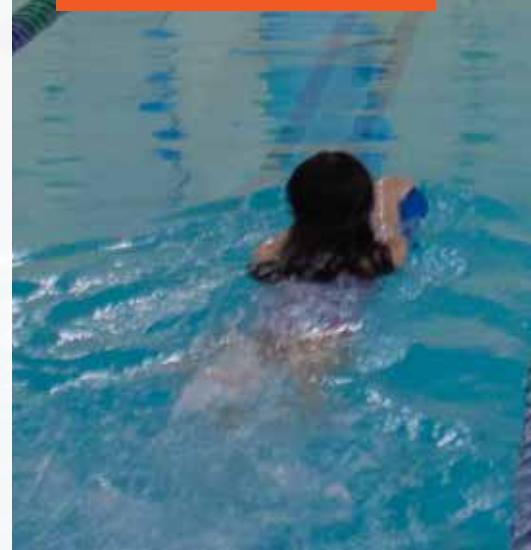
## 8 -18 yrs

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.

**Tryout Dates:**  
**Wednesdays at 5:45pm**

**December 3rd**  
**January 21st**  
**March 11th**



2026 WINTER/SPRING SESSION		Winter 1 (1/5-2/22)		Winter 2 (2/23-4/19)		Spring (4/20-6/7)	
Day	Time	\$ YM	\$ NM	\$ YM	\$ NM	\$ YM	\$ NM
M	4:15 -4:55pm	\$179	\$232	\$179	\$232	\$179	\$232
M	5:00-5:40pm	\$179	\$232	\$179	\$232	\$179	\$232
W	5:00-5:40pm	\$179	\$232	\$179	\$232	\$179	\$232
F	4:15-4:55pm	\$179	\$232	\$153	\$199	\$153	\$199

# SWIM LESSONS

The North Suburban YMCA offers progressive swim lessons for all ages and abilities. Swimmers are evaluated on the first day to ensure proper level placement, with advancement based on skill mastery. Multiple sessions may be needed per level. Visit [nsymca.org](http://nsymca.org) for full level descriptions.

## Parent-Child Swim Lessons

Parents join their child in the water to build comfort, explore movement, float, blow bubbles, and learn basic safety. Swim diapers required.

## Preschool Swim Lessons

Focus on water safety, independence, floating, propulsion, and basic strokes such as front and back crawl.

## Youth Swim Swim Lessons

Beginner to advanced swimmers develop stroke technique, body control, and endurance. Advanced levels learn competitive strokes.

## Adult & Teen Swim Lessons

Emphasis on water safety, stroke development (front crawl, back crawl, breaststroke), and confidence.

## Private Lessons

One-on-one, 30-minute lessons focused on personal goals, such as stroke refinement or building confidence. Great for individual progress or transitioning to group lessons.

2026 WINTER/SPRING SESSION			Winter 1 (1/5-2/22)		Winter 2 (2/23-4/19)		Spring (4/20-6/7)		
Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM	\$ YM	\$ NM	
<b>PARENT - CHILD SWIM LESSONS</b>									
6 mos-3yrs	M	6:00-6:30pm	\$140	\$182	\$140	\$182	\$140	\$182	
6 mos-3yrs	Sa	10:15-10:45am	\$140	\$182	\$120	\$156	\$120	\$156	
<b>PRESCHOOL SWIM LESSONS - ALL PRESCHOOL LEVELS</b>									
3 yrs-K	M	6:00-6:30pm	\$172	\$223	\$172	\$223	\$172	\$223	
3 yrs-K	T	10:45-11:15am	\$172	\$223	\$172	\$223	\$172	\$223	
3 yrs-K	T	4:15-4:45pm	\$172	\$223	\$172	\$223	\$172	\$223	
3 yrs-K	T	6:00-6:30pm	\$172	\$223	\$172	\$223	\$172	\$223	
3 yrs-K	Th	10:45-11:15am	\$172	\$223	\$172	\$223	\$172	\$223	
3 yrs-K	Th	5:25-5:55pm	\$172	\$223	\$172	\$223	\$172	\$223	
3 yrs-K	Th	6:00-6:30pm	\$172	\$223	\$172	\$223	\$172	\$223	
3 yrs-K	Sa	10:15-10:45am	\$172	\$223	\$147	\$191	\$147	\$191	
3 yrs-K	Sa	10:50-11:20am	\$172	\$223	\$147	\$191	\$147	\$191	
<b>YOUTH SWIM LESSONS - ALL YOUTH LEVELS</b>									
1st-14 yrs	M	6:35-7:05pm	\$172	\$223	\$172	\$223	\$172	\$223	
1st-14 yrs	M	7:10-7:40pm	\$172	\$223	\$172	\$223	\$172	\$223	
1st-14 yrs	T	4:50-5:20pm	\$172	\$223	\$172	\$223	\$172	\$223	
1st-14 yrs	T	5:25-5:55pm	\$172	\$223	\$172	\$223	\$172	\$223	
1st-14 yrs	Th	4:15-4:45pm	\$172	\$223	\$172	\$223	\$172	\$223	
1st-14 yrs	Th	4:50-5:20pm	\$172	\$223	\$172	\$223	\$172	\$223	
1st-14 yrs	Sa	9:05-9:35am	\$172	\$223	\$147	\$191	\$147	\$191	
1st-14 yrs	Sa	9:40-10:10am	\$172	\$223	\$147	\$191	\$147	\$191	
1st-14 yrs	Sa	11:25-11:55am	\$172	\$223	\$147	\$191	\$147	\$191	
<b>ADULT &amp; TEEN SWIM LESSONS - ALL LEVELS</b>									
14 & up	M	10:45-11:15am	\$172	\$223	\$172	\$223	\$172	\$223	
14 & up	M	11:15-11:45am	\$172	\$223	\$172	\$223	\$172	\$223	
14 & up	M	7:45-8:15pm	\$172	\$223	\$172	\$223	\$172	\$223	
14 & up	Tu	10:45-11:15am	\$172	\$223	\$172	\$223	\$172	\$223	
14 & up	Tu	11:15-11:45am	\$172	\$223	\$172	\$223	\$172	\$223	
14 & up	Th	10:45-11:15am	\$172	\$223	\$172	\$223	\$172	\$223	
14 & up	Th	11:15-11:45am	\$172	\$223	\$172	\$223	\$172	\$223	
<b>PRIVATE LESSONS</b>									
All Ages	Weekly 30 Minute Lessons			\$455	\$700	\$455	\$700	\$455	\$700



# LIFEGUARD CLASSES

The Red Cross Lifeguard training programs covers essential skills for lifeguards, including recognizing, preventing, and responding to aquatic emergencies, and performing CPR, AED, and First Aid.

The Lifeguard Instructor Course provides training on how to teach lifeguard skills according to Red Cross standards. Additionally, the Lifeguard Instructor Review Course is required to renew certification, including in-water skill practice and a review of Red Cross policies and procedures.

Each course incorporates in-person, in-water, and online components. Along with specific course requirements.

## Courses offered:

- Lifeguard Blended Learning Class
- Lifeguard Review Class
- Lifeguard Instructor Class
- Lifeguard Instructor Review Course
- Lifeguard Instructor Trainer Review Course

CLASS SCHEDULES  
AND REGISTRATION  
AVAILABLE ONLINE



# Special Olympics Flying Turtles Swim Team

The NSYMCA Special Olympics Swim Team builds team spirit, confidence, and friendships for swimmers ages 8+ with intellectual disabilities who can swim 25 yards unassisted on front and back.

## Swim & Team Building Combo (Wednesdays Only)

This program is for Special Olympics swimmers with at least one year on the team, offering a fun way to build friendships, communication skills, and team spirit through games and movement.

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.



2026 WINTER/SPRING SESSION				Winter 1 (1/5-2/22)		Winter 2 (2/23-4/19)		Spring (4/20-6/7)	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM	\$ YM	\$ NM
Special Olympics Swim Team	8 - 22 yrs	W	4:15 -4:55pm	\$172	\$223	\$172	\$223	\$172	\$223
Special Olympics Swim Team	8 - 22 yrs	F	4:15-4:55pm	\$172	\$223	\$147	\$191	\$147	\$191
Special Olympics Swim Team	8 - 22 yrs	F	5:00-5:40pm	\$172	\$223	\$147	\$191	\$147	\$191
Special Olympics Swim Team	8 - 22 yrs	Su	11:30-12:10pm	\$172	\$223	\$123	\$159	\$147	\$191
Special Olympics Swim Team	8 - 22 yrs	Su	12:15-12:55pm	\$172	\$223	\$123	\$159	\$147	\$191
Team Building Combo	16-22 yrs	W	4:15-6:00pm	\$280	\$364	\$280	\$364	\$280	\$364

# SPECIAL NEEDS / ADAPTIVE SWIMMING

At the North Suburban YMCA, we believe everyone deserves the chance to feel confident, happy, and safe in the water. Our adaptive swim program focuses on safety first and skill development second—helping each swimmer reach their full potential in a fun and supportive environment.

Our trained and experienced instructors specialize in working with individuals with special needs, offering personalized instruction through private lessons, small group classes, and our Special Olympics Flying Turtles Swim Team.

All new swimmers must complete a request form and water acclimation before joining. Director approval is required prior to registration. To get started, contact Missy Contri at [mcontri@nsymca.org](mailto:mcontri@nsymca.org).

SPECIAL NEEDS  
SWIM LESSONS  
REQUEST FORM



## Special Needs Private Swim Lessons

### **3 – 18 yrs**

Our private lessons for individuals with Special Needs and Adaptive Swimming offer one-on-one instruction focused on confidence, safety, and fun in the water. Lessons are personalized to each swimmer's needs—whether learning water adjustment, developing strokes, or working toward personal goals, our caring instructors create a positive experience that encourages growth and independence in the water.

## Special Needs Group Lessons

### **3 – 14 yrs**

Participants will be placed with other participants in a small group setting based on age and swimming ability. Class times may be determined by Preschool & Youth swim lessons offered. A water acclimation is required for all new swimmers interested in our Special Needs Group Lessons before joining in order to ensure that each participant is placed in the proper grouping. Approval is required prior to registering.

## Special Olympics Flying Turtles Swim Team

### **8-22 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.

# SPECIAL SERVICES



**Winter Spring 2026**

**Winter 1: 1/5-2/22**

**Winter 2: 2/23- 4/19**

**Spring: 4/20-6/7**

---

**Member Registration: NOW**

**Non-Member Registration:**

**Winter 1: 12/8**

**Winter 2: 2/2**

**Spring: 3/30**

# 2026

PROGRAM

North Suburban YMCA

WINTER/SPRING

# 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 29

Special Needs Private Swim Lessons

\*See Page 28

2026 WINTER/SPRING SESSION				Winter 1 (1/5-2/22)		Winter 2 (2/23-4/19)		Spring (4/20-6/7)	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM	\$ YM	\$ NM
SN Group Ex	11+	Sa	10:00-10:45am	\$217	\$273	\$186	\$234	\$186	\$234
SN Yoga	11+	Sa	11:00-11:45pm	\$168	\$217	\$144	\$186	\$144	\$186
SN STEAM	Highschool	Tu	4:15-5:00pm	\$168	\$217	\$168	\$217	\$168	\$217

# ATHLETICS

**Winter Spring 2026**

**Winter 1: 1/5-2/22**

**Winter 2: 2/23- 4/19**

**Spring: 4/20-6/7**

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**Member Registration: NOW**

**Non-Member Registration:**

**Winter 1: 12/8**

**Winter 2: 2/2**

**Spring: 3/30**

20  
26

PROGRAM

# 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!

## THE TEAM



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



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

2026 WINTER/SPRING SESSION				Winter 1 (1/5-2/22)		Winter 2 (2/23-4/19)		Spring (4/20-6/7)	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM	\$ YM	\$ NM
Preschool Sports	3 - 5 yrs	W	10:15-11:00am	\$112	\$147	\$112	\$147	\$112	\$147
Preschool Sports	3 - 5 yrs	Th	9:15-10:00am	\$112	\$147	\$112	\$147	\$112	\$147
Preschool Sports and Swim	3 - 5 yrs	Th	9:15-10:45am	\$112	\$147	\$112	\$147	\$112	\$147

# YOUTH SPORTS

## BASKETBALL SKILLS & DRILLS

### Grades 1-3

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

## 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

2026 WINTER/SPRING SESSION				Winter 1 (1/5-2/22)		Winter 2 (2/23-4/19)		Spring (4/20-6/7)	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM	\$ YM	\$ NM
Basketball skills and drills	1st-3rd	M	4:15-5:15pm	\$112	\$147	\$112	\$147	\$112	\$147
Volleyball	2nd-4th	W	4:15-5:15pm	\$112	\$147	\$112	\$147	\$112	\$147

# YOUTH SPORTS

## RECREATIONAL CHEERLEADING

### Grades 1-4

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.

2026 WINTER/SPRING SESSION				Winter 1 (1/5-2/22)		Winter 2 (2/23-4/19)		Spring (4/20-6/7)	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM	\$ YM	\$ NM
Recreational Cheerleading	1st-4th	Th	5:15-6:15pm	\$112	\$147	\$112	\$147	\$112	\$147

## GIRLS FLAG FOOTBALL

### Grades 3-6

6:00-7:00 pm

**Class Dates: 1/6, 1/13, 1/20, 1/27**

Learn the basics of flag football in this fun, non-contact class just for girls! **Led by Chris Martin of OTG Sports – former Chicago Bears and Northwestern University player.** Participants will build skills in catching, passing, and teamwork while gaining confidence on the field. No experience necessary.

**NEW!**



**\$195** Y-Member

**\$225** Non-Member

# GYMNASTICS: PRESCHOOL

Winter 2 & Spring classes include participation in our  
Spring Gymnastics Show See page 39

These programs  
is supported by  
the Ruth Schultz  
Bright Days  
Fund

## PARENT & TOT GYMNASTICS

**18 mos - 3 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.

## 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!

# GYMNASTICS: PRESCHOOL



These programs  
is supported by  
the Ruth Schultz  
Bright Days  
Fund

2026 WINTER/SPRING SESSION				Winter 1 (1/5-2/22)		Winter 2 (2/23-4/19)		Spring (4/20-6/7)	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM	\$ YM	\$ NM
Parent and Tot	18 mos-3 yrs	Sa	9:15-9:45am	\$112	\$147	\$96	\$126	\$96	\$126
Preschool Gymnastics	3 yrs -5 yrs	M	10:15-11:00am	\$112	\$147	\$112	\$147	\$112	\$147
Preschool Gymnastics	3 yrs -5 yrs	Tu	9:15-10:00am	\$112	\$147	\$112	\$147	\$112	\$147
Preschool Gymnastics	3 yrs -5 yrs	Tu	4:15-5:00pm	\$112	\$147	\$112	\$147	\$112	\$147
Preschool Gymnastics	3 yrs -5 yrs	W	6:30-7:15pm	\$112	\$147	\$112	\$147	\$112	\$147
Preschool Gymnastics	3 yrs -5 yrs	F	10:15-11:00am	\$112	\$147	\$112	\$147	\$112	\$147
Preschool Gymnastics	3 yrs -5 yrs	Sa	9:15-10:00am	\$112	\$147	\$96	\$126	\$96	\$126
Preschool Gymnastics & Swim	3 yrs -5 yrs	Tu	9:15-10:45am	\$224	\$287	\$224	\$287	\$224	\$287

# GYMNASTICS: YOUTH

Winter 2 & Spring classes include participation in our  
Spring Gymnastics Show See page 39

These programs  
is supported by  
the Ruth Schultz  
Bright Days  
Fund

## INTERMEDIATE GYMNASTICS

**6-12 yrs 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.

## 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.

# GYMNASTICS: YOUTH

These programs  
is supported by  
the Ruth Schultz  
Bright Days  
Fund



2026 WINTER/SPRING SESSION				Winter 1 (1/5-2/22)		Winter 2 (2/23-4/19)		Spring (4/20-6/7)	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM	\$ YM	\$ NM
Kinder Gymnastics	K	Th	4:15-5:00pm	\$112	\$147	\$112	\$147	\$112	\$147
Kinder Gymnastics	K	Sa	10:00-10:45am	\$112	\$147	\$96	\$126	\$96	\$126
Beginner Gymnastics	6-12 Yrs	M	4:15-5:15pm	\$133	\$168	\$133	\$168	\$133	\$168
Beginner Gymnastics	6-12 Yrs	W	4:15-5:15pm	\$133	\$168	\$133	\$168	\$133	\$168
Beginner Gymnastics	6-12 Yrs	W	5:15-6:15pm	\$133	\$168	\$133	\$168	\$133	\$168
Beginner Gymnastics	6-12 Yrs	Sat	11:00-12:00pm	\$133	\$168	\$114	\$144	\$114	\$144
Intermediate Gymnastics	6-12 Yrs	M	5:15-6:15pm	\$133	\$168	\$133	\$168	\$133	\$168
Intermediate Gymnastics	6-12 Yrs	F	4:15-5:15pm	\$133	\$168	\$114	\$144	\$114	\$144
Intermediate Gymnastics	6-12 Yrs	Sa	11:00-12:00pm	\$133	\$168	\$114	\$144	\$114	\$144

# GYMNASTICS: COMPETITIVE

Winter 2 & Spring classes include participation in our Spring Gymnastics Show See page 39

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.

These programs  
is supported by  
the Ruth Schultz  
Bright Days  
Fund

## 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 placement 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).

2026 WINTER/SPRING SESSION				Winter 1 (1/5-2/22)		Winter 2 (2/23-4/19)		Spring (4/20-6/7)	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM	\$ YM	\$ NM
Pre-Team Gymnastics	5-12 yrs	Tu	4:15-5:45pm	\$280	\$378	\$280	\$378	\$280	\$378
Pre-Team Gymnastics	5-12 yrs	W	4:15-5:45pm	\$280	\$378	\$280	\$378	\$280	\$378
Team Gymnastics	5-16 yrs	M	4:15-6:15pm	\$462	\$588	\$462	\$588	\$462	\$588
Team Gymnastics	5-16 yrs	Tu	4:15-6:15pm	\$462	\$588	\$462	\$588	\$462	\$588
Team Gymnastics	5-16 yrs	Th	4:15-6:15pm	\$462	\$588	\$462	\$588	\$462	\$588

# GYMNASTICS SPRING SHOWCASE

**May 17, 2026**

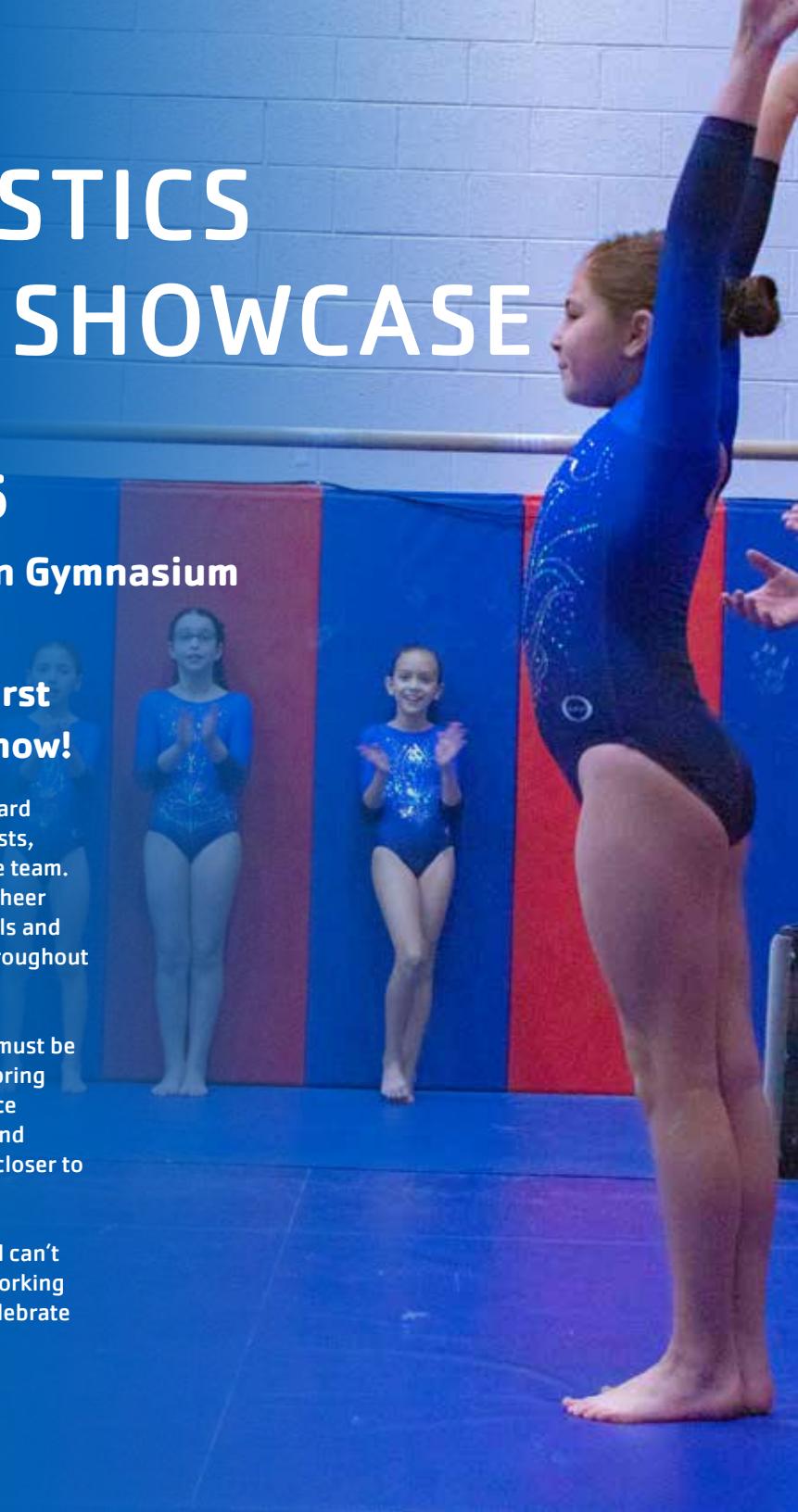
**In the NSYMCA Main Gymnasium**

**Join us for our very first  
Gymnastics Spring Show!**

This exciting event celebrates the hard work and progress of all our gymnasts, from preschool through competitive team. Families and friends are invited to cheer on our athletes as they perform skills and routines they've been practicing throughout the year.

Participation is free, but gymnasts must be enrolled in both the Winter 2 and Spring sessions to ensure adequate practice and preparation time. Show attire and performance details will be shared closer to the event.

We're so proud of our gymnasts and can't wait to showcase all they've been working toward. We hope you'll join us to celebrate their hard work!



# 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](http://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.

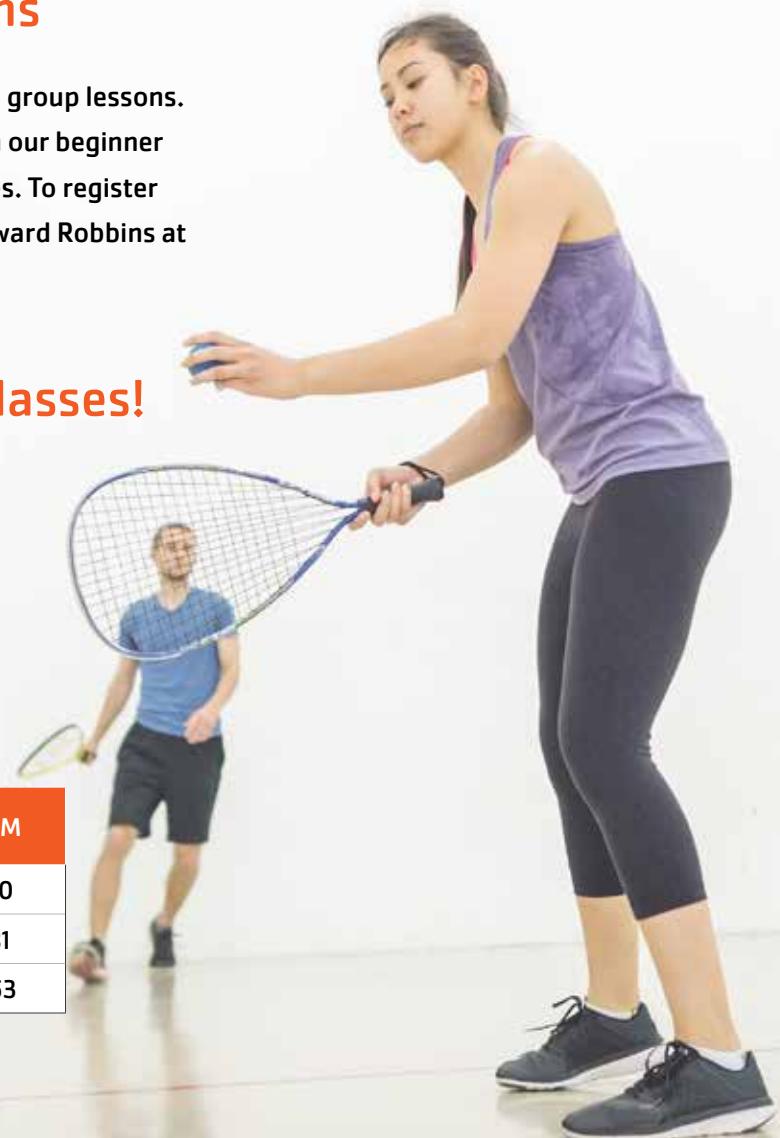
Learn and improve your game with our beginner and intermediate/advanced classes. To register or for more information, email Howard Robbins at [howier623@gmail.com](mailto:howier623@gmail.com)

## 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



# RACQUETBALL LEAGUES



FOR THE SEASON

## RACQUETBALL CHALLENGE LADDER

Test your skills in our competitive racquetball ladder! The league will begin in January and run every Sunday for 10 weeks. Players are grouped by ability (initial placement by random draw) and complete one challenge match each week. Weekly standings track your progress as you climb the ladder toward end-of-season recognition and prizes.

For registration or more information, contact Howie Robins at [howier623@gmail.com](mailto:howier623@gmail.com).

## RACQUETBALL DOUBLES LEAGUE

Grab a partner and hit the court for weekly doubles match play! The league will begin in January and run every Sunday for 10 weeks. Teams will rotate or play round-robin style depending on total participation. A fun, social, and competitive way to stay active this winter.

For registration or more information, contact Howie Robins at [howier623@gmail.com](mailto:howier623@gmail.com).

# PICKLEBALL

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

## ADULT PICKLEBALL SKILLS & DRILLS

Instructed by PPR Certified Level 4 Instructor Dan Verdon

### BEGINNER

Ideal for beginners! Learn technique, positioning, and strategy through fun drills and guided play, building confidence, consistency, and skills.

### INTERMEDIATE/ADVANCED

Advance your game! For experienced players, this program builds precision, strategy, and teamwork through challenging drills, match play, and performance-focused practice.

2026 WINTER/SPRING SESSION				Winter 1 (1/5-2/22)		Winter 2 (2/23-4/19)	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM
NEW! Adult Pickleball Skills & Drills-Beginner	Adult	Tu	7:00-8:30pm	\$175	\$245	\$175	\$245
NEW! Adult Pickleball Skills & Drills-Intermediate/Advanced	Adult	Th	7:00-8:30pm	\$175	\$245	\$175	\$245

### Open Pickleball/Reservations



SCAN QR CODE OR  
VISIT ONLINE FOR  
FULL SCHEDULE

\$ 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
<b>Semi-Private Pickleball Lessons</b>		
2 Participants	\$75	\$85
3 Participants	\$80	\$90
4 Participants	\$85	\$95





# North Suburban School of Dance

North Suburban YMCA

**Winter Spring 2026**

Full Session: 1/5-6/7

Member Registration: Now

Non-Member Registration: 12/8

# 20 26

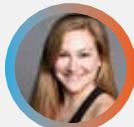
PROGRAM



North Suburban YMCA

WINTER/SPRING

## THE TEAM



Val Lober  
Director of Performing Arts  
vlober@nsymca.org

## ALL INCLUSIVE PRICING

Price is for the entire winter/spring recital session. It includes costume, recital admission, digital download of recitals and instruction for 5 months.

## 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: \$1,653 NM: \$2,149**

### 6 & 7 Classes:

**YM: \$1,850 NM: \$2,405**

## 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 RECITAL

**Sat, June 6th  
Loyola Academy**

**DRESS REHEARSALS:**

**Thurs June 4th**

**Fri June 5th**

**RECITAL TIMES:**

**Times for each class can be determined  
by the corresponding colors**

**PINK 10:00am**

**BLUE 1:00pm**

**GREEN 4:00pm**

A detailed recital handbook will be  
released closer to Spring Break.

# MINI MOVERS

## BALLET RHYTHMS

**3 yrs by 9/1/26**

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 9/1/26**

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 DESIGNS

**5 yrs by 9/1/26**

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.

2026 WINTER/SPRING SESSION				(1/5-6/7)		Recital
Class	Age	Day	Time	\$ YM	\$ NM	
Ballet Rhythms/Beats	3-4yrs	W	4:30-5:15pm	\$412	\$511	10am
Ballet Rhythms/Beats	3-4yrs	Sa	10:30-11:15am	\$380	\$470	10am
Ballet Beats/Designs	4-5yrs	Tu	4:30-5:15pm	\$412	\$511	10am

# MINI MOVERS

## BALLET AND TAP BEATS

**4 yrs by 9/1/25**

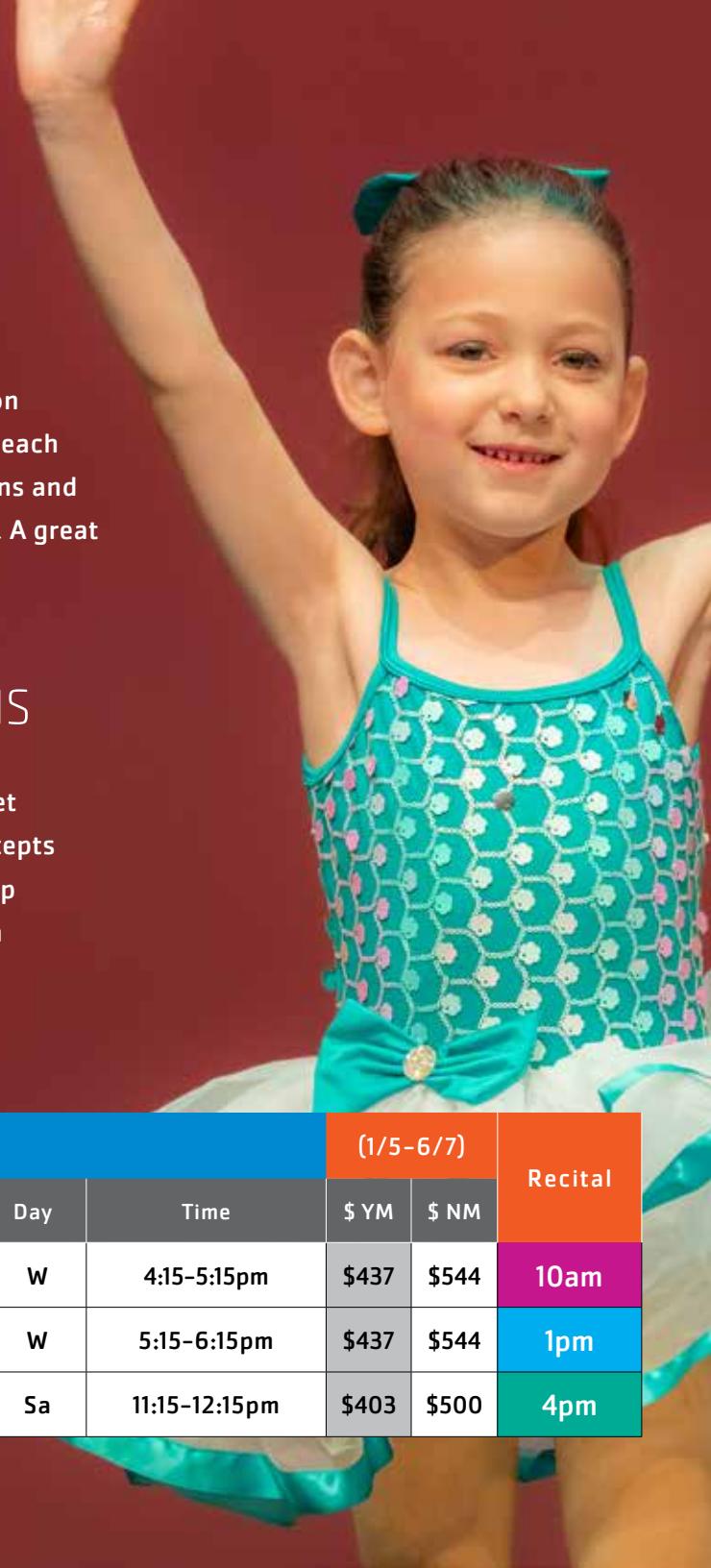
In this combination class, students work on basic ballet and tap steps. This class will teach the large motor skills, basic ballet positions and steps along with beginning tap technique. A great introduction to both disciplines.

## BALLET AND TAP 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 new tap steps. Hard work is still rewarded with fun dance games and the use of props.

2026 WINTER/SPRING SESSION				(1/5-6/7)		Recital
Class	Age	Day	Time	\$ YM	\$ NM	
Ballet/Tap Beats	4 yrs	W	4:15-5:15pm	\$437	\$544	10am
Ballet/Tap Designs	5 yrs	W	5:15-6:15pm	\$437	\$544	1pm
Ballet/Tap Beats/Designs	4-5 yrs	Sa	11:15-12:15pm	\$403	\$500	4pm



# 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.





2026 WINTER/SPRING SESSION				(1/5-6/7)		Recital
Class	Age	Day	Time	\$ YM	\$ NM	
Ballet 1	6-9 yrs	Sa	12:15-1:15pm	\$413	\$510	10am
Ballet 1/2	7-10 yrs	W	5:15-6:15pm	\$447	\$554	1pm
Ballet 2/3	11+ yrs By Placement	M	4:15-5:15pm	\$430	\$532	4pm
Ballet 2/3	8-10 yrs By Placement	Tu	5:15-6:15pm	\$447	\$554	1pm
Ballet 3	By Placement	M	5:45-7pm	\$454	\$564	10am
Ballet 3/4	By Placement	Sa	12:15-1:30pm	\$436	\$540	4pm
Ballet 3/4 + Pointe Prep	By Placement	Sa	12:15-2pm	\$505	\$630	4pm
Ballet 4/5/6	By Placement	W	5:45-7:15pm	\$524	\$654	10am
Ballet 5/6	By Placement	Sa	10:15-11:45am	\$482	\$600	1pm
Ballet 5/6 + Pointe	By Placement	Sa	10:15-12:15pm	\$528	\$660	1pm
						4pm

# 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.

## Teen Ballet/Jazz Technique

**NEW!**

### **12-16 yrs**

This class is designed for teen dancers who are new to dance or returning after some time away. We'll focus on building strong foundational technique in both ballet and jazz. Dancers will focus on alignment, flexibility, strength, and musicality while keeping the atmosphere supportive and low-pressure.

## 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.

2026 WINTER/SPRING SESSION				(1/5-6/7)		Recital	
Class	Age	Day	Time	\$ YM	\$ NM		
Jazz 1	6-10 yrs	W	6:15-7:15pm	\$447	\$554	1pm	
Jazz 2	By Placement	Th	5:15-6:15pm	\$447	\$554	1pm	
Jazz 3	By Placement	Tu	6:15-7:15pm	\$447	\$554	4pm	
Jazz 4	By Placement	M	7-8:15pm	\$454	\$564	4pm	
Jazz 5	By Placement	Tu	4:45-6pm	\$473	\$587	1pm	
Jazz 6	By Placement	Tu	6-7:15pm	\$473	\$587	10am	4pm
Tap 1	6-10 yrs	Tu	5-6pm	\$406	\$501	10am	
Tap 2/3	By Placement	M	4:15-5:15pm	\$430	\$532	4pm	
Tap 4/5	By Placement	M	5:15-6:15pm	\$430	\$532	10am	
Tap 6	By Placement	M	7:15-8:15pm	\$430	\$532	10am	1pm
<b>NEW! Teen Ballet/Jazz Technique</b>	12-16 yrs	Tu	4:15-5:15pm	\$447	\$554	4pm	
Contemporary Modern 2	By Placement	Tu	5:15-6:15pm	\$447	\$554	4pm	
Contemporary Modern 3	By Placement	Th	6:15-7:15pm	\$447	\$554	1pm	
Contemporary Modern 4	By Placement	Tu	7:15-8:30pm	\$473	\$587	10am	
Contemporary Modern 5	By Placement	Tu	7:15-8:30pm	\$473	\$587	10am	1pm

# STUDENT DIVISION

## POMS

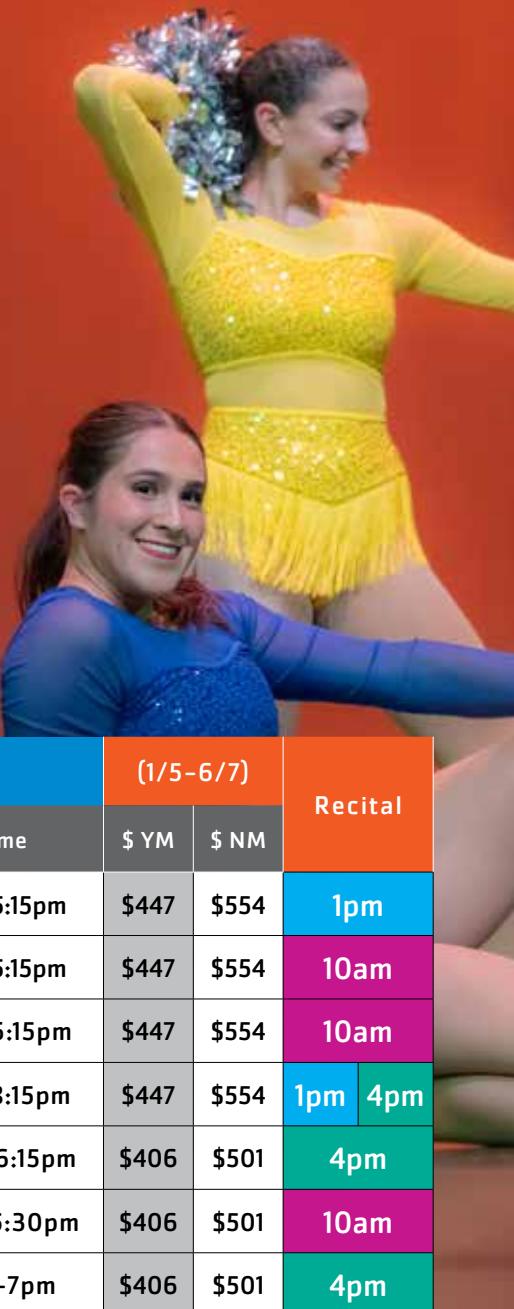
### 7 yrs and up

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.



2026 WINTER/SPRING SESSION				(1/5-6/7)		Recital
Class	Age	Day	Time	\$ YM	\$ NM	
Poms 1	7-11 yrs	Th	4:15-5:15pm	\$447	\$554	1pm
Poms 2	By Placement	Th	4:15-5:15pm	\$447	\$554	10am
Poms 3	By Placement	Th	5:15-6:15pm	\$447	\$554	10am
Poms 4	By Placement	W	7:15-8:15pm	\$447	\$554	1pm 4pm
Hip Hop 1	7-10 yrs	M	5:30-6:15pm	\$406	\$501	4pm
Hip Hop 2	By Placement	M	4:45-5:30pm	\$406	\$501	10am
Hip Hop 3	By Placement	M	6:15-7pm	\$406	\$501	4pm

# STUDENT DIVISION

## 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.

2026 WINTER/SPRING SESSION				(1/5-6/7)		Recital
Class	Age	Day	Time	\$ YM	\$ NM	
Musical Theatre	8-14 yrs	W	7:15-8:15pm	\$447	\$554	4pm
PBT & Stretch	10+ yrs	Th	6:15-7:15pm	\$357	\$464	N/A
Acro & Tricks Level 1	By Placement	W	4:30-5:45pm	\$473	\$587	1pm
Acro & Tricks ages Level 2	By Placement	Th	7:15-8:30pm	\$473	\$587	1pm

# 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

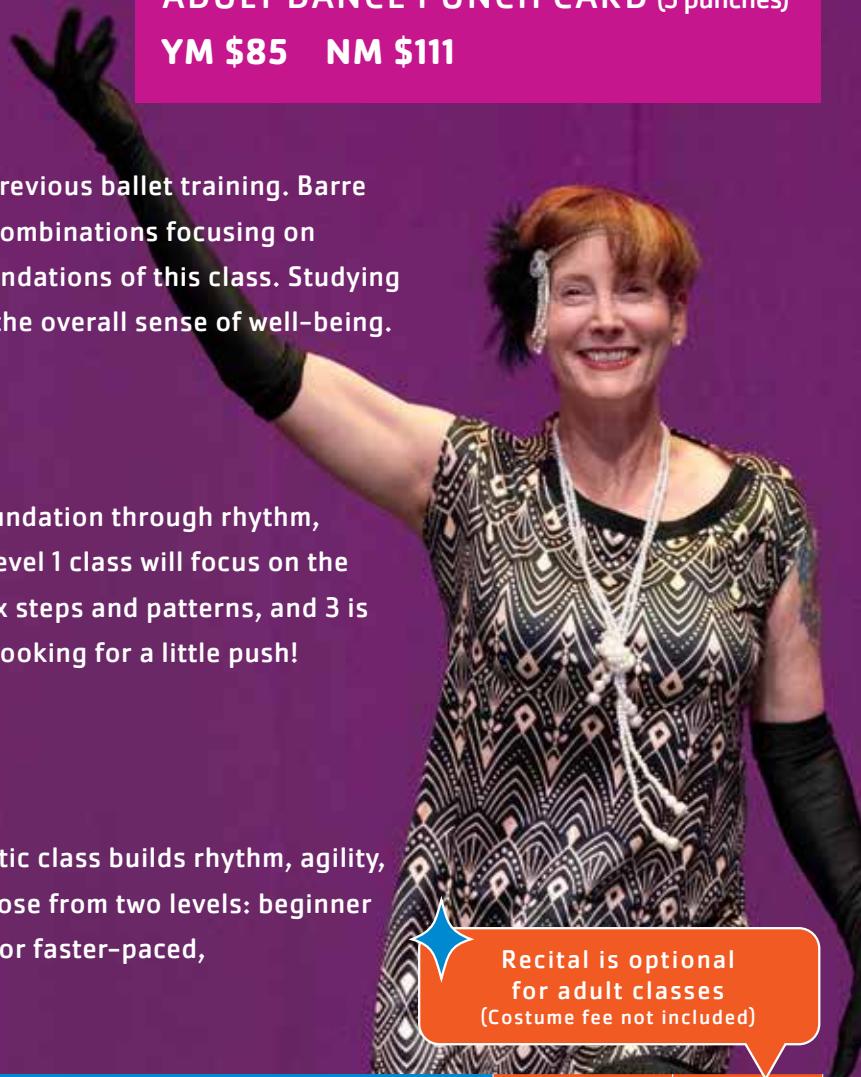
### 18+ years old

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.

## 2026 WINTER/SPRING SESSION

Class	Age	Day	Time	(1/5-6/7)		Recital
				\$ YM	\$ NM	
Adult Beg/Int Ballet	18+ yrs	Tu	6:15-7:15pm	\$357	\$464	4pm
Adult Tap 1 (Adv Beginner)	18+ yrs	W	6:15-7:15pm	\$357	\$464	4pm
Adult Tap 2	18+ yrs	M	6:15-7:15pm	\$357	\$464	4pm
Adult Tap 3	18+ yrs	W	7:30-8:30pm	\$357	\$464	4pm
Adult Open Level Hip Hop	18+ yrs	M	7:15-8:15pm	\$340	\$442	1pm

ADULT DANCE PUNCH CARD (5 punches)  
YM \$85 NM \$111



Recital is optional  
for adult classes  
(Costume fee not included)

# YOUTH

**Winter Spring 2026**

**Winter 1: 1/5-2/22**

**Winter 2: 2/23- 4/19**

**Spring: 4/20-6/7**

**Member Registration: NOW**

**Non-Member Registration:**

**Winter 1: 12/8**

**Winter 2: 2/2**

**Spring: 3/30**

# 20 26

PROGRAM



# 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

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

For Y-time info for the 2026-2027 school year email Shannon Sliwinski. Registration for new participants begins February 1, 2026

### 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)



# SCHOOL DAYS OUT



## GRADES K-5

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

This program keeps kids active and engaged with games, creative projects, social time, and field trips—plus swimming when available.

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

**REGISTER TODAY!**

### Y CAMP:

8:00-6:00 pm

Jan 19th  
Feb 16th

### SPRING BREAK CAMP:

8:00-6:00 pm

March 23rd      March 25th  
March 24th      March 26th  
                    March 27th

**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.

NSYMCA ADVENTURE GUIDES RANGERS PRESENTS

# DOZIN' WITH DINOS



**Fri. Jan. 17, 2026 at 5:30 PM thru  
Sat. Jan. 18, 2026 at 9:00 AM**

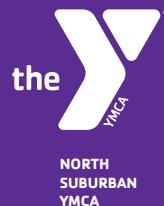
**Location:**  
Field Museum  
1400 S. DuSable Lake Shore Dr.  
Chicago, IL 60605

For NSYMCA members only: Dads or male guardians  
with children ages 6-12 (all genders welcome)

**RSVP TODAY!**



# GYM JAM



## Parent & Child Open Play Gym!

Ages: 0-5 yrs

**Wed & Thurs**  
**1/7/26 – 4/30/26**  
**10am-12pm**

\*No Gym Jam 3/25 & 3/26

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



# WEEKLY CLASSES

## CHESS SCHOLARS

### Grades K-8

Help your child build confidence and sharpen their mind through the game of chess. Studies show that learning chess can improve focus, creativity, problem-solving, and academic performance. Each session includes fun, interactive lessons and guided practice led by an experienced Chess Scholars coach. All skill levels are welcome.

## 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!

2026 WINTER/SPRING SESSION				Winter 1 (1/5-2/22)		Winter 2 (2/23-4/19)		Spring (4/20-6/7)	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM	\$ YM	\$ NM
Chess Scholars	K-8th	Tu	5:00-6:00pm	\$224	\$280				
Chess Scholars	K-8th	M	4:30-5:30pm			\$224	\$280		
Chess Scholars	K-8th	Th	4:30-5:30pm					\$224	\$280
Sticky Fingers Cooking	K-5th	W	4:30-5:30pm	\$245	\$315	\$245	\$315	\$224	\$315

# WEEKLY CLASSES

## HANDS ON STEAM

Grades K-5

4:30 – 5:30 pm

Wednesdays starting Jan 7

**NEW!** WINTER ONE  
SESSION ONLY

This exciting program from Afterschool Enrichment Solutions brings together elements of science, art and math in a hands-on, action-packed environment! Students will conduct experiments, play educational games, and unlock their creativity through building challenges and projects. No experience necessary!

## LET'S CODE IT

Grades 2-8

5:00 – 6:00 pm

Thursdays starting Feb. 26

**NEW!** WINTER TWO  
SESSION ONLY

In this exciting new coding class from Afterschool Enrichment Solutions, take a deep dive into coding with Tynker! Create games, design Minecraft mods, and explore HTML, Python, and Java—no experience needed!

## CREATIVE WRITING CLUB

Grades K-8

4:30 – 5:30 pm

Tuesdays starting April 21

**NEW!** SPRING  
SESSION ONLY

Brought to you by Afterschool Enrichment Solutions, Creative Writing Club is designed to ignite the imaginations of young writers. Explore literature, play language games, and develop imagination, writing skills, and confidence through creativity.

**\$231**

Y-Member

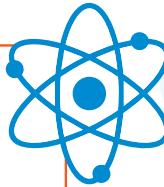
**\$287**

Non-Member

# POP-UP WORKSHOPS

## MIND IN MOTIONS

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



**\$60**

Y-Member

**\$70**

Non-Member

For more information on these workshops and to sign up, visit [nsymca.org](http://nsymca.org)

**Wed Feb 18th**

## ELECTRICITY & MAGNETS

**Grades K-5 4:30-5:30pm**

Join our Minds in Motion lab to explore electronics and magnetism with hands-on experiments, glowing lights, spinning motors, and magnetic fun!

**Thurs  
March 12th**

## CHEMICAL CREATIONS 2

**Grades K-5 4:30-5:30pm**

- Make very own bouncy ball!
- Create colorful designs as you learn all about Chromatography
- Write secret messages using invisible ink!

**Tues  
April 28th**

## OUTER SPACE & PHYSICS FUN

**Grades K-5 4:30-5:30pm**

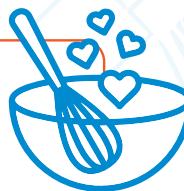
- Check out our real meteorite fragment sample!
- Watch a cosmic rocket shoot up fifty feet into the air!
- Watch an egg get sucked into a bottle
- Create your own planet!

# POP-UP WORKSHOPS

## MR. FERNS COOKING WORKSHOPS

Grades K-5  
4:30-6:00pm

Get ready for tasty fun! In these awesome cooking workshops, kids will whip up yummy seasonal treats to enjoy!



For more information on these workshops and to sign up, visit [nsymca.org](http://nsymca.org)

**\$55**

Y-Member

**\$70**

Non-Member

**Thurs. Jan 22nd**

APPLE CRISPS  
WITH VANILLA ICE CREAM

**Thurs. Feb 19th**

MINI POUND CAKES  
WITH STRAWBERRY TOPPING

**Tues.  
March 10th**

“POTS OF GOLD”  
BROCCOLI CHEDDAR  
SOUP WITH BREAD BOWLS

**Thurs.  
April 9th**

LEMON  
BARS

**Thurs.  
May 14th**

FRUIT  
PIZZAS

# POP-UP WORKSHOPS

## MISS KIM'S CRAFTASTIC WORKSHOPS



For more information on these workshops and to sign up, visit [nsymca.org](http://nsymca.org)

**\$50** Y-Member

**\$60** Non-Member

**Thurs Feb 5th**

### PIECE BY PIECE VALENTINE WORKSHOP

**Grades K-5 5:30-6:30pm**

Create your own Valentine's Day puzzle! Design, sublimate, and take home a heartfelt, one-of-a-kind gift for loved ones.

**Thurs March 19th**

### DESIGN IT YOURSELF: PENS & KEYCHAINS!

**Grades K-5 4:30-5:30pm**

Kids design custom beaded pens and sublimate keychains, exploring color and creativity while crafting unique keepsakes to show off everyday!

**Thurs April 30th**

### MOTHER'S DAY TUMBLER

**Grades K-5 5:30-6:30pm**

Create a special Mother's Day gift! Kids design and sublimate personalized tumblers with colorful art and heartfelt messages for Mom.

# POP-UP WORKSHOPS



## MINDFULNESS WORKSHOPS



\$40

Y-Member

\$55

Non-Member

For more information  
on these workshops  
and to sign up, visit  
[nsymca.org](http://nsymca.org)

**Thurs Jan 15th**

### HOW TO EMBRACE CHANGE AND THRIVE

**Grades K-5 4:30 – 5:30 pm**

Kids become change champions! Through stories and crafts from Adventures in Wisdom®, they learn three fun steps to embrace change confidently.

**Thurs March 5th**

### GRATITUDE:

**THE SECRET SUPERPOWER  
FOR A HAPPIER LIFE!**

**Grades K-5 4:30-5:30pm**

Kids discover the magic of gratitude! Through stories and crafts from Adventures in Wisdom®, they learn to stay positive, confident, and happy every day.

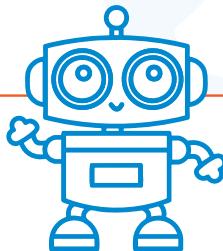
**Thurs May 14th**

### THE POWER OF POSSIBILITY

**Grades K-5 4:30-5:30pm**

Kids will unlock their potential! Through stories, crafts, and vision boards from Adventures in Wisdom®, they'll learn to believe, dream, and achieve big.

# POP-UP WORKSHOPS



## ROBOTHINK WORKSHOPS

Kids will explore gears, motors, axles, and RoboThink's cutting-edge hardware. Each workshop combines hands-on engineering, creativity, and friendly competition, giving young builders the chance to bring their amazing creations to life!

**\$55**

Y-Member

**\$70**

Non-Member



For more information  
on these workshops  
and to sign up, visit  
[nsymca.org](http://nsymca.org)

**Tues Jan 20th**

**KRAZY GO KARTS**  
Ages 7-12 4:15-5:45pm

**Thurs Feb 19th**

**BATTLE ROBOTS**  
Ages 7-12 4:15-5:45pm

**Tues  
March 10th**

**ROBOPETZ**  
Ages 7-12  
4:15-5:45pm

**Thurs  
April 16th**

**DEMOLITION  
ROBOTS**  
Ages 7-12  
4:15-5:45pm

**Tues  
May 19th**

**BATTLE TANK  
ROBOTS**  
Ages 7-12  
4:15-5:45pm

# POP-UP WORKSHOPS

## LAUGHTER YOGA WORKSHOPS

Kids will stretch, breathe, and giggle in these fun Laughter Yoga workshops—boosting happiness, confidence, and calm through playful laughter!



For more information on these workshops and to sign up, visit [nsymca.org](http://nsymca.org)

**\$40**

Y-Member

**\$55**

Non-Member

**Thurs March 5th**

**WINTER 2**

Grades K-2 4:30-5:30pm

**Thurs April 16th**

**WINTER 2**

Grades 3-5 4:30-5:30pm

**Tues May 5th**

**SPRING**

Grades K-2 4:30-5:30pm

**Tues May 12th**

**SPRING**

Grades 3-5 4:30-5:30pm



# 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)



# Kidpalooza!

**Sun. Feb. 1, 2026**  
**12:00-2:00 pm**

FREE Family Event — Open to the Community!

Face Painting & Arts and Crafts

Cookie Decorating Station

Popcorn & Concessions

Games & Activities

Dance & Music Entertainment

Inflatable Obstacle Course

Photo Booth

Local Vendors & Y Program Showcases

Gym Jam Toddler Play Area

Family Swim (1:00 PM – 3:00 PM)



# Holiday Parent Night Out!

Fri. Dec. 12  
6:00-9:00 pm

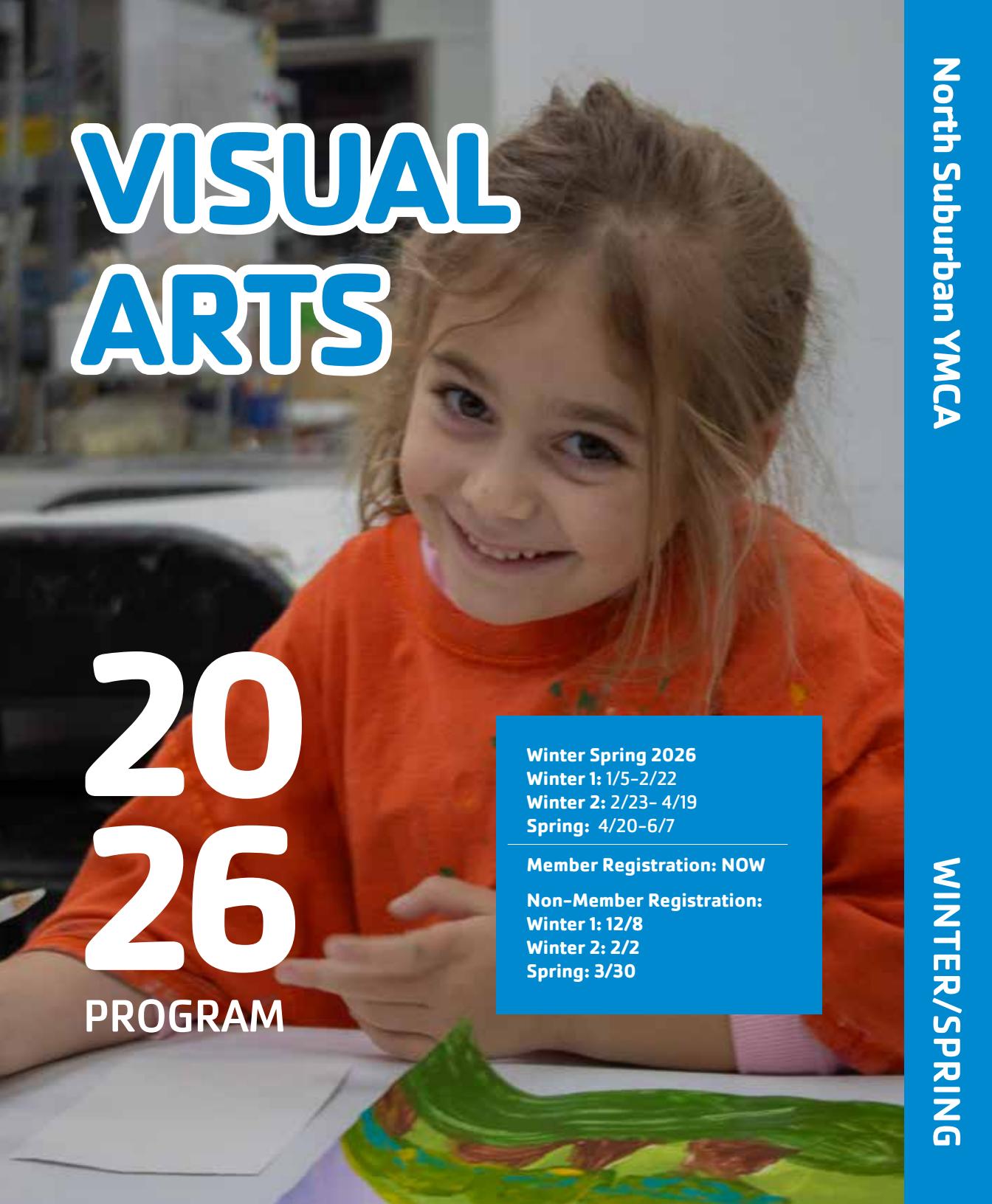
**\$55**

Y-Member

**\$70**

Non-Member

Take a well-deserved break while the kids enjoy a festive evening at the YMCA! We'll have pizza, craft time, winter-themed games, and a holiday treat to celebrate the season in style. It's a night filled with laughter, creativity, and holiday cheer—perfect for giving parents a little extra time for shopping, dinner, or simply relaxing!



# VISUAL ARTS

# 20 26 PROGRAM

**Winter Spring 2026**

**Winter 1: 1/5-2/22**

**Winter 2: 2/23- 4/19**

**Spring: 4/20-6/7**

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**Member Registration: NOW**

**Non-Member Registration:**

**Winter 1: 12/8**

**Winter 2: 2/2**

**Spring: 3/30**

North Suburban YMCA

WINTER/SPRING

# ANNUAL ART SHOW

## RECEPTION: MARCH 8TH

**ALL WINTER ART STUDENTS WILL  
PARTICIPATE IN OUR ANNUAL ART SHOW!**

Be a part of our Annual Art Show held at the Northbrook Public Library the month of March. To participate, simply register for a Winter Art class! Our reception for the Art Show will be Sunday, March 8th from 3:00–4:45pm in Children Services at the NPL. Participants must be registered for Winter 1 and 2 to be included in the art show.



# COMMUNITY EVENTS



## FREE CHILDREN'S ART PROGRAM AT THE LIBRARY!

Art should be available to everyone, which is why we have partnered with the Northbrook Public Library to offer a FREE art program for children. You need to register for the program by calling:

Northbrook Public Library  
847-272-6224

## 2D & 3D COMMUNITY GALLERIES

Calling all artists! We're seeking artists to exhibit and sell work in our Community Galleries, as well as those who create ceramics, jewelry, or handcrafts for a lobby Pop-Up. For an application, please contact Megan Vazquez [mvazquez@nsymca.org](mailto:mvazquez@nsymca.org)



# 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.

2026 WINTER/SPRING SESSION				Winter 1 (1/5-2/22)		Winter 2 (2/23-4/19)		Spring (4/20-6/7)	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM	\$ YM	\$ NM
Art & Swim	3-6 yrs	M	9:00-9:50 art 10:00-10:30 swim	\$203	\$259	\$203	\$259	\$203	\$259
Art & Swim	3-6 yrs	M	9:30-10:00 swim 10:10-11:00 art	\$203	\$259	\$203	\$259	\$203	\$259
Fun w/ Clay	3-6 yrs	Tu	4:15-5:15pm	\$140	\$182	\$140	\$182	\$140	\$182
Preschool Art	3-6 yrs	S	11:00-12:00pm	\$140	\$182	\$120	\$156	\$120	\$156

# YOUTH GRADES K-3

## 3D TOY DESIGN

### Grades K-3

Discover how imagination becomes reality! 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

### Grades K-3

Let your imagination take the lead! 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.

## 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!

2026 WINTER/SPRING SESSION				Winter 1 (1/5-2/22)		Winter 2 (2/23-4/19)		Spring (4/20-6/7)	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM	\$ YM	\$ NM
3-D Toy Design	K-3rd	M	6:15-7:15pm	\$147	\$189	\$147	\$189	\$147	\$189
Adventures in Art	K-3rd	Th	5:15-6:15pm	\$140	\$182	\$140	\$182	\$140	\$182
Ceramic & Sculpture	K-3rd	W	4:15-5:15pm	\$140	\$182	\$140	\$182	\$140	\$182

# YOUTH GRADES K-3

## 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.

**NEW!** 

## EXPLORING ART

### Grade K-3

Young artists will have fun discovering their creativity through painting, drawing, sculpting, and more! Each week introduces new materials and techniques to help kids explore color, texture, and imagination. This hands-on class encourages self-expression, confidence, and a love for creating—no experience needed, just curiosity and a willingness to try new things!

2026 WINTER/SPRING SESSION				Winter 1 (1/5-2/22)		Winter 2 (2/23-4/19)		Spring (4/20-6/7)	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM	\$ YM	\$ NM
Drawing & Painting	K-3rd	M	5:15-6:15pm	\$126	\$168	\$126	\$168	\$126	\$168
<b>NEW!</b> Exploring Art	K-3rd	M	4:15-5:15pm	\$126	\$168	\$126	\$168	\$126	\$168

# YOUTH

## 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!

2026 WINTER/SPRING SESSION				Winter 1 (1/5-2/22)		Winter 2 (2/23-4/19)		Spring (4/20-6/7)	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM	\$ YM	\$ NM
Yarn & Fabric Fun w/ Ms. Alex	1st-4th	F	4:15-5:15pm	\$140	\$182	\$120	\$156	\$120	\$156
Yarn & Fabric Fun w/ Ms. Alex	5th-8th	Th	4:15-5:15pm	\$140	\$182	\$140	\$182	\$140	\$182

# YOUTH GRADES 4-9

## 3D DESIGN & PRINTING

### Grades 4-9

Step into the world of 3D creation! 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.

## ADVANCED CERAMICS & SCULPTURE

### Grade 4-8

For young artists ready to take their creativity to the next level! In this class, students will explore advanced hand-building and sculpting techniques using clay and mixed media. They'll experiment with texture, form, and design while bringing their own ideas to life—from functional pieces to imaginative sculptures. Perfect for students with some prior art experience or a strong interest in ceramics and 3D art.

**NEW!** 

2026 WINTER/SPRING SESSION				Winter 1 (1/5-2/22)		Winter 2 (2/23-4/19)		Spring (4/20-6/7)	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM	\$ YM	\$ NM
3D Design & Printing	4-9th	M	7:30-8:30pm	\$147	\$189	\$147	\$189	\$147	\$189
NEW! Advanced Ceramics & Sculpture	4-8th	W	5:15-6:15 pm	\$126	\$168	\$126	\$168	\$126	\$168

# PHOTOGRAPHY

## CAPTURE THE MOMENT: PHOTOGRAPHY BASICS

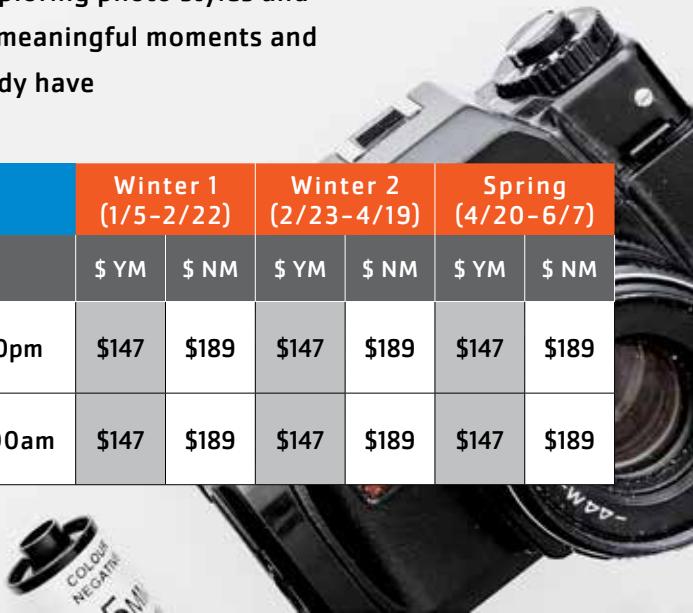
### AGES 12+

Ready to see the world through a new lens? Learn the fundamentals of photography using just your smartphone! 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.

### ADULTS & SENIORS

Discover the joy of photography—no fancy gear needed! Learn composition, lighting, and exposure while exploring photo styles and easy editing tips. Gain confidence capturing meaningful moments and telling your story using the camera you already have

2026 WINTER/SPRING SESSION				Winter 1 (1/5-2/22)		Winter 2 (2/23-4/19)		Spring (4/20-6/7)	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM	\$ YM	\$ NM
Capture the Moment: Photography Basics	12+	Th	7:00-8:30pm	\$147	\$189	\$147	\$189	\$147	\$189
Capture the Moment: Photography Basics	Adult & Seniors	Th	9:00-10:00am	\$147	\$189	\$147	\$189	\$147	\$189



# ADULT

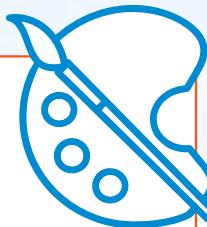
## FRIDAY NIGHT OUT ART WORKSHOPS

Unwind with our Friday Night Out Workshops—hands-on art, social connection, and relaxed vibes. Create unique projects like clay bowls or acrylic pours. No experience needed—just BYOB, friends, and creativity!

7:00-8:30pm

\$35 Y-Member

\$45 Non-Member



For more information  
on these workshops  
and to sign up, visit  
[nsymca.org](http://nsymca.org)

Jan 9th

### ABSTRACT WATERCOLOR INTERACTIONS

Explore watercolor through playful techniques that let the paint move and react in surprising ways.

Feb 13th

### TRINKET BOWLS FROM CLAY!

Design and hand-shape your own unique trinket bowls using air-dry clay.—no kiln required!

March 13th

### OGHAM LETTERING

Discover the ancient art of Ogham—the earliest form of Irish writing. Craft your own design on paper or wood.

April 10th

### ACRYLIC POUR FEATURING CHAMELEON CELLS

Learn how to take your acrylic pour painting to the next level using chameleon cell effects.

May 8th

### DIY WIND SPINNERS

design and decorate your own spinner using lightweight materials and vibrant finishes

# 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.

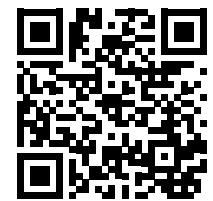
## YOUTH DEVELOPMENT

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** <small>(Existing Family Member will stay active at \$94 as long as membership is active)</small>	\$105*
<b>Household:</b> <small>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.</small>	\$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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Northbrook, IL 60062  
[nsymca.org](http://nsymca.org)  
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