



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN
YMCA**

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FOR IMMEDIATE RELEASE

**North Suburban YMCA Introduces Flexible Winter/Spring Sessions
Registration Open for Winter 2**

Northbrook, IL – February 2026 – The North Suburban YMCA is making it easier than ever for individuals and families to stay active, creative and connected this winter and spring with a new flexible session format and a dynamic lineup of programs for all ages. [CLICK HERE](#) for program guide.

Designed with busy schedules and household budgets in mind, the Y now offers three shorter program sessions, giving participants the option to enroll in one session or enjoy the full season:

- **Winter Session 1:** January 5 – February 22
- **Winter Session 2:** February 23 – April 19
- **Spring Session:** April 20 – June 7

Registration for **Winter Session 2 is open now**, and families are encouraged to review the program guide and register early, as many classes have limited enrollment.

“At the Y, we understand that families are balancing more than ever,” said Ricky Gonzalez, Senior Director of Youth Programming. “Our new session structure gives kids and adults the opportunity to explore new interests without overcommitting. Whether someone is discovering gymnastics for the first time or building skills in coding or the arts, we want every participant to feel welcomed, supported and confident from day one.”

Programs That Build Confidence and Connection

The Y’s Winter/Spring offerings promote wellness, creativity and belonging through fitness, sports, dance, aquatics, enrichment, and visual and performing arts.

Core programs families rely on each season include:

- Comprehensive swim lessons from Parent & Tot through adults
- Dance classes for preschool through adult (Tap, Hip Hop, Jazz, Ballet)
- Visual arts programs for participants of all ages and abilities
- Skill-building sports and gymnastics programs that strengthen teamwork and confidence

New in 2026

- Youth Power Play & Youth Game Ready fitness training
- Adult Strength Start Up
- Exploring Art
- Advanced Ceramics & Sculpture
- Teen Ballet/Jazz Technique
- Cheerleading
- Middle School Open Volleyball

Returning favorites include Indoor Pickleball, Lifeguarding Certification, 3D Design & Printing, Art & Swim, STEAM and robotics workshops, cooking and craft pop-ups, and Soundbath & Neurographic Art workshops.

Featured Programs

Navigator Nights (Grades 6–8)

A monthly social experience for middle school students featuring lock-ins, outings and supervised activities that help young people build friendships in a safe, supportive environment.

Gym Jam (Ages 0–5)

Parent-and-child open gym offered Wednesdays and Thursdays from 10:00 AM–12:00 PM. Free for members; \$5 for non-members.

Additional highlights include:

- **Parent & Tot Gymnastics (Ages 1–3):** Saturdays at 9:15 AM
- **Preschool Gymnastics (Ages 3–5):** Mondays & Fridays at 10:15 AM; Tuesdays at 4:15 PM
- **Youth Volleyball (Ages 8–12):** Team-focused instruction that builds skills and confidence

- **Let's Code It (Grades 2–8):** Coding and game design using Tynker, including HTML and Python concepts
- **Sticky Fingers Cooking (Grades K–5):** Hands-on culinary classes incorporating S.T.E.A.M., culture and creativity
- **Mother's Day Tumbler Workshop (Grades K–5):** Thursday, April 30, 5:30–6:30 PM

Why Families Choose the Y

Membership includes reduced program pricing, priority registration, free group exercise classes, access to a six-lane indoor pool, sauna, steam room, whirlpool, full-sized gymnasium, modern fitness center, racquetball courts and more.

The Y remains committed to ensuring access for all and offers financial assistance so that no one is turned away due to inability to pay.

Spots are limited in many programs. To learn more or register, visit www.nsymca.org, call 847-272-7250, or stop by 2705 Techny Road in Northbrook.

About the North Suburban YMCA

The North Suburban YMCA serves Northbrook and 14 surrounding communities, helping individuals of all ages grow stronger in spirit, mind and body. Through its focus on Youth Development, Healthy Living and Social Responsibility, the Y ensures that everyone—regardless of age, income or background—has the opportunity to learn, grow and thrive.



WINTER/SPRING
PROGRAMS 2026