



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN  
YMCA**  
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**FOR IMMEDIATE RELEASE**

## **North Suburban YMCA Launches Winter Session 2 and “Y Try-It Week: Bring a Friend Free”**

YMCA is inviting the community to stay active, explore new interests and experience its wide range of programs, and bring a Friend for free.

**Northbrook – February 2026** – The North Suburban YMCA is inviting the community to stay active, explore new interests, and experience its wide range of programs with the launch of Winter Session 2 and a special “Y Try-It Week: Bring a Friend Free” event, running February 23 through March 1.

During this one-week campaign, current program participants may bring **one friend to the class they are registered for at no cost**, offering families and individuals a chance to explore new activities, meet instructors, and discover the supportive community at the Y.

As part of the promotion, **new participants who register for a Winter Session 2 class during this period will receive 10% off registration**. Advance sign-up is required for swim classes. Participants must call **847-272-7250** to register for swimming programs.

### **Promotion Guidelines and Restrictions**

- One free guest per class participant
- Valid February 23–March 1 only
- New participants who register for a Winter Session 2 class receive 10% off
- All participants and guests must sign a waiver prior to participation (waivers provided by instructors and submitted to the front desk)
- Advance registration required for swim classes; call 847-272-7250 to sign up
- **Excludes:** Swim Club, Special Olympics programs, private lessons, Y-Time, workshops, cooking, kindergarten gymnastics, and Gymnastics Team

The initiative coincides with the start of Winter Session 2 (February 23 – April 19), part of the YMCA’s flexible program structure designed to better fit busy family schedules and budgets. Participants can choose from three shorter sessions throughout the 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 enroll early, as many programs have limited space.

“At the Y, we understand that families are balancing more than ever,” said Ricky Gonzalez, Senior Director of Youth Programming. “Our flexible sessions and Try-It Week allow participants to explore new activities, build confidence, and experience the benefits of our programs in a welcoming environment.”

### **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 for all ages.

Spots are limited in many programs. To learn more, participate in Y Try-It Week: Bring a Friend Free, or register for Winter Session 2, visit [www.nsymca.org](http://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.



**Caption:** “Bring a Friend for free” to any program for our Winter Session 2 at the NSYMCA.