



SUMMER GUIDE 2026



2705 Techny Rd. Northbrook, IL 60062
847-272-7250 nsymca.org

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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SUMMER YMCA SCHEDULE

REGULAR BUILDING HOURS

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

Saturday:
6:00am - 7:00pm

Sunday:
6:00am - 5:00pm

HOLIDAY BUILDING HOURS

Memorial Day:
May 25th
5:00am-Noon

Independence Day:
July 4th
Y Closed

Labor Day:
Sept 7th
5:00am-Noon

IMPORTANT DATES

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

Memorial Day Weekend:
5/22 after 3pm - 5/25

Summer Break:
8/10 - 8/23

Labor Day Weekend:
9/4 after 3pm - 9/7

DOWNLOAD THE APP FOR UP TO DATE INFORMATION!

Please check out our website for the most up to date Childwatch Hours,
Pool Schedule, and Gym Hours:





GOLF FUNDRAISER

THURSDAY
JULY 16th

Chevy Chase Country Club



INFORMATION

Registration Information

Register online at 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 TO DOWNLOAD
A PAPER REGISTRATION FORM

REASONS TO BECOME AN NSYMCA MEMBER!

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
- Babysitting while you workout!

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

***See page 87 for membership prices**



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!

HEALTH & WELLNESS

North Suburban YMCA



20
26
PROGRAM

Summer Session: 6/8-8/9

Member Registration: NOW

Non-Member Registration: 5/20

SUMMER

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.

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

AS PART OF YOUR MEMBERSHIP, YOU RECEIVE FREE:



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.



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)

Aqua Classes

Balance Classes

Barre Classes

Cardio Classes

Cardio & Strength

Combo Classes

Core Classes

Cycle Classes

Dance-Based Fitness

HIIT Classes

LaBlast

Les Mills BODYPUMP™

Mat Pilates

Step Classes

Strength Classes

TRX classes

Yoga Classes

Zumba®

SCAN OUR QR CODE FOR THE LATEST
GROUP EXERCISE SCHEDULE



PERSONAL TRAINING

Individual Training

NSYMCA Trainers will help you maintain dedication and eliminate guesswork from your exercise program. You will receive a training program custom-designed for your individual needs and goals.

Mind-Body Training

One-on-one yoga and/or Pilates sessions allow you the opportunity to receive personal guidance and instruction, with 100% of the trainer's attention.

Partner Training

Work with a friend, family member or co-worker to meet the same goals while working with a trainer.

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



INDIVIDUAL TRAINING -Y MEMBER ONLY

Package Amount	Length of Session	Package Price
4	30 min	\$140
8		\$280
4	45 min	\$220
8		\$440
12		\$636
1	60 min	\$65
4		\$260
8		\$520
12		\$756
24		\$1440

NON-MEMBER PRICING

Package Amount	Length of Session	Package Price
1	60 min	\$100
4		\$400
8		\$800

PARTNER TRAINING -Y MEMBERS ONLY

Package Amount	Length of Session	Package Price
4	60 min	\$320

SMALL GROUP TRAINING (3 or more people) -Y MEMBERS ONLY

Package Amount	Length of Session	Package Price
4	60 min	\$120 pp

ACTIVE ADULTS

Basic Cardio

Adult

Utilize low-impact moves in this joint-friendly class. Geared for a low to moderate intensity level, the class will include cardiovascular, strengthening, and stretching exercises.

Cardio & Light Weights

Adult

This small group personal training class, taught by personal trainer Karen Brownlee, combines 45 minutes of cardiovascular exercises interspersed with three sections of lifting light weights as an interval training workout. This will get your heart rate up and train your heart and lungs to improve their function while building muscle strength. Class includes a warm-up/cool-down and full-body stretch. Students participate at their own pace/fitness level.

2026 SUMMER SESSION				Summer 6/8-8/9	
				NOW	5/20
Class	Age	Day	Time	\$ YM	\$ NM
Basic Cardio	Adult+	M	10:15am-11:00am	FREE	\$189
		W			
		F			
Cardio & Light Weights		T	7:55am-8:50am	\$128	\$168
		Th			

ACTIVE ADULTS

Chair Yoga

Adult

One of the gentlest forms of yoga available. Students perform postures and breathing exercises with the aid of a chair. Students can experience the many benefits of yoga without having to get up or down from the floor. Benefits include increased balance, strength, flexibility, range of motion, and stress reduction.

Core & Functional Strength

Adult

This 55 minute small group personal training class, taught by personal trainer Karen Brownlee, is designed to build muscle and overall body strength to enable students to more easily function in their everyday lives. Class includes a warm-up/cool-down and full-body stretch. The class is structured to fit each participant's individual needs.

2026 SUMMER SESSION				Summer 6/8-8/9	
				NOW	5/20
Class	Age	Day	Time	\$ YM	\$ NM
Chair Yoga	Adult+	T	11:15am-12:15pm	FREE	\$189
		Th			
M		7:55am-8:50am	\$128	\$168	
W					
F					
Core & Functional Strength					

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.

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 SUMMER SESSION				Summer 6/8-8/9	
				NOW	5/20
Class	Age	Day	Time	\$ YM	\$ NM
Enhance Your Balance	Adult+	T	10:15am-11:00am	FREE	\$189
		Th			
Parkinson's Exercise Plus: Empowering Movement for Life		M	11:15am-12:00pm	\$128	\$168
		W			



BALANCE STRONG

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



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 to register.

BRAIN GAMES

Mondays and Fridays at 9:15 am online
Thursdays in Person at the Y at 12:00 pm!

CAREGIVER SUPPORT GROUP

Fridays online at 10:30 am

SOCIAL CLUB ACTIVITIES

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

Learn More about
FREE Adult Activities





YMCA EDUCATION SERIES

North Suburban YMCA

LEARN FROM EXPERTS IN OUR COMMUNITY ABOUT TOPICS THAT ARE OF INTEREST TO YOU!

The NSYMCA, in partnership with experts, presents the YMCA Education Series (Y.E.S.)—offering insights on health, wellness, finance, safety, and more. Weekly virtual sessions feature professionals sharing their expertise, with recordings available for later viewing.

For more information on how to be a presenter or sponsor, contact Kim Nyren at knyren@nsymca.org.

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
Joanna Hughes
rentals@nsymca.org



AQUATICS

20
26

PROGRAM

Summer Session 1: 6/8-7/12

Summer Session 2: 7/13-8/9

Member Registration: NOW

Non-Member Registration: 5/20

North Suburban YMCA

SUMMER

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.

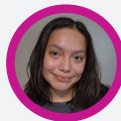
THE TEAM



Missy Contri
Aquatics Director
mcontri@nsymca.org



Tom March
Aquatics Liaison
tmarch@nsymca.org



Ella Rico
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!**



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 for full level descriptions.



Campers can take swim lessons during camp on Tuesdays. Email camp registrar for more info. registrar@nSYMCA.org

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 SUMMER SESSION			Summer 1 (5 weeks): 6/8 - 7/12		Summer 2 (4 weeks): 7/13 - 8/9	
Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM
PARENT - CHILD SWIM LESSONS						
6 mos-3 yrs	M	6:00pm-6:30pm	\$100	\$130	\$80	\$104
	Sa	10:15am-10:45am	\$80	\$104	\$80	\$104
PRESCHOOL SWIM LESSONS - ALL PRESCHOOL LEVELS						
3 yrs-K	M	5:25pm-5:55pm	\$125	\$163	\$100	\$130
		6:00pm-6:30pm				
	Th	5:25pm-5:55pm				
		6:00pm-6:30pm				
	Sa	10:15am-10:45am	\$100	\$130		
		10:50am-11:20am				
YOUTH SWIM LESSONS - ALL YOUTH LEVELS						
1st -14 yrs	M	6:35pm-7:05pm	\$125	\$163	\$100	\$130
		7:10pm-7:40pm				
	Th	4:15pm-4:45pm				
		4:50pm-5:20pm				
	Sa	9:40am-10:10am	\$100	\$130		
		11:25am-11:55am				
ADULT & TEEN SWIM LESSONS - ALL LEVELS						
14 yrs & up	M	7:45pm-8:15pm	\$125	\$163	\$100	\$130
PRIVATE SWIM LESSONS						
All Ages	Weekly 30 Minute Lessons		\$325	\$500	\$325	\$500
	One-30 Minute Lesson		\$70	\$110	\$70	\$110



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.

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 SUMMER SESSION				Summer 1 6/8-7/12		Summer 2 7/13-8/9	
				NOW	5/20	NOW	5/20
Class	Age	Day	Time	\$ YM	\$ NM		
Special Olympics Flying Turtles Swim Team	8 -22 yrs	W	4:15pm-4:55pm	\$125	\$163	\$100	\$130

ATHLETICS

20
26

PROGRAM



Summer Session 1: 6/8-7/12

Summer Session 2: 7/13-8/9

Member Registration: NOW

Non-Member Registration: 5/20


North Suburban YMCA

SUMMER

THE TEAM



Kelly Rao
Sports & Gymnastics Director
Krao@nsymca.org



Jen Hart
Gymnastics Coach
Jhart@nsymca.org

GYMNASTICS: PRESCHOOL

This program is supported by the Ruth Schultz Bright Days Fund

RISE & SHINE GYMNASTICS

3-5 yrs

Start the day with movement, fun, and beginner gymnastics. Kids build balance, coordination, confidence, and body awareness through age-appropriate activities. Great add-on for preschool summer camp with staff-led transition at 9:00 a.m.

2026 SUMMER SESSION				Summer 1 6/8-7/12		Summer 2 7/13-8/9	
				NOW	5/20	NOW	5/20
Class	Age	Day	Time	\$ YM	\$ NM		
Rise and Shine Gymnastics	3-5 yrs	Tu	8:15am-9:00am	\$80	\$105	\$64	\$84
		W					

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

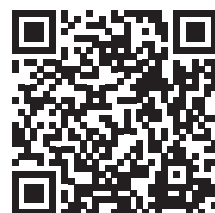
Hit the court and enjoy some friendly competition—view the gym schedule online.

Open Racquetball

Reserve your free court time online at nsymca.org.

Open Pickleball will return in the Fall

VIEW OUR LATEST
SCHEDULE HERE!





**North Suburban
School of Dance**

North Suburban YMCA

**20
26**

PROGRAM

Summer Session 1: 6/15-7/12

Summer Session 2: 7/13-8/9

Member Registration: NOW

Non-Member Registration: 5/20

North Suburban YMCA

SUMMER

THE TEAM



Val Lober
Director of Performing Arts
vlober@nsymca.org

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



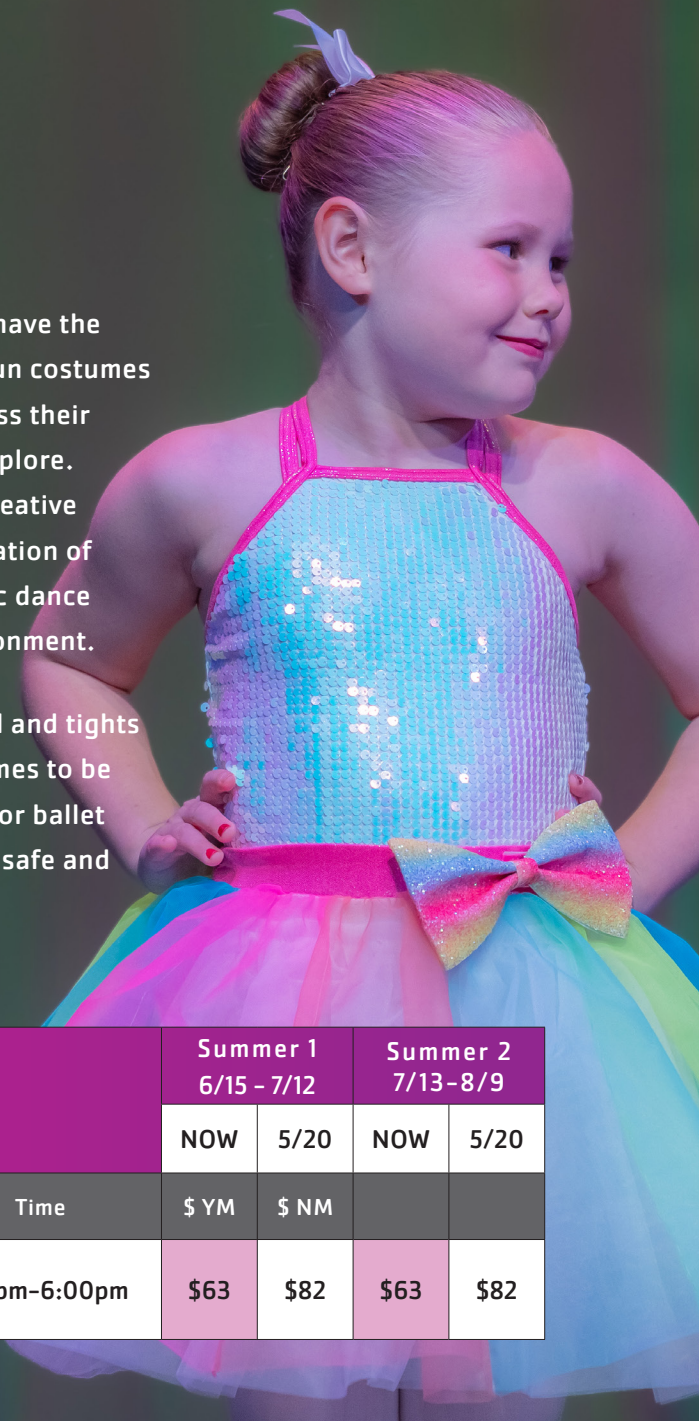
MINI MOVERS

DRESS UP AND DANCE!

3-5 yrs

Let their imagination shine! Dancers will have the opportunity to choose from a variety of fun costumes to borrow each class, helping them express their unique personalities as they move and explore. Through engaging follow-along songs, creative movement with props, and guided exploration of space, children will be introduced to basic dance concepts in a joyful and supportive environment.

Dancers should come dressed in a leotard and tights or other fitted clothing that allows costumes to be easily worn over. Please also bring socks or ballet shoes and secure hair away from face for safe and comfortable movement.



2026 SUMMER SESSION				Summer 1 6/15 - 7/12		Summer 2 7/13 - 8/9	
				NOW	5/20	NOW	5/20
Class	Age	Day	Time	\$ YM	\$ NM		
Dress Up and Dance!	3-5 yrs	W	5:15pm-6:00pm	\$63	\$82	\$63	\$82

STUDENT DIVISION

BALLET/JAZZ

6-10 yrs

A great introduction and continuation to both disciplines. We'll focus on building strong foundational techniques in both ballet and jazz. Dancers will work on alignment, flexibility, strength, and musicality while keeping the atmosphere supportive and low-pressure. Perfect for dancers looking to maintain their training over the summer or get a headstart for classes in the Fall!

INTERMEDIATE TECHNIQUE

12+ yrs

Designed for dancers to keep up with their training over the summer, this class will feature a different weekly technique class along with strength training and flexibility for dancers. Techniques include Ballet, Jazz, Modern, and PBT! This class is recommended for dancers in levels 3-4.



2026 SUMMER SESSION				Summer 1 6/15 - 7/12		Summer 2 7/13-8/9	
				NOW	5/20	NOW	5/20
Class	Age	Day	Time	\$ YM	\$ NM		
Ballet/Jazz	6-10 yrs	Th	5:00pm-6:00pm	\$68	\$88	\$68	\$88
Intermediate Technique	11+ yrs	Tu	5:00pm-6:15pm	\$73	\$95	\$73	\$95

STUDENT DIVISION

ADVANCED TECHNIQUE

16+ yrs

Designed for dancers to keep up with their training over the summer, this class will feature a different weekly technique class along with strength training and flexibility for dancers. Techniques include Ballet, Jazz, Modern, and PBT! This class is recommended for dancers in levels 5-6.

BALLET FOR GYMNASTS/SKATERS

10+ yrs

This class builds strength, control, and artistry for athletes. Train with peers using ballet-based cross-training to improve balance, flexibility, posture, and stability for sharper turns, higher jumps, and cleaner lines, enhancing overall performance.



2026 SUMMER SESSION				Summer 1 6/15 - 7/12		Summer 2 7/13-8/9	
				NOW	5/20	NOW	5/20
Class	Age	Day	Time	\$ YM	\$ NM		
Advanced Technique	15+ yrs	Th	6:00pm-7:15pm	\$73	\$95	\$73	\$95
Ballet for Gymnasts/Skaters	10+ yrs	W	6:00pm-7:00pm	\$68	\$88	\$68	\$88

ADULT

ADULT BEG/INT BALLET

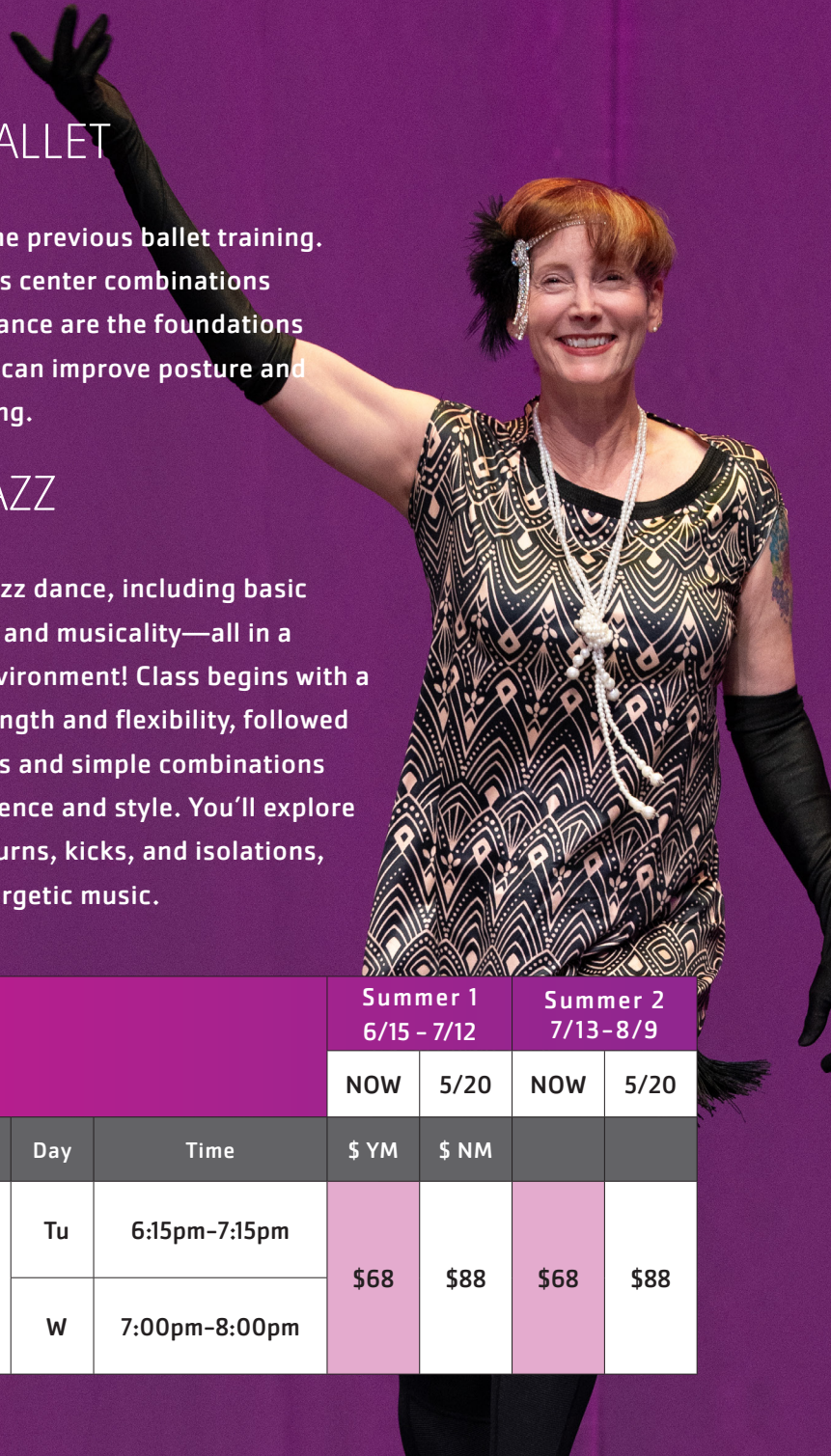
18+ yrs

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 BEG/INT JAZZ

18+ yrs

Learn the fundamentals of jazz dance, including basic steps, rhythm, coordination, and musicality—all in a supportive, low-pressure environment! Class begins with a gentle warm-up to build strength and flexibility, followed by across-the-floor exercises and simple combinations that help you develop confidence and style. You'll explore classic jazz techniques like turns, kicks, and isolations, while dancing to upbeat, energetic music.



2026 SUMMER SESSION				Summer 1 6/15 - 7/12		Summer 2 7/13-8/9	
				NOW	5/20	NOW	5/20
Class	Age	Day	Time	\$ YM	\$ NM		
Adult Beg/Int Ballet	18+ yrs	Tu	6:15pm-7:15pm	\$68	\$88	\$68	\$88
Adult Beg/Int Jazz		W	7:00pm-8:00pm				



YOUTH DEVELOPMENT 2026 FALL PREVIEW

THE TEAM



Ricky Gonzalez
Sr. Director of Camp &
Youth Programming
rgonzalez@nsymca.org



Shannon Sliwinski
Youth Education Director
SSliwinski@nsymca.org

Y-TIME

SUPERVISED AFTER-SCHOOL CARE

SIGN UP FOR 2026-2027 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

For more information, please contact Shannon Sliwinski at ssliwinski@nsymca.org

Rate		
Days	\$ YM	\$ NM
3 Days	\$270	\$330
4 Days	\$360	\$440
5 Days	\$450	\$550

For Y-time info for the 2027-2028 school year email Shannon Sliwinski. Registration for new participants begins February 1, 2027



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.

- 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.

SPECIAL SERVICES 2026 FALL PREVIEW



Group Ex.

SAT 10:00 – 10:45am

11+ years

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

Yoga

SAT 11:00 – 11:45am

11+ years

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

THE TEAM



Ellen Mirochnick
Special Services
Coordinator
emirochnick@nsymca.org



Tom March
Aquatics Liaison
tmarch@nsymca.org

STEAM

TUES 4:15 – 5:00pm

Highschool

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

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.

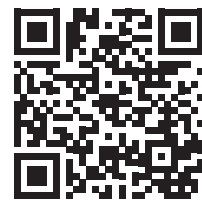
YOUTH DEVELOPMENT

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
Virtual Memberships	
All Ages (Not eligible for program discounts)	\$10
Youth Memberships	
Youth (1-26)	\$38*
Young Adult (27-35)	\$47*
Adult Memberships	
Adult (36 and older)	\$66*
Adult Couple	\$87*
Senior Memberships	
Seniors (60+)	\$59*
Senior Family (1 Senior + Spouse & Children**)	\$79*
Family Memberships	
1 Adult + 1 Child**	\$74*
1 Adult + 2 or more children**	\$83*
2 Adults + 1 Child**	\$95*
2 Adults + 2 or more children** (Existing Family Member will stay active at \$94 as long as membership is active)	\$105*
Household: A Household Membership is defined as two (2) adults, dependent children**, elderly parents, and live-in nannies or au pairs, residing in the same household. (Proof of residency is required.) Household membership is limited to four (4) adults. A \$10 charge is added to the monthly membership fee for each adult added over 4 to the group membership.	\$112*

***Save up to 7% when you take advantage of annual rates. Ask for details.**

The NSYMCA reserves the right to collect any unpaid membership dues.

* The Joiner's Fee, equaling one month's membership dues, is paid at the time of joining the YMCA. It is re-assessed if membership lapses more than 30 days.

** Child is defined as under 26 years old.



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