

FALL GUIDE 2026



North Suburban YMCA
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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Fall 1 Session: 8/24-10/25

Fall 2 Session: 10/26-12/20

Member Registration: NOW

Non-Member Registration:

Fall 1 - 8/5

Fall 2 - 9/30

***Check specific department for changes.**

NEW FOR 2026!

Our 2026 Fall Guide brings exciting new ways for families to connect, stay active, and try something new.

MEMBERSHIP

We are introducing a **Grandparent Membership** designed to make it easier for grandparents and grandchildren to enjoy the Y together.

AQUATICS

In aquatics, participants can now choose a **full fall session** option for swim lessons for added consistency and progress.

HEALTH & WELLNESS

Health and Wellness is leveling up with revamped personal training, **new youth and small group** training options, and the addition of relaxing **sound baths**.

ATHLETICS

Athletics is expanding with **Gymnastics Jam**, parent and child open playtime, three-week gymnastics pop ups, plus new **Jujitsu** and self-defense programs.

DANCE

Dance now offers an **unlimited class bundle** for more flexibility all season long.

VISUAL ARTS

Our Visual Arts department has been refreshed with **new creative opportunities** for all ages.

We hope our community enjoys exploring all these new offerings and the many favorites that continue to make the Y a place for everyone.

FALL YMCA SCHEDULE

REGULAR BUILDING HOURS

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

Saturday:
6:00am - 7:00pm

Sunday:
6:00am - 5:00pm

HOLIDAY BUILDING HOURS

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

Thanksgiving Day:
Nov 26th
5:00 am - Noon

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, 2027
9:00 am - 5:00 pm

IMPORTANT DATES

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

Labor Day Weekend:
Sept 4th after 3pm - Sept 7th

Rosh Hashanah:
Sept 12th

Yom Kippur:
Sept 21st

Halloween:
Oct 31st after 3:00 pm

Thanksgiving Break:
Nov 25th after 3pm - Nov 29th

Winter Break:
Dec 20, 2026 - Jan 3, 2027

DOWNLOAD THE APP FOR UP TO DATE INFORMATION!

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

WE ARE PROUD TO SUPPORT THE NORTH SUBURBAN YMCA

Our efforts come in a variety of forms, from financial investments to support economic growth to traditional philanthropy and volunteer hours contributed by our team members. We strive to provide community banking as it should be.



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HEALTH & WELLNESS

20
26
PROGRAM

Fall 1 Session: 8/24-10/25
Fall 2 Session: 10/26-12/20

Member Registration: NOW
Non-Member Registration:
Fall 1 - 8/5
Fall 2 - 9/30

FALL SESSION

OUR MISSION:

More than a gym, the NSYMCA is a welcoming community where people of all backgrounds, abilities, and body types feel they belong. We are committed to inclusivity, accessibility, and equity, removing barriers so everyone has the opportunity to participate and thrive. Through supportive programs and a focus on overall well being, we empower individuals to grow, build confidence, and connect in a space that celebrates diversity and values every journey.

THE TEAM



Megan Vazquez
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Sr. Director of Wellness



Roman Edingburg
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Karen Brownlee
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MEMBER EXCLUSIVE

As part of your membership,
you get FREE:



WELLNESS CONSULTATION

Not sure where to start? Sit down with a trainer to talk about your goals and learn what we have to offer. No commitment, no pressure



FITNESS ORIENTATION

Get a guided tour of the fitness floor and learn how to use the equipment safely.



INBODY ASSESSMENT

Get a quick snapshot of your body composition to track changes over time.

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

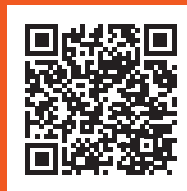
Yoga Classes

Zumba®

Mixed Martial Arts

Chair Yoga

FOR THE
MOST UP TO
DATE GROUP
EXERCISE
SCHEDULE



PERSONAL TRAINING

Personal Training at the NSYMCA is about building a healthy relationship with movement on your terms. Our trainers meet you where you are, regardless of age, ability, or experience.

Training can help you build strength, move better, prevent injury, boost energy, and feel more confident in your body. You will learn proper form, stay consistent with a plan that fits your life, and focus on fueling your body for performance and overall wellness.

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



PERSONAL TRAINING KICKSTART

Adult

Ready to try training? Start with a one-on-one consultation followed by two sessions with a dedicated trainer. Experience what personalized coaching feels like before committing to a full package.

NEW!

\$169

MEMBERS ONLY

PERSONAL TRAINING

ATHLETIC DEVELOPMENT

NEW!

10+ yrs

Whether you're preparing for your next sports season, staying active during the off-season, or simply looking to improve your athletic ability, this progressive training program helps participants ages 10+ build strength, coordination, agility, speed, mobility, and athletic performance. Through structured, age-appropriate coaching, participants develop movement skills, balance, power, and injury prevention strategies. Open to all fitness levels. Sessions are offered twice each week, and a flat monthly fee allows participants to attend consistently throughout the month as their schedules permit. ***Participants must attend an assessment prior to their 1st session.**

ATHLETIC DEVELOPMENT	
YM	NM
Sessions run on Mon and Wed	
\$240/month	\$275/month

*ASSESSMENT PRIOR TO 1ST SESSION
\$30

NEW!

YOUTH 1-ON-1 PERSONAL TRAINING

12-18 yrs

Personalized one-on-one training helps teens build strength, confidence, and movement skills while developing proper form, healthy habits, and individual goals.

\$180

4-45 Minute Sessions

MEMBERS ONLY

YOUTH FITNESS

PLAY FOR LIFE

NEW!

8-11 years

Kids build confidence, coordination, and social connections through circuit-style activities that are fun first and fitness-friendly second. No scores, no competition.

FOUNDATIONAL FITNESS

NEW!

12-15 years

Focuses on body weight strength, posture, speed, endurance, coordination, and flexibility to build confidence and a solid base for any activity you enjoy. No experience needed, no tryouts, no pressure.

2026 FALL SESSION				FALL 1 8/24-10/25		FALL 2 10/26-12/20	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM
NEW CLASS: Play for Life	8-11 yrs	W	4:15pm-5:00pm	\$180	\$270	\$140	\$210
NEW CLASS: Foundational Fitness	12-15 yrs	Tu		\$180	\$270	\$160	\$240
		Th		\$180	\$270	\$140	\$210

ADULT SMALL GROUP

STRENGTH FOR METABOLIC HEALTH



Adult

A personal training program for adults navigating metabolic health changes, including those on GLP-1 medications. Focuses on preserving muscle mass, supporting bone density, improving strength, balance, and mobility, and building sustainable fitness and nutrition habits to keep the body strong, capable, and resilient.

WELCOME TO WELLNESS: START HERE



Adult

A welcoming 4-week fitness sampler designed for anyone new to the gym. Explore strength, cardio, mobility, and group fitness at your own pace while learning proper form, modifications, and movement basics in a supportive, judgment-free environment. No experience or equipment needed.

2026 FALL SESSION				FALL 1 8/24-10/25		FALL 2 10/26-12/20	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM
NEW CLASS: Strength for Metabolic Health	18+	M	9:30-10:30 am	\$175	\$245	\$200	\$280
			5:15-6:15 pm				
NEW CLASS: Welcome to Wellness: Start Here		M	10:15-11:15 am	FREE	\$80	FREE	\$80
			5:15-6:15 pm				

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 FALL SESSION				FALL 1 8/24-10/25		FALL 2 10/26-12/20	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM
Basic Cardio	Adult+	M	10:15am-11:10am	FREE	\$147	FREE	\$168
		W					
		F					
Cardio & Light Weights:		Tu	7:55am-8:50am	\$144	\$189	\$112	\$147
		Th			\$96	\$126	

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 FALL SESSION				FALL 1 8/24-10/25		FALL 2 10/26-12/20	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM
Chair Yoga		Tu	11:15am-12:15pm	FREE	\$189	FREE	\$168
		Th					\$147
Core & Functional Strength	Adult+	M	7:55am-8:50am	\$112	\$147	\$128	\$168
		W		\$144	\$189	\$112	\$147
		F				\$96	\$126

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 FALL SESSION				FALL 1 8/24-10/25		FALL 2 10/26-12/20	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM
Enhance Your Balance	Adult+	Tu	10:15am-11:00am	FREE	\$189	FREE	\$168
		Th					\$147
Enhance Your Fitness		M	11:30am-12:30pm	FREE	\$147	FREE	\$168
		W					\$189
		F					\$147
		M					\$128
Parkinson's Exercise Plus	W	\$112	\$147	\$128	\$168		
	W	\$144	\$189	\$112	\$147		

SOUNDBATHS POP-UP

TRADITIONAL

Adult

A sound bath is a deeply relaxing, meditative experience where you rest (fully clothed, usually lying down) while a practitioner plays instruments like singing bowls, gongs, chimes, and other resonant tools. No experience, flexibility, or special equipment needed — just come as you are.

A sound bath can help you:

- Reduce stress and calm a busy mind.
- Support better sleep and relaxation.
- Release physical tension without moving a muscle.
- Experience a gentle, accessible entry point into mindfulness.

SAVE THE DATES!

ALL WORKSHOPS RUN FROM
2:00-3:15PM

Sun. October 11th

Sun. December 6th

\$25

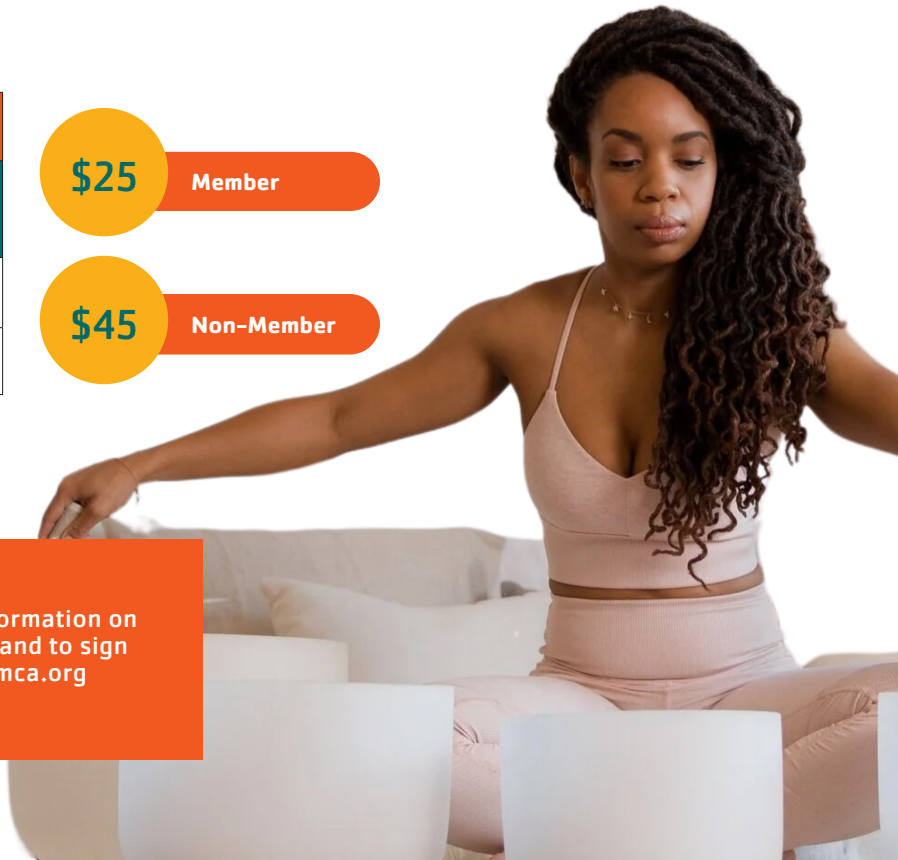
Member

\$45

Non-Member



For more information on
Soundbaths and to sign
up, visit nsmca.org



SOUNDBATHS POP-UP

FLOATING

Adult

Combines the deep relaxation of a sound bath with the weightless sensation of floating. While you rest on a mat or in a zero-gravity position, sound waves from singing bowls, gongs, and chimes travel through your body as much as your ears — creating a full-body listening experience. No experience needed.

A floating soundbath can help you:

- Release physical tension without any active effort.
- Quiet mental chatter and promote deep rest.
- Experience a sense of weightlessness and spaciousness.
- Support nervous system regulation and relaxation.
- Experience a gentle, accessible entry point into mindfulness.

SAVE THE DATE!

**WORKSHOP RUNS FROM
6:30-8:00PM**

Sat. September 19th

\$40

Member

\$55

Non-Member



For more information on
Soundbaths and to sign
up, visit nsymca.org





Senior
PALOOZA
North Suburban YMCA



the **Y**
YMCA

**HEALTH & FUN
FAIR**

2026



**Sept 16th
1-3 PM**

FREE to the Community

2705 Techny Rd. Northbrook, IL

**Health Screenings • Vendors
Demonstrations • Giveaways • Raffle**



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
Tuesday, Thursdays in person at the Y at 12:00 pm!

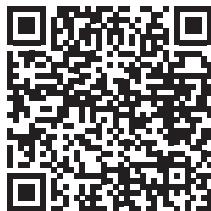
CAREGIVER SUPPORT GROUP

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**





CELEBRATE YOUR NEXT EVENT AT OUR Y!

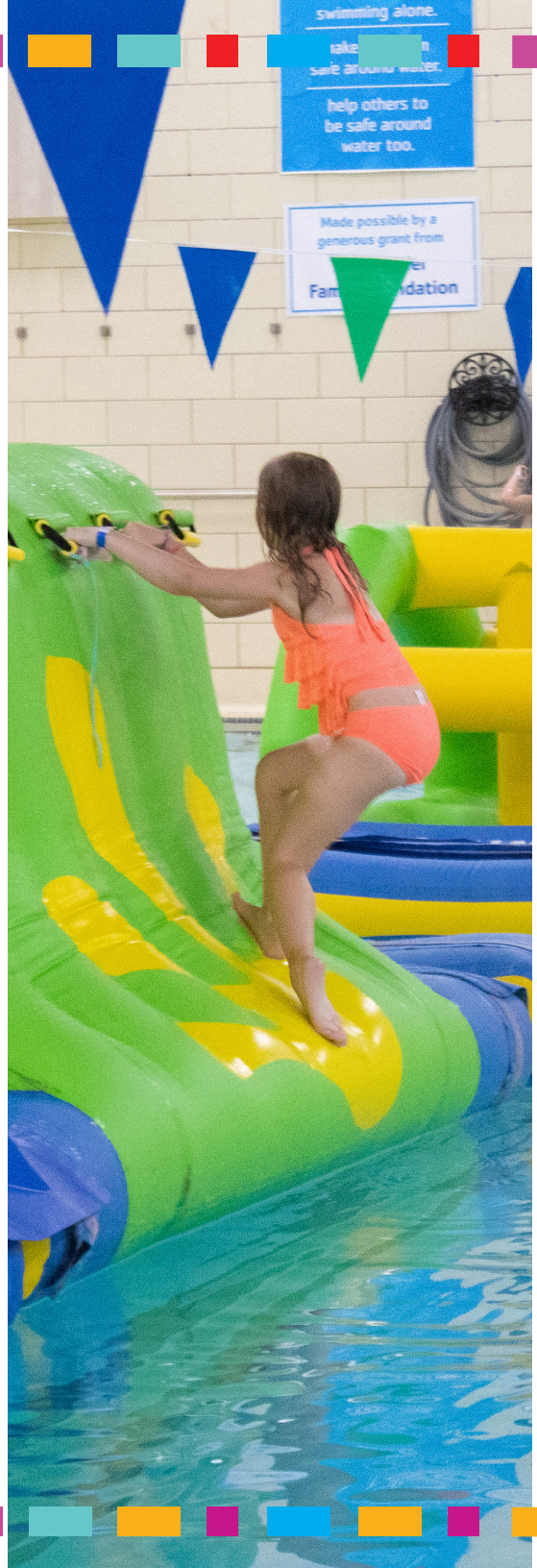
The NSYMCA offers rental equipment and onsite set-up to accommodate your next party or event.

KIDS PARTIES:

Dance Party, Swim Party, Art Party, Sports Party, Princess Party, and MORE!

CONTACT:

nsymca.org/rentals
Joanna Hughes
rentals@nsymca.org





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VERNON HILLS
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SKOKIE
9208 SKOKIE BLVD.

Waterway.com

North Suburban YMCA

AQUATICS

20 26 PROGRAM

FALL SESSION

Fall 1 Session: 8/24-10/25
Fall 2 Session: 10/26-12/20
Full Fall Session: 8/24-12/20

Member Registration: NOW
Non-Member Registration:
Fall 1 - 8/5
Fall 2 - 9/30
Full Fall Session - 8/5

NEW FOR FALL 2026!

The Aquatics Department is excited to introduce an updated swim lesson format for Fall 2026, shaped by your feedback to better support progress and scheduling.

FAMILIES WILL NOW HAVE TWO REGISTRATION OPTIONS:

- Register for the **Full Fall Session** (August 24–December 20)
- Register for **Fall 1 and/or Fall 2** sessions individually

The Full Fall Session allows swimmers to keep the same lesson time throughout the fall while benefiting from consistent instruction, steady skill development, and increased confidence in the water. Families will not need to register separately for Fall 1 and Fall 2. A discounted rate is built in for those who commit to the full fall season, offering added value for both members and non-members. Flexible payment plans are also available to help make enrollment easier for all families.

Families seeking more flexibility may register for Fall 1 and Fall 2 separately.

All swimmers will be evaluated during the first week of each session for proper placement and instructor assignment, including those in the Full Fall Session, and will receive a progress report at the end of Fall 1 and Fall 2.

Age Group Updates: To better support swimmers' age groups and skill levels, class age ranges have been updated for Fall 2026. Swimmers should register based on their age on the first day of the session, helping ensure proper placement and clearer progression within our swim lesson program.

THE TEAM



Missy Contri
Aquatics Director
mcontri@nsymca.org



Tom March
Aquatics Liaison
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Ella Rico
erico@nsymca.org

SWIM LESSONS

The North Suburban YMCA offers swim lessons for all ages and skill levels, focusing on water safety, confidence, and skill development. Our progressive lesson program helps swimmers build skills step-by-step, from water acclimation to advanced stroke techniques, in a fun and supportive environment.

Our experienced instructors are committed to helping every swimmer become safe, confident, and successful in the water.

Swimmers are evaluated on the first day of each session for proper placement and may move levels based on skill progression, which may take multiple sessions to complete. Classes are 30 minutes and grouped by age and ability. Swimmers should register based on their age on the first day of class. The YMCA may combine classes when needed.

Visit nsymca.org/aquatics for level details.

Parent-Child Swim Lessons

6 mos-3yrs w/Parent

Parents join their child in the water to build comfort, confidence, and basic water safety skills. Swim diapers required.

Preschool & Youth Swim Lessons

3-14 yrs

Swimmers develop water safety, independence, floating, propulsion, stroke technique, endurance, and confidence through progressive skill levels designed for a variety of ages and abilities.

Teen & Adult Swim Lessons

14yrs & Up

Lessons focus on water safety, stroke development, and building confidence in the water.

Private Lessons

One-on-one instruction tailored to individual goals, including skill development, stroke refinement, and confidence building.

2026 FALL SESSION		FALL 1 8/24-10/25		FALL 2 10/26-12/20		FULL FALL SESSION 8/24-12/20	
Day	Time	\$ YM	\$ NM	\$ YM	\$ NM	\$ YM	\$ NM
Monday							
6 mos-3yrs w/Parent	6:00pm -6:30pm	\$161	\$201	\$184	\$230	\$300	\$375
3-5 yrs		\$197	\$247	\$225	\$282	\$368	\$459
5-10 yrs							
8-14 yrs							
14 & up							
Tuesday							
3-6 yrs	10:45am-11:15am	\$254	\$317	\$225	\$282	\$417	\$521
14 & up							
3-6 yrs	11:15am-11:45am						
6-10 yrs	4:15pm-4:45pm						
8-14 yrs	4:50pm-5:20pm						
3-5 yrs	5:25pm-5:55pm						
3-5 yrs	6:00pm- 6:30pm						
Wednesday -NEW CLASSES							
3-6 yrs	5:05pm-5:35pm	\$254	\$317	\$197	\$247	\$392	\$490
6-10 yrs	5:40pm-6:10pm						
8-14 yrs	6:15pm-6:45pm						
14 & up							
Thursday							
3-6 yrs	10:45am-11:15am	\$254	\$317	\$197	\$247	\$392	\$490
14 & up							
5-10 yrs	11:15am-11:45am						
6-14 yrs	4:15pm-4:45pm						
3-6 yrs	4:50pm-5:20pm						
3-5 yrs	5:25pm-5:55pm						
3-5 yrs	6:00pm-6:30pm						
Saturday							
6-10 yrs	9:05am-9:35am	\$197	\$247	\$197	\$247	\$343	\$429
6-14 yrs	9:40am-10:10am					\$280	\$350
6 mos-3yrs w/Parent	10:15am-10:45am					\$343	\$429
3-5 yrs							
3-6 yrs							
6-14 yrs						11:25am-11:55am	
Sunday -NEW CLASSES							
3-6 yrs	10:15am-10:45am	\$225	\$282	\$197	\$247	\$368	\$459
6-10 yrs	10:50am-11:20am						
3-6 yrs	11:25am-11:55am						

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!

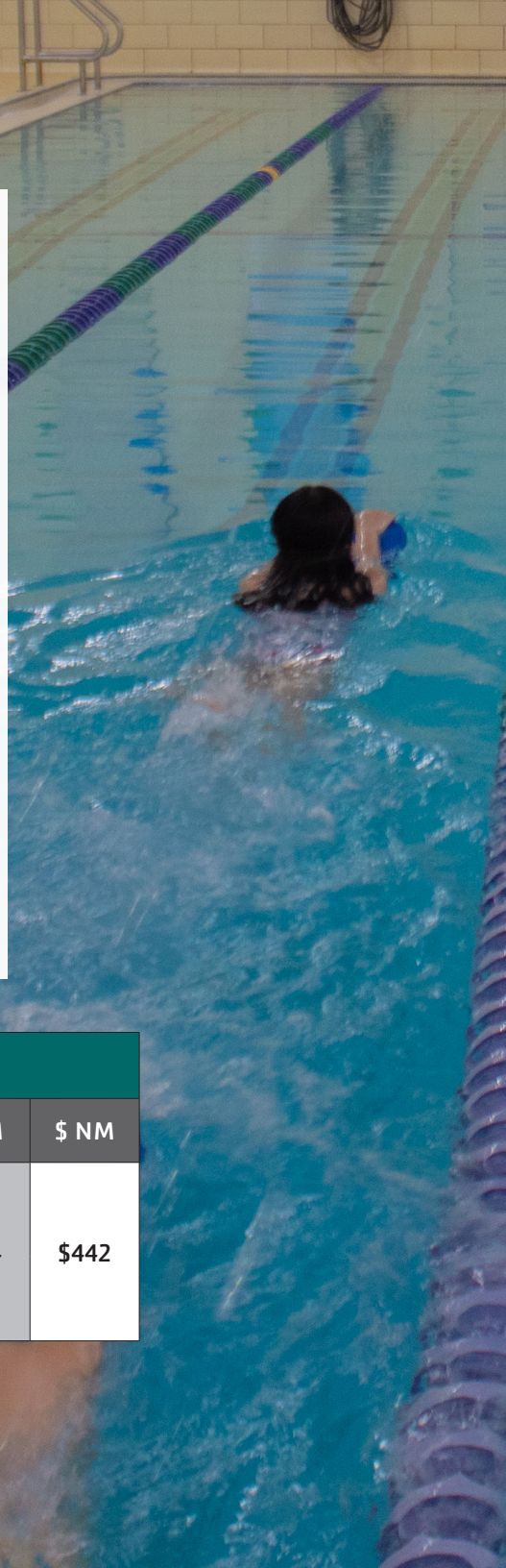


NSYMCA SWIM CLUB

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.



2026 FALL SESSION

Dates	Age	Day	Time	\$ YM	\$ NM
8/31-12/14	8-18 yrs	M	5:00pm-5:40pm	\$354	\$442
9/11-12/18		F	4:15pm-4:55pm		

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) 16-22 yrs

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 to schedule.**



2026 FALL SESSION						
Class	Dates	Age	Day	Time	\$ YM	\$ NM
Special Olympics Swim Team	9/2-12/16	8-22 yrs	W	4:15pm-4:55pm	\$379	\$473
	9/11-12/18		F			
	9/13-12/20		Su	12:15pm-12:55pm	\$354	\$442
Team Building Combo	9/2-12/16	16-22 yrs	W	4:15pm-6:00pm	\$600	\$750

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.

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

2026

PROGRAM

Fall 1 Session: 8/24-10/25
Fall 2 Session: 10/26-12/20

Member Registration: NOW
Non-Member Registration:
Fall 1 - 8/5
Fall 2 - 9/30

FALL SESSION



SPECIAL SERVICES

Group Ex.

11+ yrs

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

Yoga

11+ yrs

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

STEAM

High School

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 36

Special Needs Private Swim Lessons

*See Page 36

2026 FALL SESSION				FALL 1 8/24-10/25		FALL 2 10/26-12/20	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM
Group Ex.	11+ yrs	Sa	10:00am-10:45am	\$217	\$273	\$217	\$273
Yoga			11:00am-11:45am	\$182	\$231	\$182	\$231
STEAM	High School	Tu	4:15pm-5:00pm	\$243	\$306	\$216	\$272

ATHLETICS

2026 PROGRAM

North Suburban YMCA

FALL SESSION

Fall 1 Session: 8/24-10/25
Fall 2 Session: 10/26-12/20

Member Registration: NOW
Non-Member Registration:
Fall 1 - 8/5
Fall 2 - 9/30



PRESCHOOL 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 FALL SESSION				FALL 1 8/24-10/25		FALL 2 10/26-12/20	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM
Preschool Sports	3-5 yrs	Th	9:15am-10:00am	\$144	\$189	\$112	\$147
Preschool Sports & Swim			9:15am-10:45am	\$288	\$369	\$224	\$287

YOUTH SPORTS

KINDERGARTEN BASKETBALL



Grade K

Introduce your child to basketball in a fun, supportive environment! Kindergarteners will learn dribbling, passing, shooting, teamwork, and coordination through age-appropriate games and activities while building confidence, sportsmanship, listening skills, and basic athletic abilities. Perfect for beginners and young athletes alike.

BASKETBALL SKILL & DRILLS

Grades 1-4

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.

2026 FALL SESSION				FALL 1 8/24-10/25		FALL 2 10/26-12/20	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM
NEW CLASS: Kindergarten Basketball	K	M	4:15pm-5:15pm	\$133	\$168	\$152	\$192
Basketball	1st-4th	M	5:15pm-6:15pm	\$133	\$168	\$152	\$192

YOUTH SPORTS

BEGINNER 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 simply looking to get into the game.

INTERMEDIATE VOLLEYBALL

Grades 3-5

This co-ed program focuses on the next step to becoming a complete volleyball player. This class will provide drills on footwork, hitting, passing, setting, and game like scenarios. Great for players in their offseason or looking to sharpen their skills.

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 FALL SESSION				FALL 1 8/24-10/25		FALL 2 10/26-12/20	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM
Beginner Volleyball	2nd-4th	W	4:15pm-5:15pm	\$171	\$216	\$133	\$168
Intermediate Volleyball	3rd-5th		5:15pm-6:15pm				
Recreational Cheerleading	1st-4th	Th	5:15pm-6:15pm	\$171	\$216	\$133	\$168
		Sa	11:00am-12:00pm	\$133	\$168		

GYMNASTICS: PRESCHOOL

This program is supported by the Ruth Schultz Bright Days Fund

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.



2026 FALL SESSION				FALL 1 8/24-10/25		FALL 2 10/26-12/20	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM
Preschool Gymnastics	3-5 yrs	Tu	9:15am-10:00am	\$144	\$189	\$128	\$168
		W	5:30pm-6:15pm			\$112	\$147
		Sa	9:30am-10:15am	\$112	\$147	\$112	\$147

GYMNASTICS: PRESCHOOL



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 & 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!

2026 FALL SESSION				FALL 1 8/24-10/25		FALL 2 10/26-12/20	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM
Parent & Tot Gymnastics	18 mos-3 yrs	Sa	9:00am-9:30am	\$91	\$119	\$91	\$119
Preschool Gymnastics & Swim	3-5 yrs	Tu	9:15am-10:45am	\$288	\$369	\$256	\$328

NEW!

GYMNASTICS JAM

**Parent and Child Open
Gymnastics Playtime**

AGES 0-5

TUESDAYS

10 AM - 12 PM

Oct 6th - Dec 15th

Explore gymnastics equipment along
with hula hoops, bean bags, and
other movement-based activities

\$5

Member

\$10

Non-Member



GYMNASTICS: YOUTH

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.

This program is supported by the Ruth Schultz Bright Days Fund



2026 FALL SESSION				FALL 1 8/24-10/25		FALL 2 10/26-12/20	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM
Kinder Gymnastics	5-6 yrs	Tu	4:15pm-5:00pm	\$144	\$189	\$128	\$168
		Th		\$144	\$189	\$112	\$147
		Sa	10:15am-11:00am	\$112	\$147		

GYMNASTICS: YOUTH

These programs
are supported by
the Ruth Schultz
Bright Days Fund

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.

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.

2026 FALL SESSION				FALL 1 8/24-10/25		FALL 2 10/26-12/20	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM
Beginner	6-12 yrs	M	4:15pm-5:15pm	\$133	\$168	\$152	\$192
		Tu	5:00pm-6:00pm	\$171	\$216		
		W	4:15pm-5:15pm	\$133	\$168	\$133	\$168
		Sa	11:00am-12:00pm				
Intermediate	6-12 yrs By placement only	M	5:15pm-6:15pm	\$133	\$168	\$152	\$192
		F	4:15pm-5:15pm	\$152	\$192	\$133	\$168
		Sa	11:00am-12:00pm	\$133	\$168	\$133	\$168

GYMNASTICS: YOUTH

LEAP TO COMPETE: THE GYMNASTICS EXPERIENCE*



6-12 yrs

Curious about what it's like to compete in gymnastics? This unique class offers a fun, low-pressure introduction to the experience. Gymnasts will learn routines on different events while building confidence, strength, and technique.

A mock meet will be held on the final day of the session, where participants perform their routines for family and friends and earn medals celebrating their hard work and accomplishments. Open to a range of skill levels, with no competitive experience required.

2026 FALL SESSION				FALL SESSION 8/24-12/20	
Class	Age	Day	Time	\$ YM	\$ NM
NEW CLASS: Leap to Compete: The Gymnastics Experience	6-12 Yrs	Th	5:00pm-6:15pm	\$400	\$480

GYMNASTICS: COMPETITIVE

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.



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.

TEAM GYMNASTICS

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.

2026 FALL SESSION				FALL 1 8/24-10/25		FALL 2 10/26-12/20	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM
Pre-Team	6-12 yrs	Tu	4:15pm-5:45pm	\$340	\$459	\$300	\$405
		F					
Team	By placement only	M	4:15pm-6:15pm	\$550	\$700	\$484	\$616
		W					
		Th					

GYMNASTICS: WORKSHOPS

NEW!

BACK HANDSPRING BOOTCAMP

(3 WEEKS)

6-12 yrs

Flip to the next level in our 3-week Back Handspring Bootcamp!

Designed for gymnasts and cheerleaders to build technique, power, and form through drills, strength training, and expert spotting. **Prerequisite:** Must have a solid round-off and back walkover to enroll.

SAVE THE DATES!

ALL WORKSHOPS RUN FROM
6:15-7:15 PM

Mon. November 30th

Mon. December 7th

Mon. December 14th

\$66

Member

\$84

Non-Member

TUMBLING FOUNDATIONS

(3 WEEKS)

6-12 yrs

Build a strong tumbling foundation in this 3-week workshop. Athletes improve strength, coordination, and body control through drills and technique-focused instruction. All levels welcome, ideal for building confidence, refining basics, and progressing tumbling skills safely and effectively.

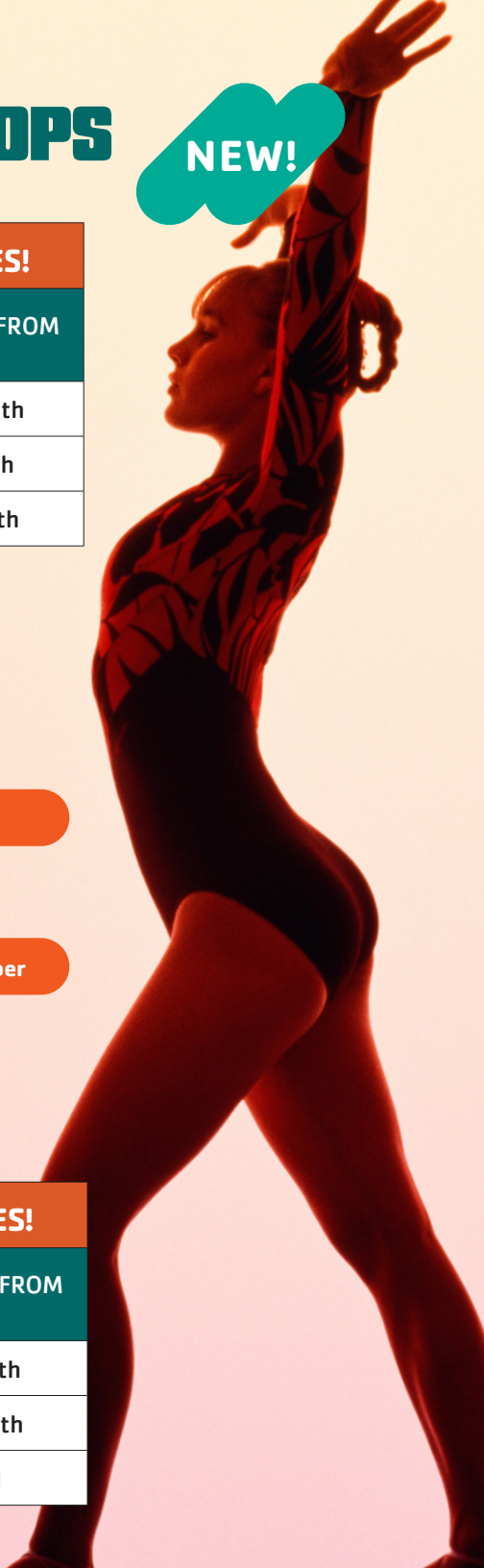
SAVE THE DATES!

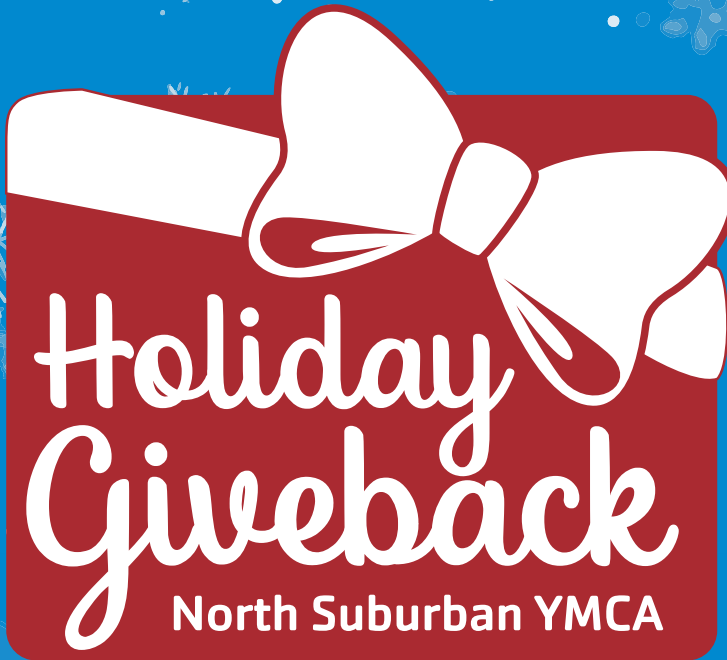
ALL WORKSHOPS RUN FROM
1:00 - 2:00 PM

Sat. September 19th

Sat. September 26th

Sat. October 3rd





Sat. Dec. 5th
11:00 am-12:00 pm

2705 Techny Rd. Northbrook, IL

Help pack Blessing Bags to be donated to people experiencing homelessness. Great volunteer opportunity for families including those with younger children.

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.

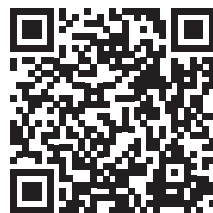
Open Racquetball

Reserve your free court time online at nSYMCA.org.

Open Pickleball

Join in on open Pickleball sessions—check the gym schedule for available times.

VIEW OUR LATEST
SCHEDULE HERE!



NEW!

JIU-JITSU

Build confidence, discipline, and self-defense skills in these dynamic Jiu-Jitsu programs. Participants learn foundational leverage-based techniques, including takedowns, positional control, and submissions, while improving strength, conditioning, coordination, focus, and problem-solving in a safe, supportive environment. Open to all experience levels.

Instructor Kyron Bowen is a black belt in Jiu-Jitsu, professional MMA fighter, and experienced competitor.



**Private Jiu-Jitsu
with Kyron Bowen**

ALL AGES

\$ YM

\$ NM

\$70/hr

\$80/hr

2026 FALL SESSION				FALL 1 8/24-10/25		FALL 2 10/26-12/20	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM
NEW CLASS: Youth Jiu-Jitsu	10+	W	5:15pm-6:30pm	\$243	\$288	\$189	\$224
NEW CLASS: Adult Jiu-Jitsu	18+	M		\$203	\$238	\$232	\$272



SELF-DEFENSE WORKSHOPS

NEW!

Build confidence, awareness, and practical self-defense skills in this engaging workshop for all ages.

Participants learn age-appropriate, real-world techniques including situational awareness, distance management, escapes, and control skills through interactive drills and partner activities in a safe, supportive environment. Open to all experience levels, with parents encouraged to join alongside their teen during the 14+ workshops.

Led by **Kyron Bowen**, black belt in Jiu-Jitsu, professional MMA fighter, and active competitor.

SAVE THE DATES!

ALL WORKSHOPS RUN FROM
2:00-3:30 PM

Ages 14+

Sun. September 27th

Sun. November 15th

Ages 6-13

Sun. October 4th

Sun. December 6th

\$50

Member

\$60

Non-Member

REGISTER
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

Register for Drill Classes!

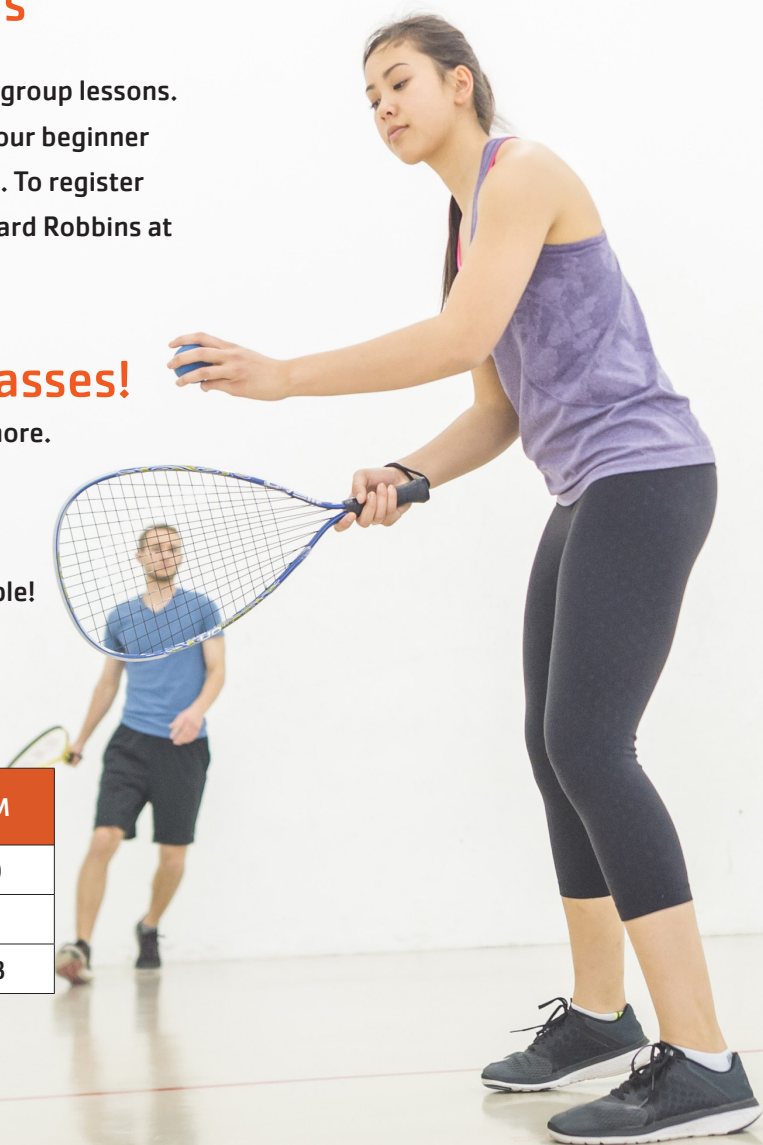
Learn how to serve, drill/play and more.

Leagues

Challenge Ladder & Doubles Available!

Contact Howie Robins at howier623@gmail.com

Racquetball Drill	\$ YM	\$ NM
1 Class	\$20	\$30
3 Classes	\$54	\$81
6 Classes	\$102	\$153



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 FALL SESSION				FALL 1 8/24-10/25		FALL 2 10/26-12/20	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM
Beginner	18+	Tu	6:00pm-7:15pm	\$225	\$315	\$200	\$280
Intermediate/Advanced		Tu	7:30pm-8:45pm				

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

Private 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

Pickleball Lessons	\$ YM	\$ NM
Private	\$70	\$80
Semi-Private Pickleball Lessons		
2 Participants	\$75	\$85
3 Participants	\$80	\$90
4 Participants	\$85	\$95



North Suburban School of Dance

North Suburban YMCA

North Suburban YMCA



20 26

PROGRAM

Fall Session: 8/24-12/20

Member Registration: NOW

Non-Member Registration: 8/5

FALL SESSION

THE TEAM



Val Lober
 Director of Performing Arts
 vlober@nsymca.org

CARTE BLANCHE

Dancers taking multiple classes may save more by registering for Carte Blanche with bundles of either 4 & 5 classes, or our NEW Unlimited Class option. Register for Carte Blanche online or in person (do not register for classes individually) and then email performingarts@nsymca.org the classes your dancer will be taking so that we may put them on the correct rosters

4 & 5 Classes:
 YM: \$1,030 NM: \$1,340

NEW!
Unlimited Class Bundle
 YM: \$1,300 NM: \$1,690

PRIVATE & SEMI-PRIVATE DANCE LESSONS

Ages 6 - Adults

Private lessons are a great way for dancers who train regularly to catch up or quickly improve their skill. Students work one-on-one with our teacher to learn material from their selected genre of dance. This can be a onetime lesson to work on a specific skill or an ongoing set of lessons to help students improve their overall technique. Please contact the Performing Arts Office to set up a time for your dancer.

PRIVATE DANCE LESSONS	
YM	NM
\$60/hr	\$70/hr
SEMI-PRIVATE LESSONS	
YM	NM
2 Dancers*	
\$35/hr	\$40/hr
3 Dancers*	
\$25/hr	\$30/hr
*Price is Per Dancer	



INSPIRED MOMENTUM COMPETITIVE

DANCE COMPANY AUDITIONS

Our Dance Companies will be holding their annual auditions on **Saturday, September 19th**. Mark your calendars now! Dancers must be in 2nd grade or higher.

NSSOD INSPIRED

Grades 2-12
1:30-2:45pm

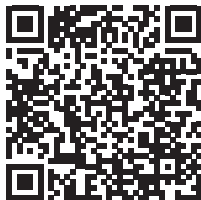
NSSOD MOMENTUM

Grades 7-12
2:45-4:00pm

NSSOD COMPETITIVE

Grades 8-12
4:00-5:30pm

FOR MORE
INFO ON
THE DANCE
COMPANIES:



MINI MOVERS SHOWCASE

SUNDAY
DECEMBER 6th
10am - NSYMCA Gym

Join us in cheering on all of our Mini Movers dancers as they show off what they have learned the last couple months and prepare for the holiday season with a special performance from our Mini Movers Nutcracker Workshop dancers!

Our Mini Movers Mini Showcase is designed to give our youngest dancers an informal and low-pressure introduction to performance before they take the big stage in June!

All Mini Movers classes include: T-shirt to wear at the performance, general admission for friends and family to attend the showcase, and class tuition.



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/DESIGNS*

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.

2026 FALL SESSION				Fall Session 8/24-12/20	
Class	Age	Day	Time	\$ YM	\$ NM
Ballet Rhythms	3 yrs	W	5:45pm-6:30pm	\$275	\$353
Ballet Rhythms/Beats	3-4 yrs	Sa	9:30am-10:15am	\$243	\$311
Ballet Beats/Designs	4-5 yrs	Th	5:15pm-6:00pm	\$275	\$353

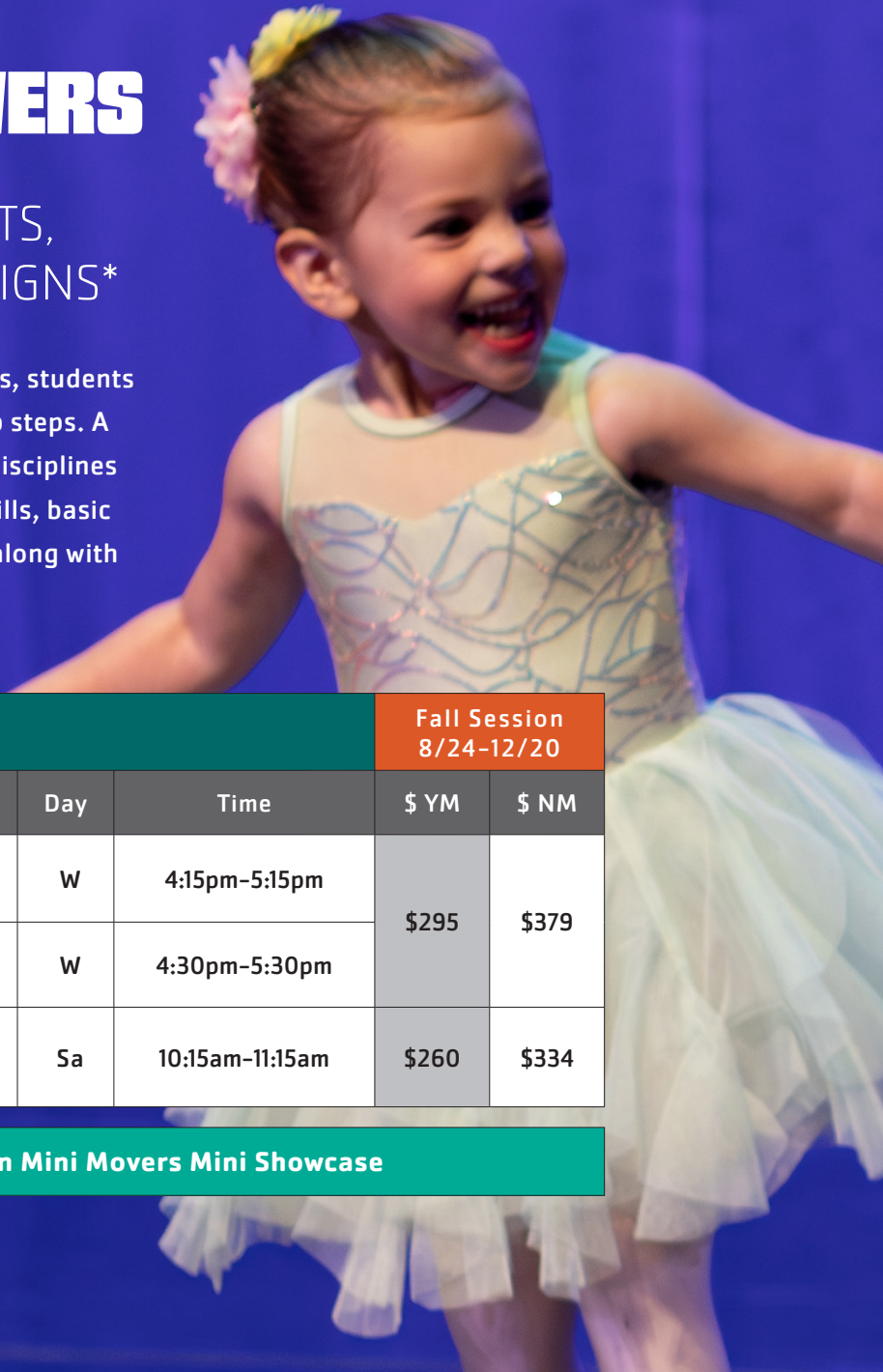
***Includes participation in Mini Movers Mini Showcase**

MINI MOVERS

BALLET/TAP BEATS,
BALLET/TAP DESIGNS*

5 yrs by 9/1/26

In these combination classes, students work on basic ballet and tap steps. A great introduction to both disciplines teaching the large motor skills, basic ballet positions, and steps along with beginning tap technique.



2026 FALL SESSION				Fall Session 8/24-12/20	
Class	Age	Day	Time	\$ YM	\$ NM
Ballet/Tap Beats	4 yrs	W	4:15pm-5:15pm	\$295	\$379
Ballet/Tap Designs	5 yrs	W	4:30pm-5:30pm		
Ballet/Tap Beats/ Designs	4-5 yrs	Sa	10:15am-11:15am	\$260	\$334

*Includes participation in Mini Movers Mini Showcase



NEW! **MINI MOVERS**
NUTCRACKER WORKSHOP

**Attention all Sugarplum Fairies
and Nutcracker Princes!**

This 6-week workshop will teach our youngest dancers a short Nutcracker dance that they can perform the last day of the workshop (our Mini Movers Mini Showcase!). Perfect for dancers who are already enjoying our program and looking for something a little extra or looking to join dance later in the season!

Participants must be able to attend all 6 weeks of the workshop. Workshop fee includes Mini Movers T-Shirt, general admission to the Mini Movers Showcase for friends and family, and 5 weeks of class + performance on the 6th week!

Ages 3-5 years old by 9/1/26
Mondays – 4:30pm-5:30pm
Nov 1st-Dec 6th
Performance Sun, Dec 6th

**REGISTER
HERE:**



\$165

Member

\$195

Non-Member

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

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.

BALLET FOR GYMNASTS/SKATERS/ATHLETES



NEW!

10+ years and up

This fun and low-pressure 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.

STUDENT DIVISION



2026 FALL SESSION				Fall Session 8/24-12/20	
Class	Age	Day	Time	\$ YM	\$ NM
Ballet 1	6-10yrs	W	5:30pm-6:30pm	\$280	\$364
Ballet 1/2	8-12yrs	Sa	11:15am-12:15pm	\$245	\$319
Ballet 2	By Placement	Tu	4:30pm-5:30pm	\$298	\$387
Ballet 2/3		M	4:15pm-5:15pm	\$263	\$341
Ballet 3		W	4:15pm-5:30pm	\$300	\$390
Ballet 4		Sa	11:00am-12:30pm	\$298	\$387
Ballet 4/5/6		W	6:30pm-7:45pm	\$300	\$390
Ballet 5/6		Sa	12:30pm-2:00pm	\$298	\$387
Ballet 4/5/6 + Pre-Pointe & Pointe	By Placement	W	6:30pm-8:30pm	\$380	\$494
NEW CLASS: Ballet for Gymnasts/ Skaters/Athletes	10+	W	6:30pm-7:30pm	\$280	\$364

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 along with fun and upbeat choreography.

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.

2026 FALL SESSION				Fall Session 8/24-12/20	
Class	Age	Day	Time	\$ YM	\$ NM
Jazz 1	6-10 yrs	Tu	5:30pm-6:30pm	\$298	\$387
Jazz 2	By Placement	Th	6:15pm-7:15pm	\$280	\$364
Jazz 3			7:15pm-8:15pm	\$280	
Jazz 4/5		Tu	4:15pm-5:30pm	\$319	\$415
Jazz 6	5:30pm-6:45pm				
Tap 1	6-10 yrs	W	4:15pm-5:15pm	\$280	\$364
Tap 3/4	By Placement		6:30pm-7:30pm		
Tap 5/6			5:30pm-6:30pm		

STUDENT DIVISION

CONTEMPORARY MODERN

8 years and up + 1 Ballet or Jazz class per 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.

POMS

6 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.

2026 FALL SESSION				Fall Session 8/24-12/20	
Class	Age	Day	Time	\$ YM	\$ NM
Contemporary Modern 1	9+ yrs	Th	5:15pm-6:15pm	\$280	\$364
Contemporary Modern 2	By Placement	Tu	4:30pm-5:30pm	\$298	\$387
Contemporary Modern 3		Th	4:30pm-6:00pm	\$340	\$442
Contemporary Modern 4		Tu	6:45pm-8:15pm	\$362	\$470
Contemporary Modern 5			6:45pm-8:15pm		
Poms 1		6-10 yrs	Th	4:15pm-5:15pm	\$280
Poms 2 ages 9-11	By Placement	W	5:30pm-6:30pm		
Poms 2 ages 12+		Th	4:15pm-5:15pm		
Poms 3/4			7:15pm-8:15pm		

STUDENT DIVISION

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.

MUSICAL THEATRE

8 years 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.

2026 FALL SESSION				Fall Session 8/24-12/20	
Class	Age	Day	Time	\$ YM	\$ NM
Hip Hop 1	6-10 yrs	M	5:15pm-6:00pm	\$244	\$317
Hip Hop 2	By Placement		6:00pm-6:45pm		
Hip Hop 3			6:45pm-7:30pm		
Musical Theatre 1	8+ yrs	W	6:30pm-7:30pm	\$280	\$364
Musical Theatre 2	By Placement		7:30pm-8:30pm		

STUDENT DIVISION

CONDITIONING FOR DANCERS

Ages 10+

This class is taught by a certified Progressing Ballet Technique and mUvmethod flexibility instructor. Designed for dancers looking to build strength, flexibility, and stamina, this class focuses on developing deep core muscles while increasing flexibility in a safe method. In addition, dancers will work on alignment and ballet positions using tools such as a stability ball and therabands.

ACRO FOR DANCERS

12 years and up

*** Requirement: 1 technique class per week (Ballet, Jazz, or Cont Mod) at level 3 or higher**

Acro combines dance technique with precision tumbling skills. Classes build strength, flexibility, and skills like handstands, cartwheels, and walkovers while teaching dancers to seamlessly integrate acrobatics into their dance technique. Recommended for dancers with at least one year of dance experience in any genre and enrolled in at least one other dance class.

2026 FALL SESSION				Fall Session 8/24-12/20	
Class	Age	Day	Time	\$ YM	\$ NM
Conditioning for Dancers	12+ yrs	M	7:30pm-8:30pm	\$263	\$341
Acro for Dancers	12+ By Placement	Th	6:00pm-7:15pm	\$300	\$390



THRILLER WORKSHOP

Ready to Unleash Your Inner Zombie?

This workshop is all about having fun and learning some of the original choreography to the iconic Michael Jackson hit! No dance experience necessary. Grab your friends, bring your favorite drink (BYOB- 21+ workshop only), and get ready for a night (or two!) of dancing, laughter, and creepy-good vibes. **Costumes optional!**

Dancers who really love Thriller or may want some additional time to pick up the choreography are encouraged to attend both days for double the fun!

\$30

Member

\$35

Non-Member

SAVE THE DATES!

TEEN WORKSHOPS RUN FROM
5:00 -6:15 PM

Ages 13+

Fri. October 16th

Fri. October 23rd

ADULT WORKSHOPS RUN
FROM 7:00 -8:15 PM

Adults Only

Fri. October 16th

Fri. October 23rd

Visit NSYMCA.org for specific registration dates

ADULT

ADULT DANCE PUNCH CARD (5 punches)
YM \$90 NM \$115

ADULT BEG/INT BALLET

18 years and up

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 INTERMEDIATE TAP

18 years and up

Designed for dancers who are beyond the basics in tap and wish to work on more complex steps, patterns, and rhythms in a fun and friendly environment.

ADULT BEGINNER TAP/MUSICAL THEATRE

NEW!

18 years and up

This introductory class will focus on setting the foundations for a fun tap experience by working on rhythms, syncopation, and balance. In addition to tap skills, dancers will learn fun musical theatre-based exercises and choreography for an engaging and energetic way to exercise and promote personal expression—no singing, just dancing!

ADULT HIP HOP

Begins 10/26

18 years and up

Designed for adults, this energetic class builds rhythm, agility, coordination, and strength. New to dance? This is a great introduction! Danced before? This is a great opportunity to work on your stylization and dynamics!

ADULT



2026 FALL SESSION				Fall Session 8/24-12/20	
Class	Age	Day	Time	\$ YM	\$ NM
Adult Beg/Int Ballet	18+	Tu	5:45pm-6:45pm	\$298	\$387
Adult Intermediate Tap	18+	M	7:30pm-8:30pm	\$263	\$341
NEW CLASS: Adult Beginner Tap/Musical Theatre Dance	18+ yrs	W	7:30pm-8:30pm	\$280	\$364
Adult Hip Hop Begins 10/26	18+ yrs	M	7:30pm-8:15pm	\$130	\$169



YOUTH

2026 PROGRAM

THE TEAM



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



Shannon Sliwinski
Youth Development
Director
SSliwinski@nsymca.org

Fall 1 Session: 8/24-10/25
Fall 2 Session: 10/26-12/20

Member Registration: NOW
Non-Member Registration:
Fall 1 - 8/5
Fall 2 - 9/30

Y-TIME

SUPERVISED AFTER-SCHOOL CARE

Looking for a safe and fun place for your child after school? Y-Time gives kids a balance of homework support, active play, and social time in a supportive environment where they can learn, grow, and make friends.

Includes:

- Homework help
- Free recreational swim
- Crafts and creative projects
- Sports and games
- Fun with food
- Optional classes like dance, swim, yoga, or art
- Free transportation from most local schools

For more information, Latest Rates or current sign up form, Scan the QR Code or contact Shannon Sliwinski at 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.

School Days Out run when
Districts 27, 28, 30, and 31 ALL have no school!

UPCOMING DATES

DAYS OFFERED

Mon. September 21st

Tues. November 3rd

Wed. November 25th

Registration closes the Wednesday before. Late additions, if space allows, include a \$10 fee.

***NO REFUNDS** without a doctors' note. Any refund given will be in a voucher credit that can be used for future YMCA programming.

WINTER DATES

Camp days are not bundled. Please register for each date individually.

Mon. December 21st

Tues. December 22nd

Wed. December 23rd

Mon. December 28th

Tues. December 29th

Wed. December 30th

Visit Our Website For Updates!



\$85 /YM
\$95 /NM



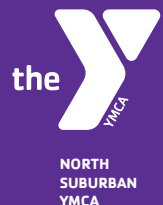
ARE YOU INTERESTED IN A FATHER/ CHILD OR MOTHER/CHILD EVENT?



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.

GYM JAM



Parent & Child Open Play Gym!

Ages: 0-5 yrs

Wed & Thurs
10/6-12/17

10am-12pm

Members: FREE!
Non-Members: \$5





Sun. Oct. 18th

1:00-3:00 pm

FREE TO THE COMMUNITY!

2705 TECHNY RD. NORTHBROOK, IL



**Trunk or Treat
Costume Contest for youth
Face Painting
Bounce Houses
Snacks and Treats for Purchase**

WEEKLY CLASSES

STICKY FINGERS COOKING

Grades K-5

It's THYME to TURNIP the BEET on what kids EAT! Our interactive classes make cooking fun and deliciously educational. Kids will enjoy tasty, healthy recipes while exploring S.T.E.A.M., culture, language, geography, and more. Led by our talented Chef Instructors, every class is hands-on, confidence-boosting, and designed to spark curiosity. Explore our weekly recipes and join us to WHIP up culinary fun all year long. Perfect for all ages!

AMAZING MINDS



Grades K-2

The Amazing Minds curriculum is thematic based, incorporating the core academic areas. Our program is centered around Piaget's theory of "learning by doing," and our hands-on format allows our goal to be achieved—making learning FUN! Whether the topic is the Animal Kingdom, China, or Space (20 topics in all!), mixed with math, science, reading, dramatic play, and art, this educational enrichment is a class you do not want your child to miss! TOPICS CHANGE EACH SESSION AND EACH SCHOOL YEAR!

2026 FALL SESSION				FALL 1 8/24-10/25		FALL 2 10/26-12/20	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM
Sticky Fingers Cooking	K-5th	W	4:30pm-5:30pm	\$342	\$414	\$266	\$322
NEW CLASS: Amazing Minds	K-2nd	Th	4:30pm-5:30pm	\$288	\$360	\$224	\$280

WEEKLY CLASSES

EXPRESS TO CONNECT



Grades 1-4

Express to Connect is a creative arts-based group where children build confidence, communication, and social skills through art, movement, mindfulness, games, and activities that encourage self-expression, friendship, creativity, and emotional awareness.



KINDERMUSIK



Starts 9/11 for Fall 1

BEGINNER

0 - 6 yrs

In this engaging mixed-age class, families build connections, explore music through play, and enjoy ever-changing activities led by licensed Kindermusik educators. Class fees include Kindermusik's app subscription, with songs, books, and activities to enjoy on the go!

LEVEL 3-4

3-6 yrs

This engaging program combines music, movement, literature, pretend play, and instruments. Children build creativity, problem-solving, and musical skills through ever-changing themes led by licensed Kindermusik educators. Class fees include Kindermusik's app subscription, with songs, books, and activities to enjoy on the go!

2026 FALL SESSION				FALL 1 8/24-10/25		FALL 2 10/26-12/20	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM
NEW CLASS: Express to Connect	1st -4th	M	4:30pm-5:30pm	\$295	\$364		
NEW CLASS: Kindermusik Beginner	0-6 yrs	F	11:30am -12:20pm	\$162	\$195	\$162	\$195
NEW CLASS: Kindermusik Level 3-4	3-6 yrs	F	12:45pm-1:35pm	\$162	\$195	\$162	\$195

PRESCHOOL WORKSHOPS

For Ages 3–5 yrs

MESS MAKERS: PUMPKIN DOUGH

Celebrate Halloween with stories, sensory play, and hands-on dough creations! Preschoolers will squish, roll, and sculpt festive characters while exploring colors, textures, creativity, and imagination in a fun, age-appropriate workshop. All supplies included, and caregivers are encouraged to join the Halloween fun.

STORYTIME CREATIONS: WINTER CRAFT

Join us for a cozy Winter Preschool Workshop filled with stories, creativity, and seasonal fun! Little learners will enjoy a winter-themed story time followed by a hands-on craft designed especially for preschool-aged children. This workshop encourages imagination, fine motor skills, and social interaction in a warm and welcoming environment. Perfect for young children and their caregivers. All supplies are included.

SAVE THE DATES!

**ALL WORKSHOPS RUN FROM
9:00AM–10:00AM**

Messy Makers

Sat. October 17th

Storytime Creations

Sat. December 12th

\$35 Member

\$45 Non-Member

**REGISTER
HERE:**



YOUTH WORKSHOPS

For Ages 7-12 yrs



Build, Code and Play with Robots

EXPEDITION MARS

Inspired by popular movies, NASA, and space travel! Come on an adventure building a functional, interstellar robot in this super fun workshop.

BATTLE ROBOTS

With their imagination as their guide, students will construct and customize their own battle robot, then challenge their robot against other robots.

HOLIDAY!

Embark on a festive journey with RoboThink and build your own Rudolph the Red-Nosed Reindeer, complete with a magical, glowing red nose!

SAVE THE DATES!

ALL WORKSHOPS RUN FROM
4:15PM-5:45PM

Expedition Mars

Tues. September 22nd

Battle Robots

Thurs. October 22nd

Robothink Holiday

Tues. December 15th

\$55

Member

\$70

Non-Member

REGISTER
HERE:



YOUTH WORKSHOPS

MS. KIM'S CRAFTS

For Grades K-5th

HALLOWEEN SLIME

Get ready for a spooky, squishy, and slime-filled good time at our Halloween Slime Workshop! Kids will create their very own custom Halloween-themed slime using fun colors, spooky mix-ins, glitter, foam beads, charms, and more. All supplies are included, and no experience is needed — just come ready for a frightfully fun time filled with mixing, stretching, and spooky surprises!

COZY CUPS & COCOA

Join us for a cozy and creative workshop where participants will design their very own personalized mug and custom hot cocoa jar! Guests will customize a mug with their own design, name, or theme, then create a hot cocoa jar filled with cocoa mix, marshmallows, and festive toppings. All supplies are included.

SAVE THE DATES!

ALL WORKSHOPS RUN FROM
5:00-6:00PM

Halloween Slime

Wed. October 21st

Cozy Cups & Cocoa

Wed. December 16th

\$50

Member

\$65

Non-Member

REGISTER
HERE:





NAVIGATOR NIGHTS

**SOCIAL EVENTS FOR
MIDDLE SCHOOLERS**

**One Friday Night a Month
Grades 6-8**



For more info email Ricky Gonzalez:
RGonzalez@nsymca.org

VISUAL ARTS

20
26

PROGRAM

Fall 1 Session: 8/24-10/25
Fall 2 Session: 10/26-12/20

Member Registration: NOW
Non-Member Registration:
Fall 1 - 8/5
Fall 2 - 9/30

FALL SESSION

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



PRESCHOOL

ABC'S OF ART

NEW!

3-6 years

Young artists explore painting, drawing, sculpture, collage, and more through playful, hands-on projects that build creativity, fine motor skills, confidence, and self-expression in a fun, supportive environment.



PRESCHOOL ART

3-6 yrs

Spark your preschooler's imagination through hands-on art! In this fun and supportive class, young artists explore drawing, painting, and creative expression—building confidence and a love for the arts that can last a lifetime.

Note: No class on 12/20.



2026 FALL SESSION				FALL 1 8/24-10/25		FALL 2 10/26-12/20	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM
NEW CLASS: ABC's of Art	3-6 yrs	Tu	4:15pm-5:15pm	\$189	\$243	\$189	\$243
Preschool Art *No Class & 12/20	3-6 yrs	Su	11:00am-12:00pm	\$147	\$189	\$105	\$135

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.



CERAMICS & SCULPTURE 101

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 FALL SESSION				FALL 1 8/24-10/25		FALL 2 10/26-12/20	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM
3-D Toy Design	K-3rd	M	6:15pm-7:15pm	\$182	\$224	\$208	\$256
Ceramic & Sculpture 101		W	4:15pm-5:15pm	\$207	\$261	\$161	\$203

YOUTH GRADES K-3

DRAWING & PAINTING 101

Grades 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.



CRAFT-TASTIC

Grades 1-4

Get creative with Ms. Alex through weaving, painting, collage, fiber arts, and seasonal crafts. Young makers will explore new techniques while creating unique projects in a fun, supportive environment.



2026 FALL SESSION				FALL 1 8/24-10/25		FALL 2 10/26-12/20	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM
Drawing & Painting 101	K-3rd	M	4:15pm-5:15pm	\$147	\$189	\$168	\$216
Craft-Tastic	1st-4th	F		\$168	\$216	\$126	\$162

YOUTH GRADES 4-8

DRAWING & PAINTING 201

Grades 3-5

Build drawing and painting skills while exploring composition, shading, color mixing, and perspective. This intermediate class encourages creativity, experimentation, and developing a unique artistic voice in a supportive environment.

CERAMICS & SCULPTURE 201

Grades 3-5

Young artists explore advanced sculpting while creating functional pieces and imaginative sculptures from clay and mixed media—perfect for students interested in ceramics, 3D art, and creative design.

CRAFT-TASTIC

Grades 5-8

Get creative with Ms. Alex through weaving, painting, collage, fiber arts, and seasonal crafts. Young makers will explore new techniques while creating unique projects in a fun, supportive environment.

2026 FALL SESSION				FALL 1 8/24-10/25		FALL 2 10/26-12/20	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM
Drawing & Painting 201	4th-9th	M	5:15pm-6:15pm	\$147	\$189	\$168	\$216
Ceramic & Sculpture 201		W		\$207	\$261	\$161	\$203
Craft-Tastic	5th-8th	Tu	6:00pm -7:00pm	\$189	\$243	\$168	\$216

YOUTH WORKSHOPS

Grades K-3



PUMPKIN FABRIC MOSAIC

Design a pumpkin using a variety of colorful fabric pieces.



PAINT A SNOWMAN

Draw a jolly snowman under a night sky, then paint with acrylics.

SAVE THE DATES!

**ALL WORKSHOPS RUN FROM
1:00-2:00PM**

Pumpkin Fabric Mosaic

Sun. October 18th

Paint a Snowman

Sun. November 15th

\$25

Member

\$40

Non-Member

**REGISTER
HERE:**



**OR VISIT:
NSYMCA.ORG**

For more
information
on these
workshops

FAMILY WORKSHOPS

NOSTALGIC HOBBIES

Our Nostalgic Hobbies series invites participants to step away from screens and into the satisfying world of hands-on creativity.

CROCHETING: HOOK, YARN & CIRCLE

All Ages

In this three-week series, we'll gather around the timeless craft of crocheting — a space where beginners learn together, experienced makers share what they know, and everyone contributes at their own pace.

Together, we'll work on individual projects, share techniques across ages, and experience what makes handcraft such a powerful way to connect.

All materials provided. All ages, all skill levels — just come as you are.

SAVE THE DATES!

WORKSHOP RUNS FROM
1:00–3:00 PM

Crocheting

Sun. 9/27–10/11

\$63

Member

\$93

Non-Member

**REGISTER
HERE:**



**OR VISIT:
NSYMCA.ORG**

For more
information
on these
workshops

ADULT WORKSHOPS

FRIDAY NIGHT OUT

Unwind with our Friday Night Out Workshops. No experience needed—just BYOB, friends, and creativity!



TISSUE PAPER LANTERNS

Create a stylish personalized paper lantern to brighten up your home or yard.



ACRYLIC POUR: SWIPING & CELLS TECHNIQUE

Fluid art painting done by layering and pouring paint—no brushes needed!

SAVE THE DATES!

ALL WORKSHOPS RUN FROM
7:00-8:30 PM

Tissue Paper Lanterns

Fri. October 9th

Acrylic Pour

Fri. November 13th

\$40

Member

\$50

Non-Member

REGISTER
HERE:



OR VISIT:
[NSYMCA.ORG](https://www.nsymca.org)

For more
information
on these
workshops

YOUR MEMBERSHIP IS WHAT YOU DO FOR YOU. AND YOUR DONATION IS WHAT YOU DO FOR YOUR COMMUNITY

STRENGTHENING OUR COMMUNITY

FREE older adult programming to reduce loneliness and maintain independence including a Caregiver Support Group, Social Networking Group, and Brain Games.

HEALTHY LIVING

Subsidized chronic disease programs for Diabetes Prevention, Arthritis, Balance, Alzheimer's, and Parkinson's.

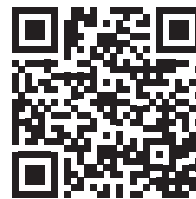
YOUTH DEVELOPMENT

295 children and 33 adults learned to swim thanks to financial aid.

SOCIAL RESPONSIBILITY

Over 200+ blessings bags packed for the homeless, quarterly blood drives saving close to 700 lives annually, food pantry collection site.

**DONATE
TODAY!**



COMING SOON!



NSYMCA ONLINE *SWAG SHOP*

FALL 2026





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**	\$105*
<small>(Existing Family Member will stay active at \$94 as long as membership is active)</small>	
NEW: Grandparent Memberships	
1 Grandparent + 1 Grandchild	\$69
1 Grandparent + 2 or more grandchildren	\$78
2 Grandparents + 2 Grandchildren	\$100
2 Grandparents + 1 Grandchild	\$90
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.

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

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**



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