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FOR IMMEDIATE RELEASE

NSYMCA Expands Youth Gymnastics Opportunities Through Ruth Schultz Bright Days Fund

Northbrook, IL — July 2026— The North Suburban YMCA (NSYMCA) is pleased to announce the addition of new gymnastics equipment made possible through support from the Ruth Schultz Bright Days Fund, helping create safer, more engaging opportunities for youth athletes to learn, grow, and succeed.

Funding from the Ruth Schultz Bright Days Fund enabled the Y to purchase two versatile pieces of equipment that will enhance gymnastics instruction while maximizing training space. The Air Floor PRO provides a safe, forgiving tumbling surface for athletes learning and refining skills such as rolls, cartwheels, round-offs, back handsprings, and body-control drills. The 5-in-1 Bar System offers multiple configurations for bars instruction, strength training, obstacle courses, and gymnastics progressions.

The equipment will be used throughout the year across NSYMCA preschool, recreational, pre-team, team, boys' gymnastics, camp, workshop, and special event programs, benefiting children ages 3 to 16. In addition to supporting existing classes, the new equipment will allow the Y to expand specialty offerings, including tumbling workshops, back handspring clinics, bars-focused workshops, and additional skill-development stations that increase participation and reduce wait times during classes.

"Gymnastics teaches much more than physical skills," said **Kathy Fielding, CEO of the NSYMCA**. "It helps young people develop perseverance, confidence, discipline, resilience, and goal-setting skills that serve them throughout their lives. We are grateful to the Ruth Schultz Bright Days Fund for making these opportunities possible for so many children and families."

The Ruth Schultz Bright Days Fund was established in honor of Ruth Schultz, whose legacy continues to inspire young people to become team players both in sports and in life. The fund supports NSYMCA athletics, special needs, and related programs that promote skill development, healthy lifestyles, community involvement, leadership, and positive youth

experiences.

"I believe that sports and recreation provide powerful opportunities for young people to discover their strengths, build confidence, and learn the value of teamwork," said **Howard Schultz, former NSYMCA CEO**. "Through the Ruth Schultz Bright Days Fund, we hope to create experiences that help children develop the skills, resilience, and sense of belonging that will benefit them for years to come."

The impact of the Ruth Schultz Bright Days Fund demonstrates the power of individual philanthropy to strengthen community programs and create lasting opportunities for future generations.

Individuals interested in supporting the Ruth Schultz Bright Days Fund or learning more about establishing a named endowment at the NSYMCA may contact Debbie Madeley, Development Director at dmadeley@nsymca.org or (847) 272-7250.

About the North Suburban YMCA

The North Suburban YMCA serves Northbrook and 15 surrounding communities with programs and resources that help people become healthier, more connected, and more confident. Guided by its mission to ensure that everyone—regardless of age, income, or background—has the opportunity to learn, grow, and thrive, the NSYMCA focuses on Youth Development, Healthy Living, and Social Responsibility. The NSYMCA is a charitable organization that is inclusive and welcoming to all members of the community. Learn more at NSYMCA.org.



The NSYMCA Gymnastics Team awarded a grant for new equipment by the Ruth Schultz Bright Days Fund (Top L to R) – Howard Schultz, Nikol D., Emma R., Charlotte H., Izabela B., Kelly Rao, Hannah P. (Bottom L to R) - Quinn R., Lauren K., Noa B., Julia S., Colbie V., Eloise R., Charlotte R., Gracelyn D., Nora W.



The NSYMCA Gymnastics Team with Howard Schultz, the grantor of the Ruth Schultz Bright Days Fund, poses on the 5-in-1 Bar System donated to the The North Suburban YMCA in Northbrook.



The North Suburban YMCA Gymnasts try out the new AirFlow Pro Mat donated through the Ruth Schultz Bright Days Fund. (Left to right) Coach Ella Quinlan, Izabela B. (age 9), Nora W. (age 9), Hannah P. (age 10) and Kelly Rao, NSYMCA Gymnastics Director.