



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN
YMCA**

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FOR IMMEDIATE RELEASE

North Suburban YMCA Opens Registration for 2026 Fall Programming

Programs for all ages include aquatics, wellness, sports, dance, visual arts and more

NORTHBROOK, IL – August 2026 – Registration is now open for the North Suburban YMCA's 2026 fall programming, offering children, teens, adults and families, opportunities to stay active, learn new skills and connect with others throughout the season.

Fall 1 runs August 24 through October 25, followed by Fall 2 from October 26 through December 20.

The Y's fall lineup includes:

- **Aquatics:** Progressive swim lessons for children, teens and adults; adaptive aquatics; and the Special Olympics Flying Turtles Swim Team
- **Athletics:** Preschool and youth sports, pickleball, open basketball and racquetball
- **Gymnastics:** Youth gymnastics programs and new offerings for Fall 2026
- **Dance:** Ballet, jazz, tap, hip hop and musical theatre, plus a new unlimited dance class bundle
- **Visual Arts:** Drawing, painting, ceramics, crafts and refreshed visual arts opportunities
- **Health & Wellness:** Group exercise, active adult wellness programs, personal training and small-group training
- **Youth Development:** Programs designed to help children and teens learn, grow and build connections
- **Special Needs Programs:** Inclusive opportunities for individuals with special needs

New for Fall 2026 are:

- Grandparent Membership
- Full-fall swim lesson option
- Expanded personal and small-group training
- Sound bath experiences
- New gymnastics offerings
- Jiu-Jitsu and self-defense programs
- Unlimited dance class bundle
- Refreshed visual arts opportunities

“Our fall programs offer something for everyone, from fitness and wellness to arts, sports and family activities,” said **Kathy Fielding, CEO of the North Suburban YMCA**. “We’re excited to welcome our community this fall and help people of all ages connect, grow and thrive.”

North Suburban YMCA members receive access to more than 60 complimentary group exercise classes, family and lap swimming, open gym activities and discounted rates on many programs. Financial assistance is available to help ensure that cost is not a barrier to participation.

The Fall Program Guide also highlights several **free community events** designed to bring families together and strengthen community connections:

- **Seniorpalooza** – Wednesday, September 16 [CLICK HERE to sign up for the lunch and learn](#)
- **Truck or Treat** – Sunday, October 18
- **Annual Holiday Giveback** – Saturday, December 5

For more information about membership or fall registration, visit the North Suburban YMCA at **2705 Techny Road, Northbrook, IL 60062**, visit the YMCA's website, or contact Heidi Busch at hbusch@nsymca.org.

To register for any of these classes, please [CLICK HERE](#)

About the North Suburban YMCA

The North Suburban YMCA services Northbrook and 14 surrounding communities with programs and tools that help its residents become healthier, more connected, and confident, ensuring 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 and is a charitable organization, inclusive and welcoming to all in our community. Learn more at NSYMCA.org



Fall Programs range from early childhood to senior programming, part of the NSYMCA’s wide range of activities for all ages. Fall session classes begin August 24. Details and online registration are available at www.nsymca.org.