

WINTER SPRING

Program Guide 2027

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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SESSION DATES

Winter: 1/4–3/21

Spring: 3/29–6/6

REGISTRATION

Member Registration: NOW

Non-Member Registration:

Winter: 12/16 Spring: 3/10

***Check specific department for changes.**

NEW FOR 2027!

Our 2027 Winter/Spring Guide brings exciting new ways for families to connect, stay active, and try something new.

HEALTH & WELLNESS

Health and Wellness is offering a **new small-group class, Monday Reset,** for busy people who want to move their bodies, clear their minds, and head into the week feeling prepared!

ATHLETICS

Athletics has a **new class, Amazing Athletes,** to explore different sports. Gymnastics added **Ninja Challenge and Bars Bootcamp workshops,** as well as a **spring break camp!**

DANCE

Dance now offers an **adult Jazz class** as well as a **Try Every Style Workshop** for those wishing to explore all areas of dance!

VISUAL ARTS

Our Visual Arts department has added **a new class for preschoolers, Preschool Ceramics & Sculpture!**

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

WINTER/SPRING YMCA SCHEDULE

REGULAR BUILDING HOURS

Monday–Friday:	Saturday:	Sunday:
5:00am – 9:00pm	6:00am – 7:00pm	6:00am – 5:00pm

HOLIDAY BUILDING HOURS

Christmas Eve:	Christmas Day:	New Year's Eve:
Dec 24th Y Closes at 2pm	Dec 25th Y Closed	Dec 31st Y closes at 2pm
New Year's Day:	**Easter Sunday:**	**Memorial Day:**
Jan 1, 2027 9:00 am – 5:00 pm	March 28, 2027 Y Closed	May 31, 2027 5:00 am – Noon

IMPORTANT DATES

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

Winter Break 2026:	Easter Break:
Dec 20th – Jan 3rd	March 26th after 3pm – March 28th
Spring Break:	**Memorial Weekend:**
March 22nd – March 28th	May 28th after 3pm – May 31st

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.

VISIT NSYMCA.ORG TO DOWNLOAD A PAPER REGISTRATION FORM

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.

Financial Assistance & Scholarships

At the North Suburban YMCA, we believe everyone deserves the opportunity to participate, regardless of their ability to pay. Financial assistance and scholarships are available to help individuals and families access Y memberships, programs, and activities.

PAYMENT PLANS

We offer flexible payment plans to help make Y programs more affordable for individuals and families. Contact our Membership Team to learn more about available options.

THERE'S ALWAYS SOMETHING HAPPENING AT THE Y!

DISCOVER SOMETHING NEW. CONNECT WITH YOUR COMMUNITY. FIND YOUR NEXT FAVORITE EXPERIENCE.

From pop-up workshops and special activities to family events and community celebrations, there's always something happening at the North Suburban YMCA!

Explore opportunities across our departments, try something new, build a skill, or spend time connecting with others. Whether you're looking for an activity for yourself, your family, or the whole community, the Y has experiences to discover throughout the year.

FIND YOUR NEXT EVENT!

Browse featured events and the event calendar to find activities that interest you. Visit our website for the latest dates, times, details, and registration information.

SCAN TO EXPLORE EVENTS

NEW EXPERIENCES. MEANINGFUL CONNECTIONS. FOR A BETTER US.

North Suburban YMCA

HEALTH & WELLNESS

2027 PROGRAM

WINTER/SPRING SESSION



Winter Session: 1/4 – 3/21
Spring Session: 3/29 – 6/6

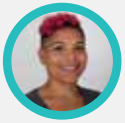
Member Registration: NOW

Non-Member Registration:
Winter – 12/16
Spring – 3/10

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



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Karen Brownlee
Adult Programs Coordinator
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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.

ONE-TIME INBODY ASSESSMENT

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

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 Dance
- Cardio & Strength
- Chair Yoga
- Combo Classes
- Core Classes
- Cycle Classes
- Dance-Based Fitness
- Enhance Your Fitness
- HIIT Classes
- Human Reformer
- LaBlast
- Les Mills Body Combat
- Les Mills BODYPUMP™
- Mat Pilates
- Step Classes
- Strength Classes
- TRX classes
- Yoga Classes
- Zumba®

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 body size, shape, age, ability, or experience level.

Training can help you:

- Build strength and improve mobility for everyday life
- Develop proper form and body awareness to prevent injury
- Gain confidence in the gym and in your body
- Support energy, sleep, and overall well-being
- Manage body changes — including those related to GLP-1 medications or other health shifts — with safe, effective strength training
- Learn how to fuel your body for energy and performance, not weight loss (weight-neutral nutrition support available)
- Stay consistent with a plan that fits your life

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

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

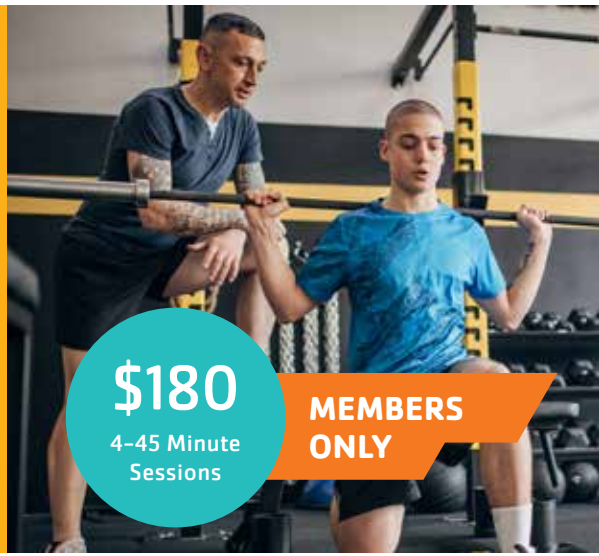
YOUTH FITNESS

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.



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.

ATHLETIC DEVELOPMENT	
YM	NM
Sessions run on Mon and Wed from 4:30-5:30pm	
$240/month	$280/month

YOUTH FITNESS

PLAY FOR LIFE

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

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.

2027 WINTER/SPRING SESSION				WINTER 1/4–3/21		SPRING 3/29–6/6	
Class	Age	Day	Time	$ YM	$ NM	$ YM	$ NM
Play for Life	8–11 yrs	W	4:15–5:00pm	$200	$300	$200	$300
Foundational Fitness	12–15 yrs	Tu					
		Th					

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.

2027 WINTER/SPRING SESSION				WINTER 1/4-3/21		SPRING 3/29-6/6	
Class	Age	Day	Time	$ YM	$ NM	$ YM	$ NM
Strength for Metabolic Heatlh	Adult	M	9:30-10:30am	$250	$350	$225	$315
			5:15-6:15pm				
Welcome to Wellness: Start Here			10:15-11:15am	FREE	$80	FREE	$80
			5:15-6:15pm				

ADULT SMALL GROUP

MONDAY RESET NEW!

Adult

Mondays can set the tone for your whole week—so why not start with a reset? Monday Reset is a 45-minute small-group class designed for busy people who want to move their bodies, clear their minds, and head into the week feeling prepared.

We'll start with 30 minutes of efficient, all-levels strength and cardio to get you moving and boost your energy. Then we'll slow things down for 15 minutes of planning and reflection. Set one or two intentions for the week, schedule your workouts, and think about what you need to feel your best in the days ahead.
You'll leave with a plan, a little accountability, and a supportive group to help you stay on track. No experience needed—just show up and give yourself 45 minutes to reset.

2027 WINTER/SPRING SESSION				WINTER 1/4-3/21		SPRING 3/29-6/6	
Class	Age	Day	Time	$ YM	$ NM	$ YM	$ NM
NEW! Monday Reset	Adult	M	5:00-5:45pm	$250	$350	$225	$315

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

Winter Session is Virtual Only

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.

<table>
<tr><th colspan="4">2027 WINTER/SPRING SESSION</th><th colspan="2">WINTER
1/4-3/21</th><th colspan="2">SPRING
3/29-6/6</th></tr>
<tr><th>Class</th><th>Age</th><th>Day</th><th>Time</th><th>$ YM</th><th>$ NM</th><th>$ YM</th><th>$ NM</th></tr>
<tr><td rowspan="3">Basic Cardio</td><td rowspan="5">Adult+</td><td>M</td><td rowspan="3">10:15-11:10am</td><td rowspan="3">FREE</td><td rowspan="5">$231</td><td rowspan="3">FREE</td><td>$189</td></tr>
<tr><td>W</td><td rowspan="3">$210</td></tr>
<tr><td>F</td></tr>
<tr><td rowspan="2">Cardio & Light Weights:
Winter Virtual Only</td><td>Tu</td><td rowspan="2">7:55-8:50am</td><td rowspan="2">$176</td><td rowspan="2">$160</td></tr>
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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

Winter Session is Virtual Only

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.

2027 WINTER/SPRING SESSION				WINTER 1/4-3/21		SPRING 3/29-6/6	
Class	Age	Day	Time	$ YM	$ NM	$ YM	$ NM
Chair Yoga	Adult+	Tu	11:15-12:15pm	FREE	$231	FREE	$210
		Th					
Core & Functional Strength: Winter Virtual Only		M	7:55-8:50am	$176		$144	$189
		W				$160	$210
		F					

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.

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.

2027 WINTER/SPRING SESSION				WINTER 1/4-3/21		SPRING 3/29-6/6	
Class	Age	Day	Time	$ YM	$ NM	$ YM	$ NM
Enhance Your Balance	Adult+	Tu	10:15-11:00am	FREE	$231	FREE	$210
		Th					
Parkinson's Exercise Plus		M	11:30-12:30pm	$112	$147	$144	$189
		W				$160	$210
Enhance Your Fitness		M		FREE		FREE	$189
		W					$210
		F					

SOUNDBATHS POP-UP

TRADITIONAL

Adult

Take a break from doing and just be. 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. The sounds and vibrations wash over you, helping calm the nervous system, quiet the mind, and release tension held in the body. No experience, flexibility, or special equipment needed — just come as you are.

A sound bath can help you:

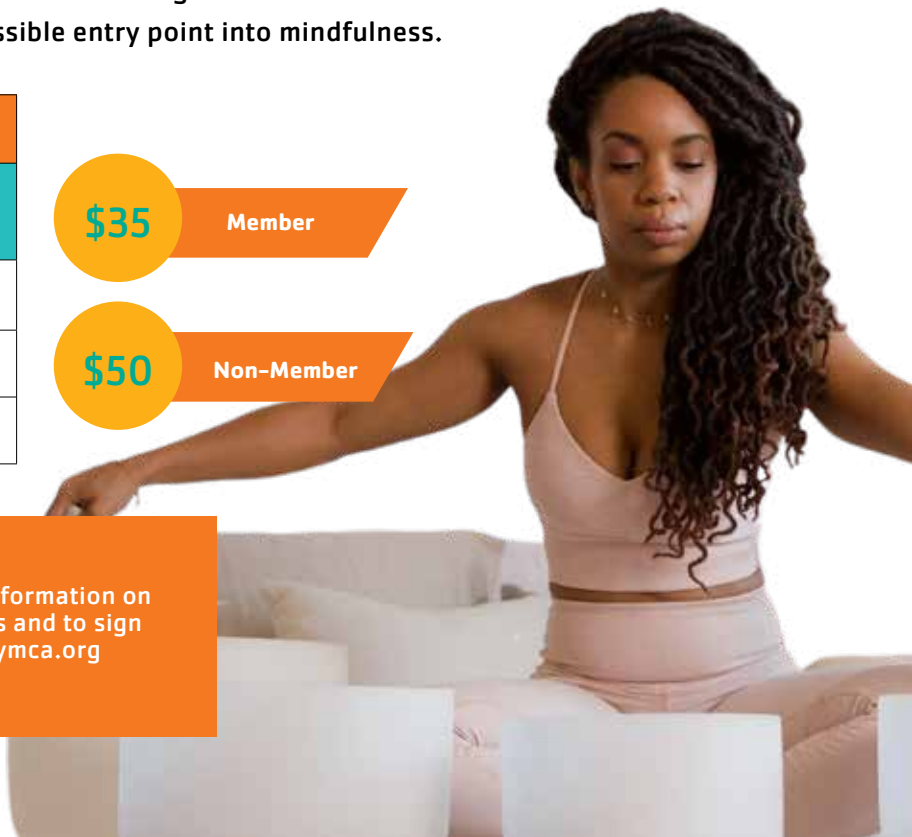
- Reduce stress and calm a busy mind.
- Support better sleep and relaxation.
- Release physical tension without moving a muscle.
- Experience a gentle, accessible entry point into mindfulness.

SAVE THE DATES!
ALL WORKSHOPS RUN FROM 2:00-3:15PM
March 7th
April 4th
April 18th

$35 Member

$50 Non-Member

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



SOUNDBATHS POP-UP

FLOATING

Adult

An immersive experience that 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. The combination of supported rest and resonant vibration can help calm the nervous system, release deeply held tension, and create a sense of drifting, spacious ease. 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.

$50 Member

$65 Non-Member

SAVE THE DATE!
WORKSHOP RUNS FROM 6:30-8:00PM
January 9th
February 13th
May 1st

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



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

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Move better. Live better.
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Move Better. Live Better.

Orthopedic Excellence for the Entire Family

Visit **ibji.com** to learn more.

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

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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northbrookbank.com

Member FDIC

NSYMCA Rentals

CELEBRATE YOUR NEXT EVENT AT THE NORTH SUBURBAN YMCA!



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!

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



North Suburban YMCA

AQUATICS

WINTER/SPRING SESSION

2027 PROGRAM



Winter/Spring Session: 1/4–6/6
Winter Session: 1/4 – 3/21
Spring Session: 3/29 – 6/6

Member Registration: NOW
Non-Member Registration:
Winter/Spring – 12/16
Winter – 12/16
Spring – 3/10

WINTER/SPRING 2027

Based on parent feedback, the Aquatics Department will continue the updated swim lesson registration format for Winter/Spring 2027 to support swimmer progress and family scheduling needs.

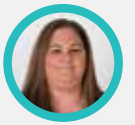
Families may choose to register for the Winter/Spring Combined Session (January 4 – June 6) at a discounted rate or register for the Winter and Spring sessions individually.

The Combined Session allows swimmers to keep the same lesson time throughout both sessions, providing consistent instruction and continued skill development. Flexible payment plans are also available.

All swimmers will be evaluated during the first week of each session for proper placement and instructor assignment and will receive a progress report at the end of both Winter and Spring.

Please note: Registration for the Combined Session will close after the second class.

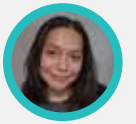
THE TEAM



Missy Contri
Aquatics Director
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Tom March
Aquatics Liaison
tmarch@nsymca.org



Ella Rico
Swim Lessons
erico@nsymca.org

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.

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.

2027 WINTER & SPRING SESSIONS		WINTER/ SPRING 1/4-6/6		WINTER 1/4-3/21		SPRING 3/29-6/6	
Age	Time	$ YM	$ NM	$ YM	$ NM	$ YM	$ NM
Monday							
6 mos-3 yrs w/Parent	6:00-6:30pm	$400	$500	$253	$316	$207	$259
3-5 yrs		$490	$613	$310	$387	$254	$317
6-10 yrs	6:35-7:05pm						
6-14 yrs	7:10-7:40pm						
14 & up	7:45-8:15pm						
Tuesday							
3-6 yrs	10:45-11:15am	$515	$643	$310	$387	$282	$352
14 & up	11:15-11:45am						
3-6 yrs	4:15-4:45pm						
6-10 yrs	4:50-5:20pm						
6-14 yrs	5:25-5:55pm						
3-5 yrs	6:00-6:30pm						
Wednesday							
3-6 yrs	5:05-5:35pm	$515	$643	$310	$387	$282	$352
6-14 yrs	5:40-6:10pm						
Thursday							
3 - 6 yrs	10:45-11:15am	$515	$643	$310	$387	$282	$352
14 & up	11:15-11:45am						
6-10 yrs	4:15-4:45pm						
6-14 yrs	4:50-5:20pm						
3-6 yrs	5:25-5:55pm						
3-5 yrs	6:00-6:30pm						
Saturday							
6-14 yrs	9:05-9:35am	$490	$613	$310	$387	$254	$317
6-10 yrs	9:40-10:10am						
6 mos-3 yrs w/Parent	10:15-10:45am	$400	$500	$253	$316	$207	$259
3-5 yrs		$490	$613	$310	$387	$254	$317
3-6 yrs	10:50-11:20am						
6-14 yrs	11:25-11:55am						
Sunday							
3-6 yrs	10:15-10:45am	$490	$613	$310	$387	$254	$317
6-10 yrs	10:50-11:20am						
3-6 yrs	11:25-11:55am						



LIFEGUARD CLASSES

The Red Cross Lifeguard training programs covers essential skills for lifeguards, including recognizing, preventing, and responding to aquatic emergencies, and performing CPR, AED, and First Aid.

The Lifeguard Instructor Course provides training on how to teach lifeguard skills according to Red Cross standards. Additionally, the Lifeguard Instructor Review Course is required to renew certification, including in-water skill practice and a review of Red Cross policies and procedures.

Each course incorporates in-person, in-water, and online components. Along with specific course requirements.

Courses offered:

- Lifeguard Blended Learning Class
- Lifeguard Review Class
- Lifeguard Instructor Class
- Lifeguard Instructor Review Course
- Lifeguard Instructor Trainer Review Course

CLASS SCHEDULES AND REGISTRATION AVAILABLE ONLINE

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

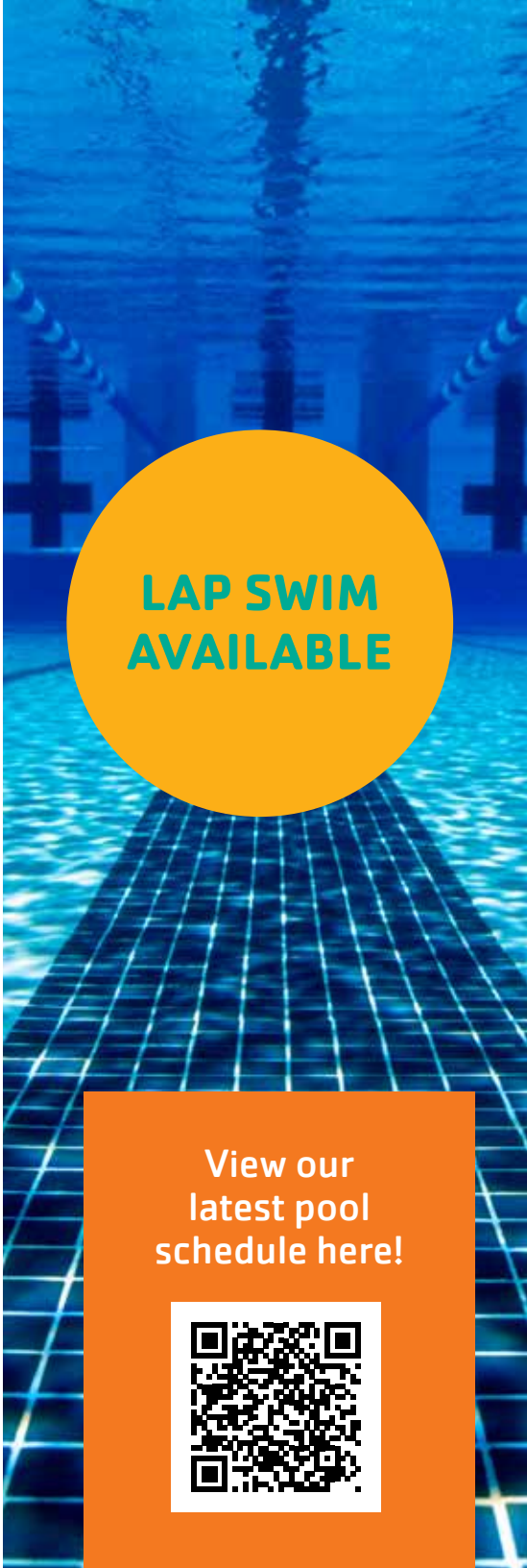
Adult

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.



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.

2027 WINTER & SPRING SESSIONS			WINTER/ SPRING 1/4-6/6		WINTER 1/4-3/21		SPRING 3/29-6/6	
Age	Day	Time	$ YM	$ NM	$ YM	$ NM	$ YM	$ NM
8-18 yrs	M	5:00pm-5:40pm	$510	$638	$323	$403	$264	$330
	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.

2027 WINTER & SPRING SESSIONS				WINTER/ SPRING 1/4–6/6		WINTER 1/4–3/21		SPRING 3/29–6/6	
	Age	Day	Time	$ YM	$ NM	$ YM	$ NM	$ YM	$ NM
Special Olympics Swim Team	8–22 yrs	W	4:15–4:55pm	$557	$696	$335	$419	$305	$381
		F	4:15–4:55pm	$530	$663			$274	$343
		F	5:00–5:40pm						
		Su	12:15–12:55pm						
Team Building Combo	16–22 yrs	W	4:15–6:00pm	$840	$1,050	$506	$633	$460	$575

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

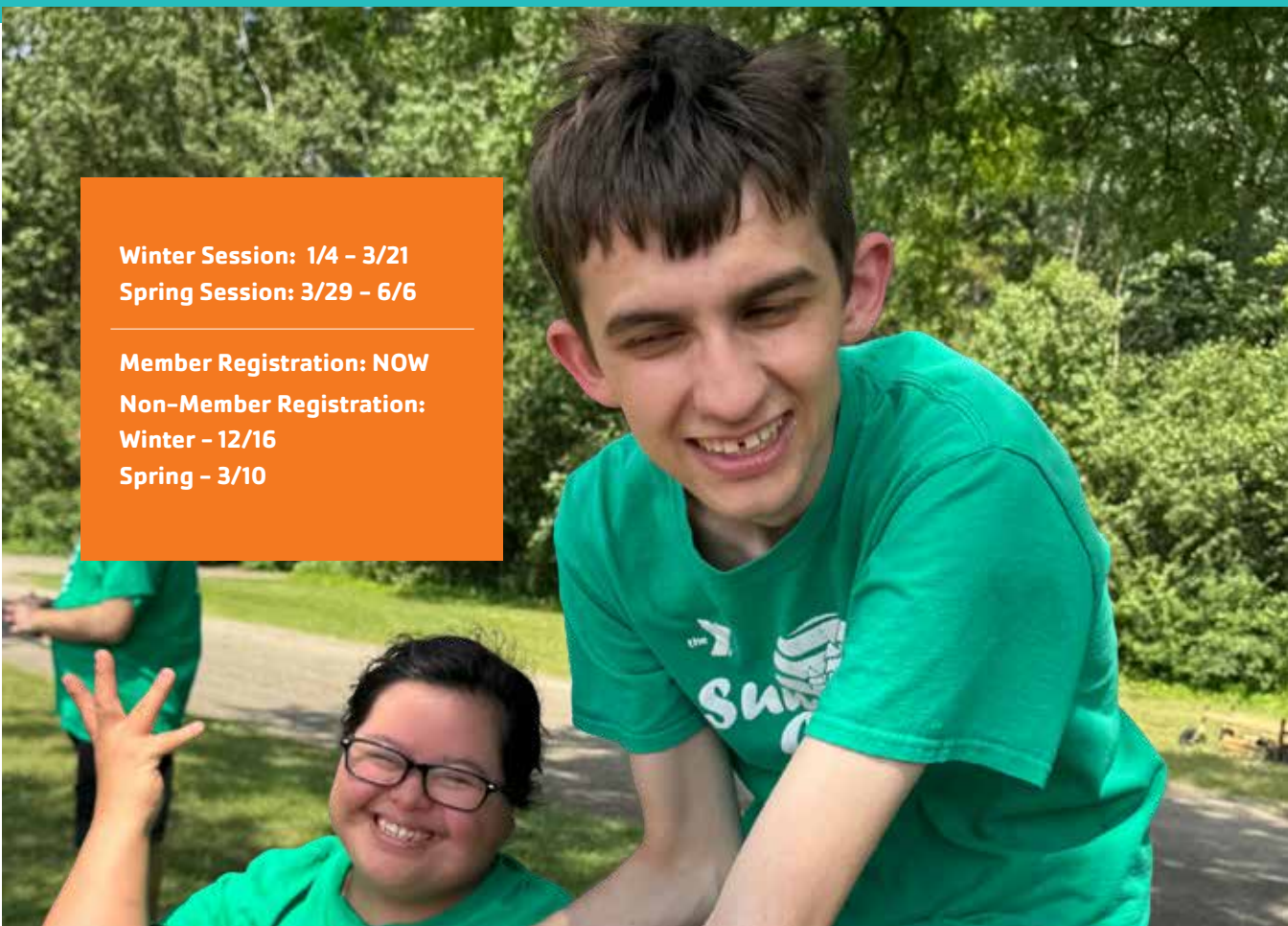
The North Suburban YMCA's Special Olympics Swim Team is known for combining team spirit, individual growth, and a supportive social environment. Open to swimmers at least 8 years old with intellectual disabilities who can swim 25 yards unassisted on both front and back.

North Suburban YMCA

SPECIAL SERVICES

2027 PROGRAM

WINTER/SPRING SESSION



Winter Session: 1/4 – 3/21
Spring Session: 3/29 – 6/6

Member Registration: NOW
Non-Member Registration:
Winter – 12/16
Spring – 3/10

SPECIAL SERVICES

Group Ex.

11+ yrs

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

Yoga

11+ yrs

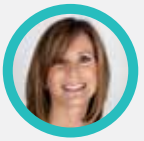
Improve strength, balance, and flexibility while reducing stress. Practice guided meditation and breathing techniques to calm the mind and body.

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 35
Special Needs Private Swim Lessons
*See Page 35

SPECIAL NEEDS PERSONAL TRAINING

Contact Ellen Mirochnick at emirochnick@nsymca.org

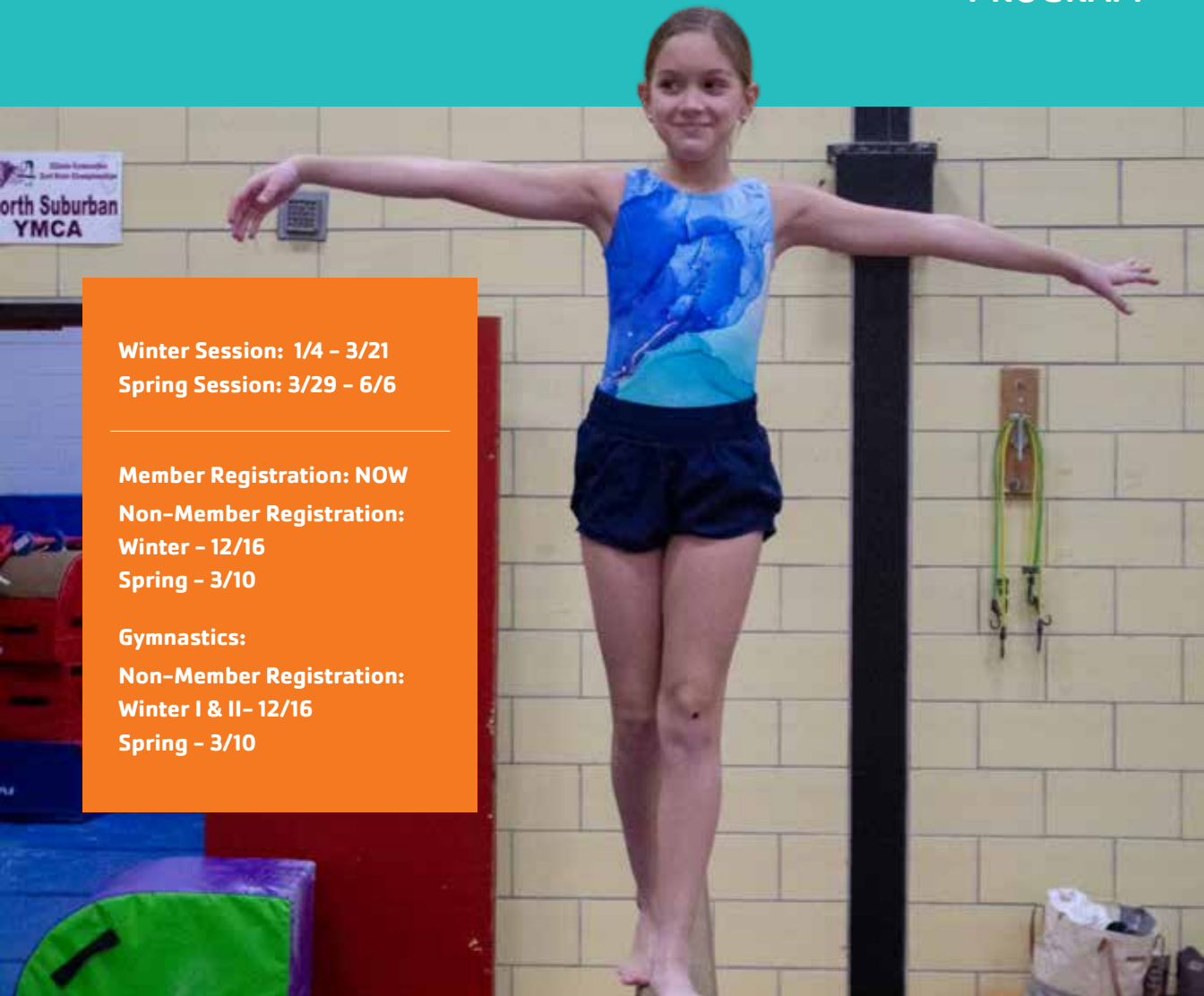
2027 WINTER/SPRING SESSION				WINTER 1/4-3/21		SPRING 3/29-6/6	
Class	Age	Day	Time	$ YM	$ NM	$ YM	$ NM
SN Group Ex	11+	Sa	10:00-10:45am	$341	$429	$279	$351
SN Yoga			11:00-11:45pm	$286	$363	$234	$297
SN STEAM	Highschool	Tu	4:15-5:00pm	$297	$374	$270	$340

North Suburban YMCA

ATHLETICS

WINTER/SPRING SESSION

2027 PROGRAM



Winter Session: 1/4 – 3/21
Spring Session: 3/29 – 6/6

Member Registration: NOW

Non-Member Registration:
Winter – 12/16
Spring – 3/10

Gymnastics:

Non-Member Registration:
Winter I & II– 12/16
Spring – 3/10

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

2027 WINTER/SPRING SESSION				WINTER 1/4–3/21		SPRING 3/29–6/6	
Class	Age	Day	Time	$ YM	$ NM	$ YM	$ NM
Preschool Sports	3–5 yrs	Th	9:15–10:00am	$176	$229	$160	$208
Preschool Sports & Swim			9:15–10:45am	$352	$451	$320	$410



AMAZING ATHLETES

NEW!

NSYMCA is partnering with Amazing Athletes, an outside provider specializing in children's sports, to bring these programs to the Y. Classes are led by Amazing Athletes instructors.

Amazing Athletes introduces children to nine sports while developing motor skills through games, obstacle courses, and fitness activities. Kids build coordination, cardiovascular fitness, speed, agility, flexibility, and muscle strength in a fun, active environment that encourages teamwork, confidence, and a lifelong love of movement while promoting healthy habits and physical development through engaging, age-appropriate activities.

2027 WINTER/SPRING SESSION				WINTER 1/4-3/21		SPRING 3/29-6/6	
Class	Age	Day	Time	$ YM	$ NM	$ YM	$ NM
NEW! Amazing Athletes	2-3 yrs	Sa	9:30-10:00am	$198	$253	$162	$207
	3-5 yrs		10:15-11:00am				
	2-3 yrs	F	9:00-9:30am				
	3-5 yrs		9:30-10:15am				

YOUTH SPORTS

This program is supported by the Ruth Schultz Bright Days Fund

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.

2027 WINTER/SPRING SESSION				WINTER 1/4-3/21		SPRING 3/29-6/6	
Class	Age	Day	Time	$ YM	$ NM	$ YM	$ NM
Kindergarten Basketball	K	M	4:15-5:15pm	$209	$264	$171	$216
Basketball Skill & Drills	1st-4th		5:15-6:15pm				

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.

<table>
<tr><th colspan="4">2027 WINTER/SPRING SESSION</th><th colspan="2">WINTER
1/4-3/21</th><th colspan="2">SPRING
3/29-6/6</th></tr>
<tr><th>Class</th><th>Age</th><th>Day</th><th>Time</th><th>$ YM</th><th>$ NM</th><th>$ YM</th><th>$ NM</th></tr>
<tr><td>Beginner Volleyball</td><td>2nd-4th</td><td rowspan="2">W</td><td>4:15-5:15pm</td><td rowspan="4">$209</td><td rowspan="4">$264</td><td rowspan="3">$190</td><td rowspan="3">$240</td></tr>
<tr><td>Intermediate Volleyball</td><td>3rd-5th</td><td>5:15-6:15pm</td></tr>
<tr><td rowspan="2">Recreational Cheerleading</td><td rowspan="2">1st-4th</td><td>Th</td><td>5:15-6:15pm</td></tr>
<tr><td>Sa</td><td>11:00-12:00pm</td><td>$171</td><td>$216</td></tr>
</table>

AMAZING ATHLETES SCHOOL YARD GAMES

NEW!

6–12 yrs

Amazing Athletes school yard games uses a multi-sport program to benefit elementary aged children physically, mentally, socially, and emotionally. Our program introduces the fundamentals of multiple different sports and playground games in a non-competitive environment. Children in Amazing Athletes routinely gain greater confidence, learn to combine fitness with fun, and learn to be a part of a team.

2027 WINTER/SPRING SESSION				WINTER 1/4–3/21		SPRING 3/29–6/6	
Class	Age	Day	Time	$ YM	$ NM	$ YM	$ NM
NEW! Amazing Athletes School Yard Games	6–12 yrs	Th	4:15–5:15pm	$209	$264	$190	$240



GYMNASTICS: PRESCHOOL

***Please note that Gymnastics programs offer two separate winter sessions (Winter I and Winter II) rather than one full winter session. Families must register separately for each session and are encouraged to enroll in both for consistency and continued skill development.**

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.



2027 WINTER/SPRING SESSION				WINTER 1 1/4-2/21		WINTER 2 2/22- 4/18		SPRING 4/19-6/6	
Class	Age	Day	Time	$ YM	$ NM	$ YM	$ NM	$ YM	$ NM
Preschool Gymnastics	3-5 yrs	Tu	9:15-10:00am	$112	$147	$112	$147	$112	$147
		W	5:30-6:15pm						
		Sa	9:30-10:15am					$96	$126

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!

2027 WINTER/SPRING SESSION				WINTER 1 1/4-2/21		WINTER 2 2/22- 4/18		SPRING 4/19-6/6	
Class	Age	Day	Time	$ YM	$ NM	$ YM	$ NM	$ YM	$ NM
Parent and Tot Gymnastics	18 months -3 yrs	Sa	9:00-9:30am	$91	$119	$91	$119	$78	$102
Preschool Gymnastics & Swim	3-5 yrs	Tu	9:15-10:45am	$224	$287	$224	$287	$224	$287

GYMNASTICS JAM

Parent and Child Open Gymnastics Playtime

AGES 0–5

TUESDAYS
10 AM – 12 PM
JAN. 5TH – APRIL 27TH

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



2027 WINTER/SPRING SESSION				WINTER 1 1/4-2/21		WINTER 2 2/22- 4/18		SPRING 4/19-6/6	
Class	Age	Day	Time	$ YM	$ NM	$ YM	$ NM	$ YM	$ NM
Kinder Gymnastics	K	Tu	4:15-5:00pm	$112	$147	$112	$147	$112	$147
		Th	4:15-5:00pm						
		Sa	10:15-11:00am					$96	$126

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.

2027 WINTER/SPRING SESSION				WINTER 1 1/4–2/21		WINTER 2 2/22– 4/18		SPRING 4/19–6/6	
Class	Age	Day	Time	$ YM	$ NM	$ YM	$ NM	$ YM	$ NM
Beginner Gymnastics	6–12 yrs	M	4:15–5:15pm	$133	$168	$133	$168	$114	$144
		Tu	5:00–6:00pm					$133	$168
		W	4:15–5:15pm						
		Sa	11:00–12:00pm						
Intermediate Gymnastics		M	5:15–6:15pm					$114	$144
		F	4:15–5:15pm						
		Sa	11:00–12:00pm						

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.

These programs are supported by the Ruth Schultz Bright Days Fund

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.

2027 WINTER/SPRING SESSION				WINTER 1 1/4-2/21		WINTER 2 2/22- 4/18		SPRING 4/19-6/6	
Class	Age	Day	Time	$ YM	$ NM	$ YM	$ NM	$ YM	$ NM
Pre-Team	6-12 yrs	Tu & F	4:15-5:45pm	$280	$378	$280	$378	$260	$351
Team		M, W, Th	4:15-6:15pm	$462	$588	$462	$588	$440	$560

GYMNASTICS SPRING SHOWCASE

May 23, 2027

Shows at 1:00 and 3:00 pm

In the NSYMCA Main Gymnasium



Join us for a celebration of hard work, growth, and gymnastics!

Gymnasts from all classes will perform in our annual Spring Gymnastics Show, showcasing the skills they have learned and practiced throughout the season. This special event gives participants the opportunity to build confidence, experience the excitement of performing, and share their accomplishments with family and friends.

From our youngest gymnasts to our more experienced athletes, each class will have a chance to shine. Come cheer on our gymnasts and celebrate their progress in a fun and supportive atmosphere!

Each class will participate in one show. Show assignments will be determined based on enrollment and shared with families closer to the event.

Gymnasts must be registered for both the Winter 2 and Spring sessions to participate.

GYMNASTICS: WORKSHOPS

BACK HANDSPRING BOOTCAMP NEW!

(3 WEEKS)

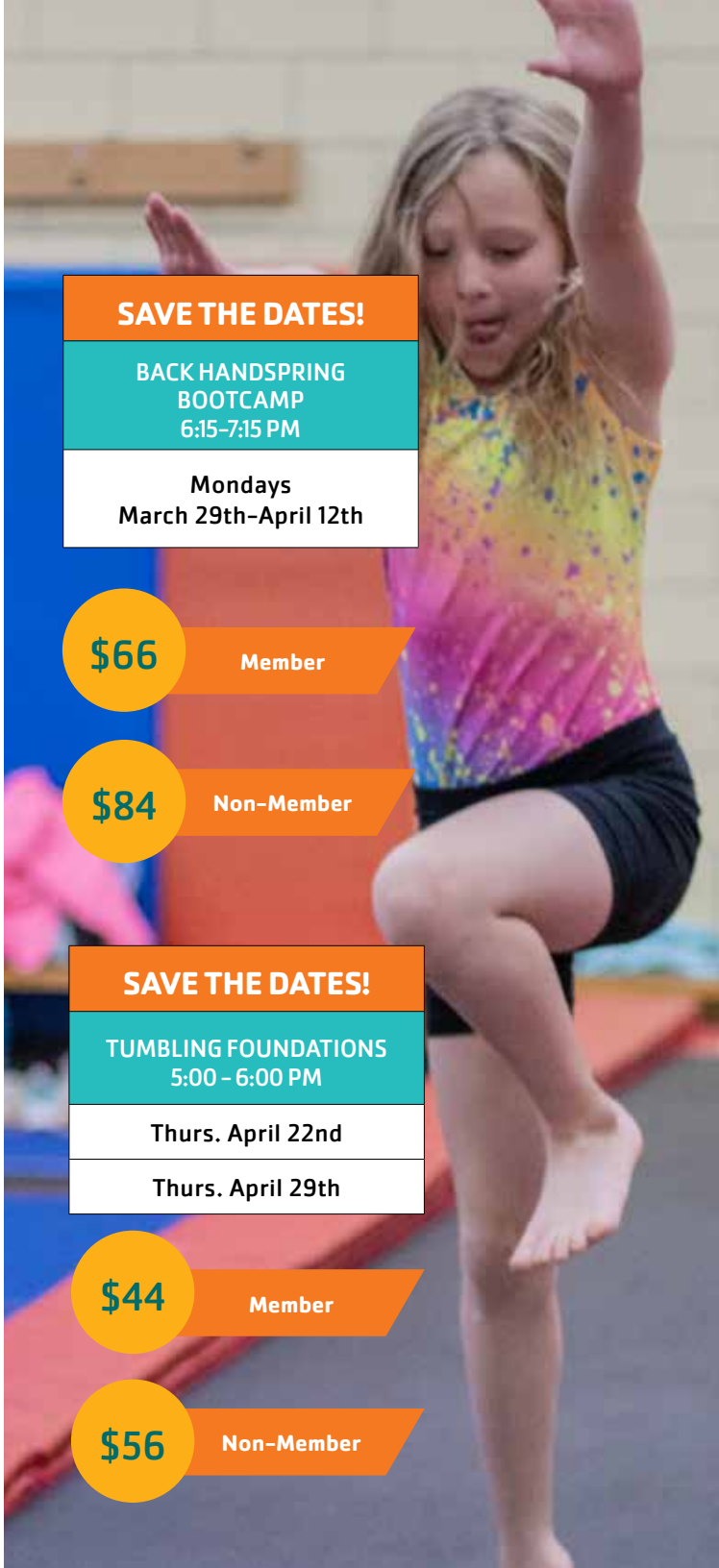
6–12 yrs

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.

TUMBLING FOUNDATIONS NEW!

6–12 yrs

Build a strong tumbling foundation in this 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!

BACK HANDSPRING BOOTCAMP
6:15-7:15 PM

Mondays
March 29th–April 12th

$66 Member

$84 Non-Member

SAVE THE DATES!

TUMBLING FOUNDATIONS
5:00 – 6:00 PM

Thurs. April 22nd

Thurs. April 29th

$44 Member

$56 Non-Member

GYMNASTICS: WORKSHOPS

NINJA CHALLENGE

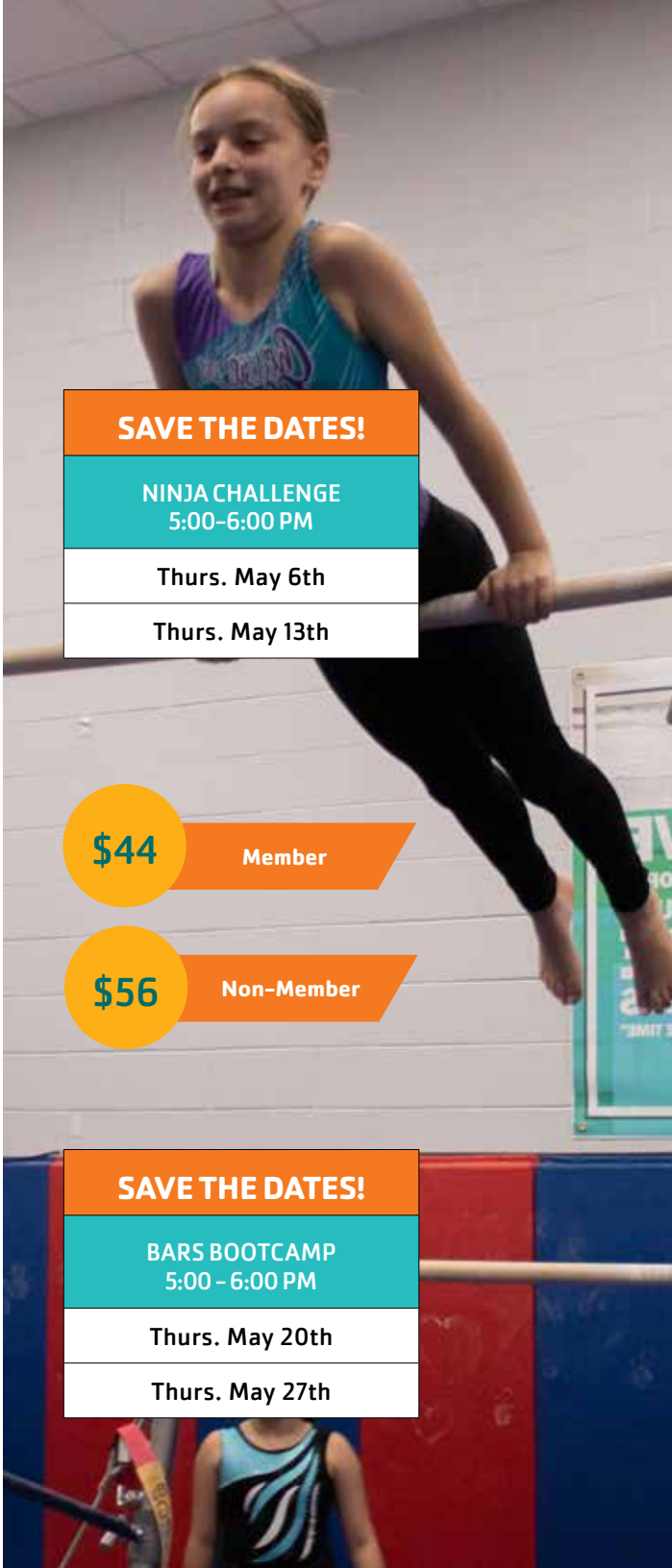
5–10 yrs

Jump, climb, balance, and conquer obstacles! This workshop combines fun movement challenges and obstacle courses to help kids build strength, coordination, and confidence. Participants will practice their ninja skills in a supportive environment while tackling new challenges.

BARS BOOTCAMP

6–12 yrs

Build strength, confidence, and skills on the bars! This workshop gives gymnasts focused practice through drills and instruction tailored to their ability. Participants will work on body control, technique, and skills to help them progress on bars.



SAVE THE DATES!

NINJA CHALLENGE 5:00–6:00 PM
Thurs. May 6th
Thurs. May 13th

$44 Member

$56 Non-Member

SAVE THE DATES!

BARS BOOTCAMP 5:00 – 6:00 PM
Thurs. May 20th
Thurs. May 27th

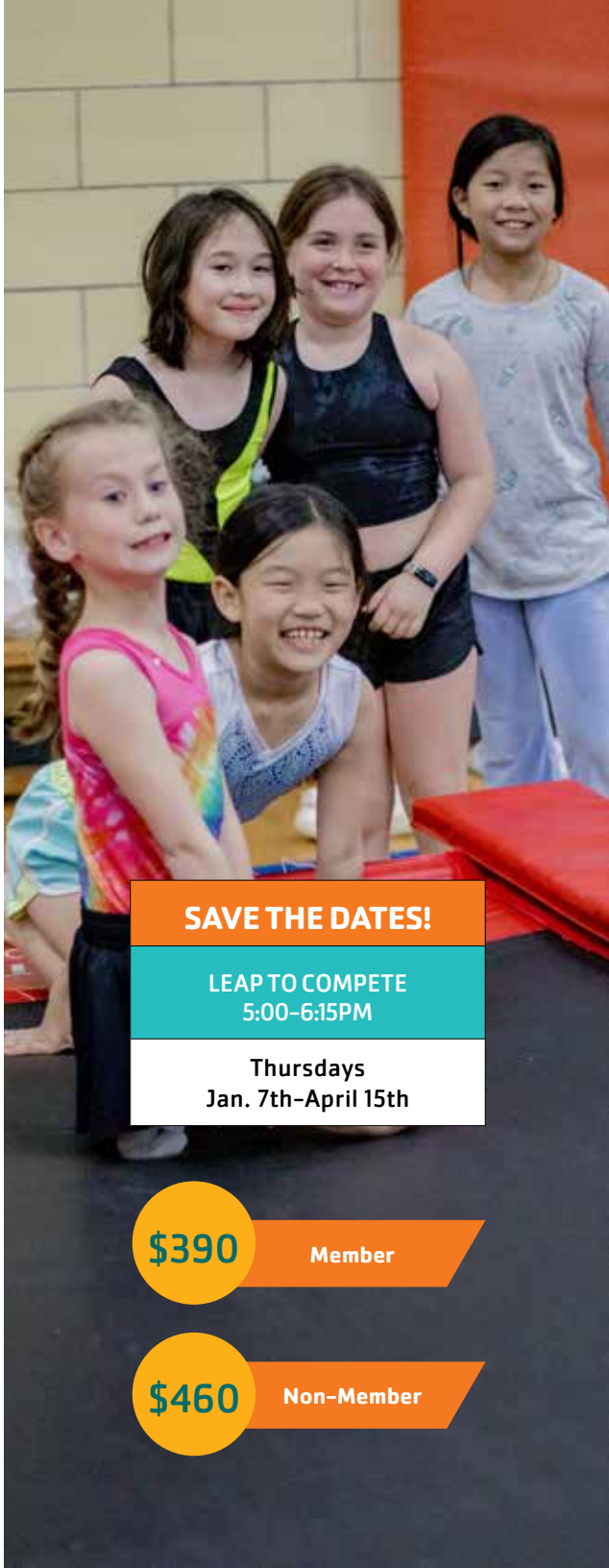
GYMNASTICS: WORKSHOPS

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.



GYMNASTICS SPRING BREAK CAMP

6–12 yrs

Flip into spring break with a week of gymnastics, movement, and fun! Campers will practice gymnastics skills, build strength and coordination, and enjoy games and activities. It's a chance to stay active, make friends, and build confidence while school is out.

Register for the full week or choose individual days to fit your spring break schedule.

SAVE THE DATES!
SPRING BREAK CAMP RUNS FROM 9:00–12:00 PM
Mon. March 22nd
Tues. March 23rd
Wed. March 24th
Thurs. March 25th
Fri. March 26th

Full Week:
$185/YM
$235/NM

Single Day:
$37/YM
$47 /NM





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

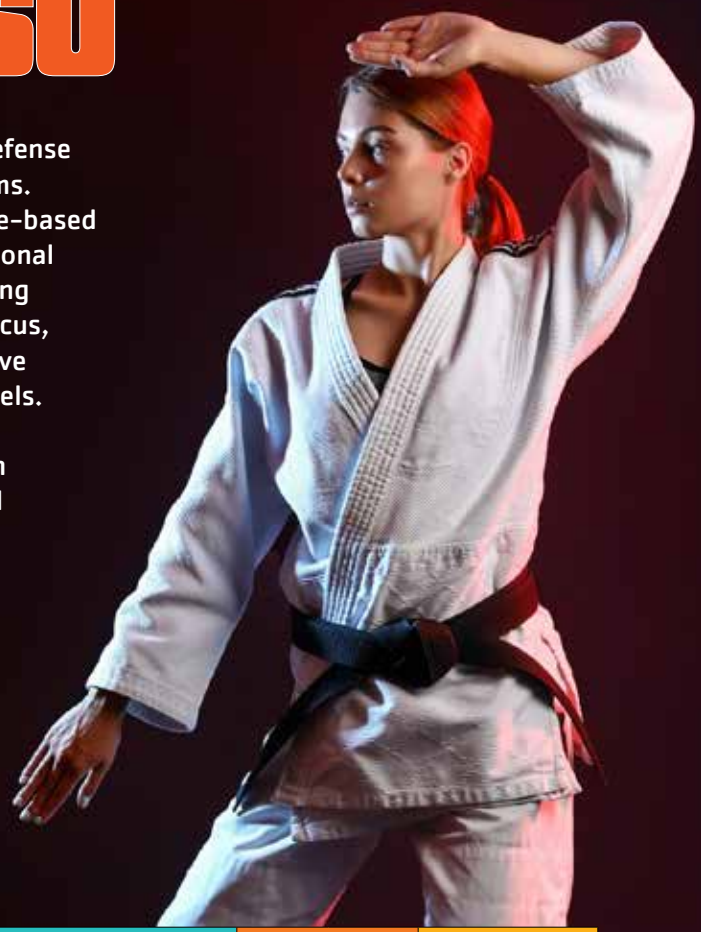
Join in on open Pickleball sessions—check the gym schedule for available times.

VIEW OUR LATEST SCHEDULE HERE!

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

2027 WINTER/SPRING SESSION				WINTER 1/4-3/21		SPRING 3/29-6/6	
Class	Age	Day	Time	$ YM	$ NM	$ YM	$ NM
Jiu Jitsu	5-11 yrs	W	5:00-6:00pm	$297	$352	$270	$320
	18 & up	M	5:15-6:30pm	$319	$374	$261	$306



SELF-DEFENSE WORKSHOPS

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. February 21st
Sun. May 16th
Ages 6-13
Sun. January 24th
Sun. April 11th

$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.

2027 WINTER/SPRING SESSION				WINTER 1/4-3/21		SPRING 3/29-6/6	
Class	Age	Day	Time	$ YM	$ NM	$ YM	$ NM
Beginner	18 & up	Tu	6:00-7:15pm	$275	$385	$250	$350
Intermediate/ Advanced			7:30-8:45pm				

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

2027

WINTER/SPRING SESSION

PROGRAM

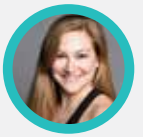


Winter/Spring Session:
1/4-6/6

Member Registration: NOW

Non-Member Registration:
Winter/Spring - 12/16

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: $1,653 NM: $2,149

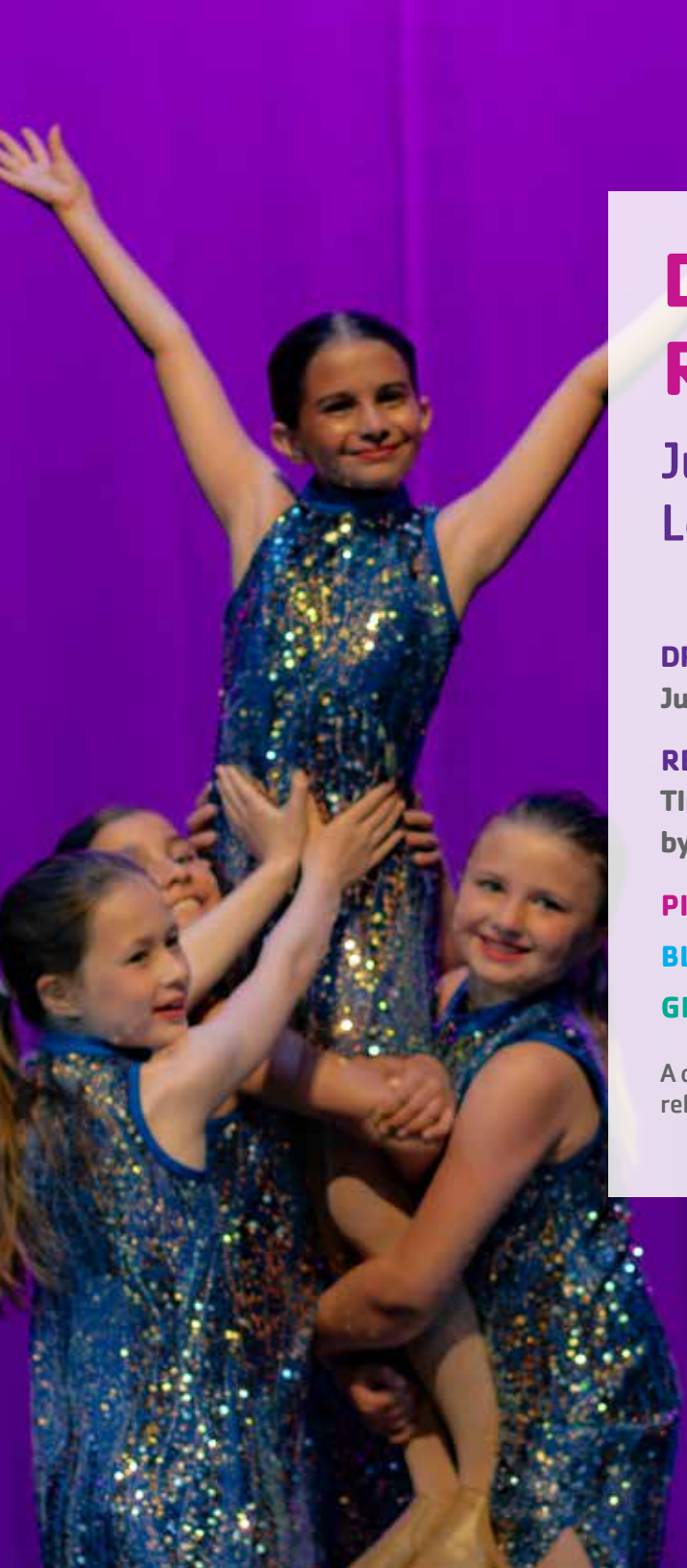
Unlimited Class Bundle
YM: $1,850 NM: $2,405

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	



DANCE RECITAL

June 5th 2027
Loyola Academy

DRESS REHEARSALS:
June 3rd and June 4th

RECITAL TIMES:
TImes for each class can be determined by the corresponding colors

PINK 10:00am

BLUE 1:00pm

GREEN 4:00pm

A detailed recital handbook will be released closer to Spring Break.

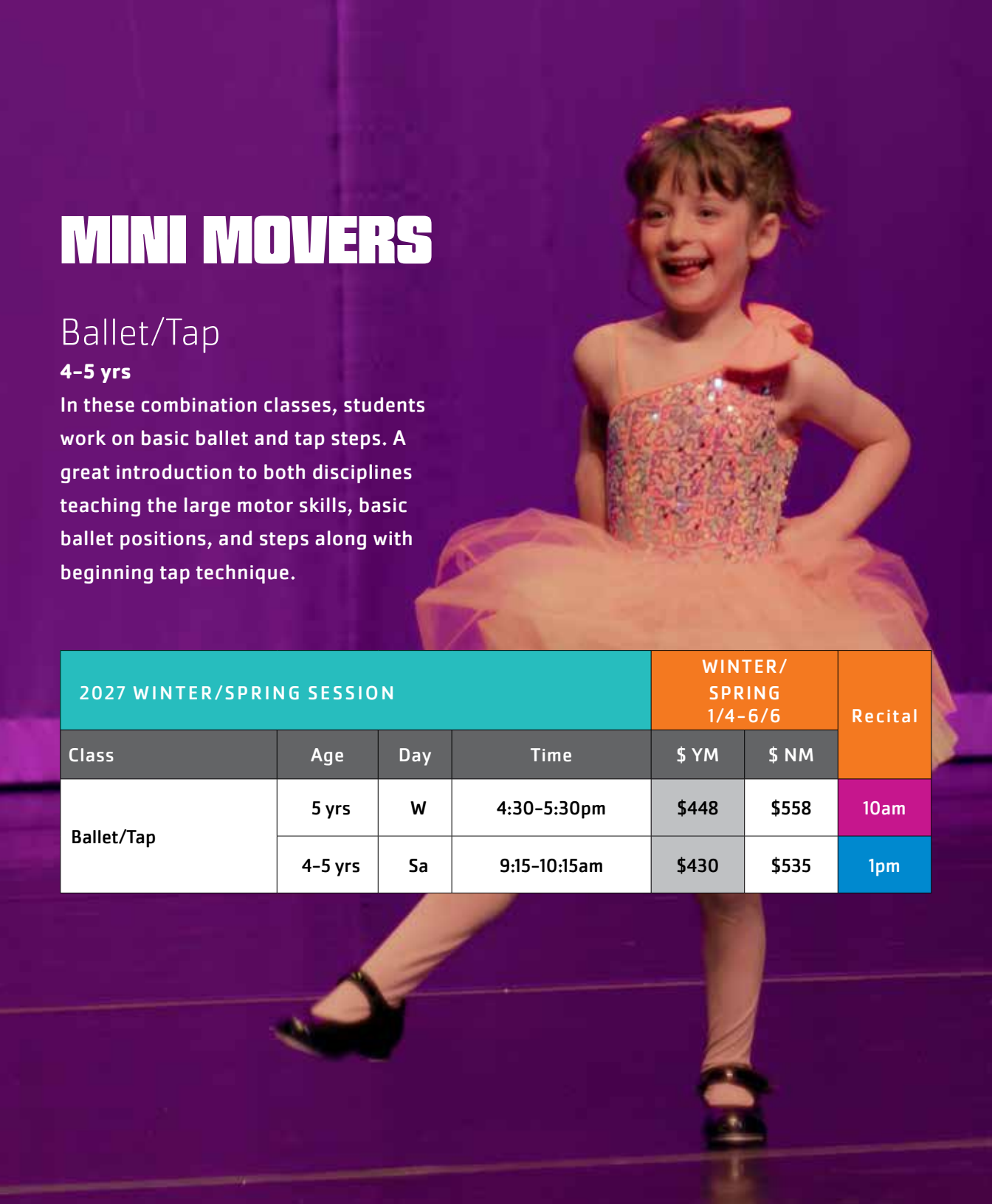
MINI MOVERS

BALLET

3–4 yrs

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.

2027 WINTER/SPRING SESSION				WINTER/ SPRING 1/4–6/6		Recital
Class	Age	Day	Time	$ YM	$ NM	
Ballet	3–4 yrs	W	5:45–6:30pm	$422	$524	10am



MINI MOVERS

Ballet/Tap

4–5 yrs

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.

2027 WINTER/SPRING SESSION				WINTER/ SPRING 1/4–6/6		Recital
Class	Age	Day	Time	$ YM	$ NM	
Ballet/Tap	5 yrs	W	4:30–5:30pm	$448	$558	10am
	4–5 yrs	Sa	9:15–10:15am	$430	$535	1pm

STUDENT DIVISION

BALLET

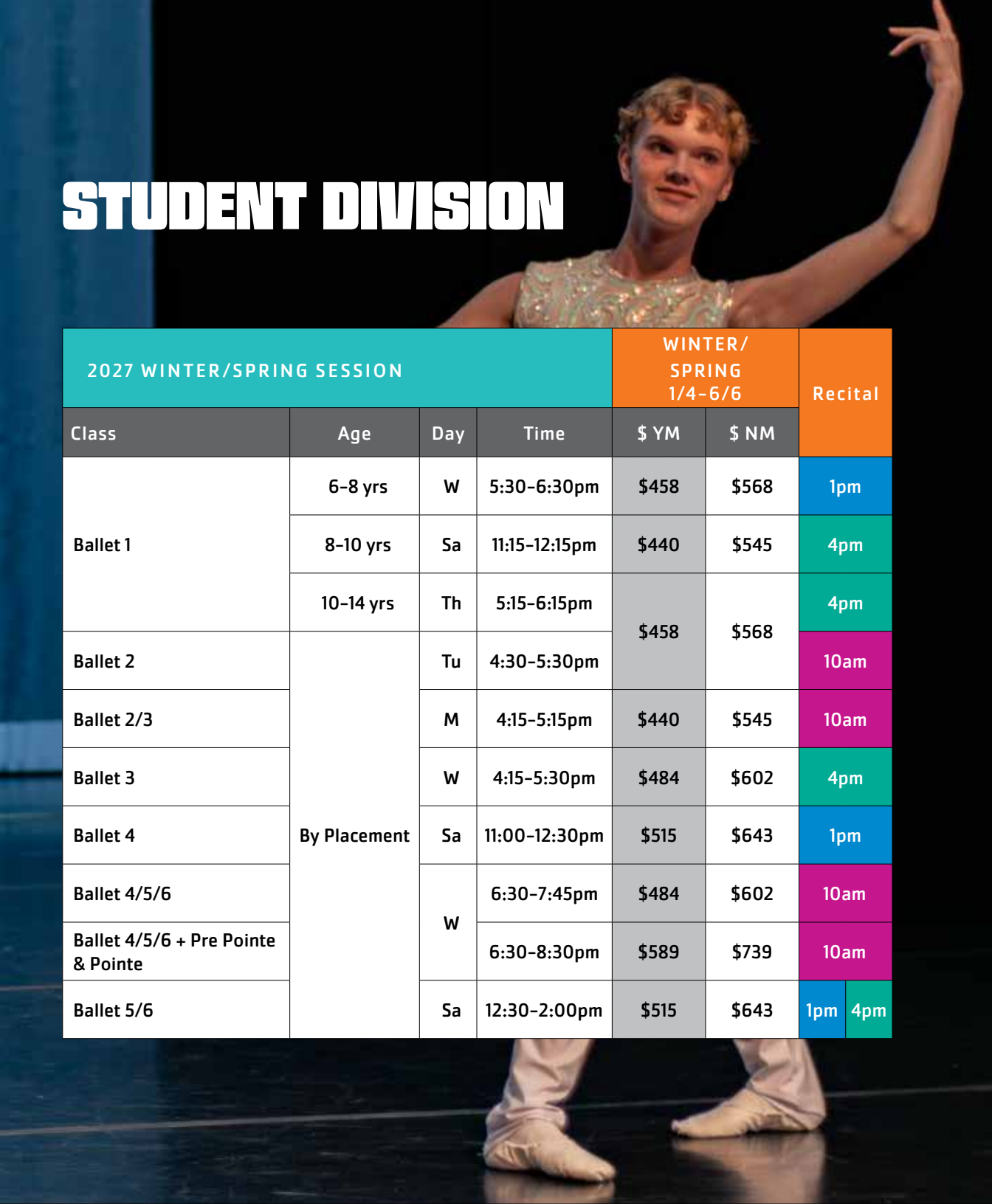
6 yrs and up

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.



STUDENT DIVISION

2027 WINTER/SPRING SESSION				WINTER/ SPRING 1/4-6/6		Recital
Class	Age	Day	Time	$ YM	$ NM	
Ballet 1	6-8 yrs	W	5:30-6:30pm	$458	$568	1pm
	8-10 yrs	Sa	11:15-12:15pm	$440	$545	4pm
	10-14 yrs	Th	5:15-6:15pm	$458	$568	4pm
Ballet 2	By Placement	Tu	4:30-5:30pm			10am
Ballet 2/3		M	4:15-5:15pm	$440	$545	10am
Ballet 3		W	4:15-5:30pm	$484	$602	4pm
Ballet 4		Sa	11:00-12:30pm	$515	$643	1pm
Ballet 4/5/6		W	6:30-7:45pm	$484	$602	10am
Ballet 4/5/6 + Pre Pointe & Pointe			6:30-8:30pm	$589	$739	10am
Ballet 5/6		Sa	12:30-2:00pm	$515	$643	1pm / 4pm

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.

<table>
<tr><th colspan="4">2027 WINTER/SPRING SESSION</th><th colspan="2">WINTER/ SPRING 1/4-6/6</th><th rowspan="2">Recital</th></tr>
<tr><th>Class</th><th>Age</th><th>Day</th><th>Time</th><th>$ YM</th><th>$ NM</th></tr>
<tr><td>Jazz 1</td><td>6-10 yrs</td><td>Tu</td><td>5:30-6:30pm</td><td rowspan="3">$458</td><td rowspan="3">$568</td><td>10am</td></tr>
<tr><td>Jazz 2</td><td rowspan="3">By Placement</td><td rowspan="2">Th</td><td>6:15-7:15pm</td><td>1pm</td></tr>
<tr><td>Jazz 3</td><td>7:15-8:15pm</td><td>1pm</td></tr>
<tr><td>Jazz 4/5</td><td rowspan="2">Tu</td><td>4:15-5:30pm</td><td rowspan="2">$484</td><td rowspan="2">$602</td><td>4pm</td></tr>
<tr><td>Jazz 6</td><td>5:30-6:45pm</td><td>10am 4pm</td></tr>
<tr><td rowspan="2">NEW! Tap/Jazz Combo</td><td>Ages 8-10</td><td>W</td><td>6:30-7:30pm</td><td>$458</td><td>$568</td><td>10am</td></tr>
<tr><td>Ages 6-8</td><td>Sa</td><td>10:15-11:15am</td><td>$440</td><td>$545</td><td>4pm</td></tr>
<tr><td>Tap 1</td><td>6-10 yrs</td><td>W</td><td>4:30-5:30pm</td><td>$458</td><td>$568</td><td>1pm</td></tr>
<tr><td>Tap 3/4</td><td rowspan="2">By Placement</td><td rowspan="2">M</td><td>5:45-6:45pm</td><td rowspan="2">$440</td><td rowspan="2">$545</td><td>1pm</td></tr>
<tr><td>Tap 5/6</td><td>6:45-7:45pm</td><td>10am 4pm</td></tr>
</table>

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.

<table>
<tr><th colspan="4">2027 WINTER/SPRING SESSION</th><th colspan="2">WINTER/SPRING 1/4-6/6</th><th rowspan="2">Recital</th></tr>
<tr><th>Class</th><th>Age</th><th>Day</th><th>Time</th><th>$ YM</th><th>$ NM</th></tr>
<tr><td>Contemporary Modern 2</td><td rowspan="4">By Placement</td><td>Tu</td><td>4:30-5:30pm</td><td>$458</td><td>$568</td><td>1pm</td></tr>
<tr><td>Contemporary Modern 3</td><td>Th</td><td>4:30-6:00pm</td><td rowspan="3">$537</td><td rowspan="3">$671</td><td>4pm</td></tr>
<tr><td>Contemporary Modern 4</td><td rowspan="2">Tu</td><td rowspan="2">6:45-8:15pm</td><td>4pm</td></tr>
<tr><td>Contemporary Modern 5</td><td>10am 1pm</td></tr>
<tr><td>Poms 1</td><td>6-10 yrs</td><td>Th</td><td>4:15-5:15pm</td><td rowspan="4">$458</td><td rowspan="4">$568</td><td>10am</td></tr>
<tr><td>Poms 2 ages 9-11</td><td rowspan="3">By Placement</td><td>W</td><td>5:30-6:30pm</td><td>1pm</td></tr>
<tr><td>Poms 2 ages 12+</td><td rowspan="2">Th</td><td>4:15-5:15pm</td><td>4pm</td></tr>
<tr><td>Poms 3/4</td><td>7:15-8:15pm</td><td>10am</td></tr>
</table>

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.

2027 WINTER/SPRING SESSION				WINTER/SPRING 1/4-6/6		Recital
Class	Age	Day	Time	$ YM	$ NM	
Hip Hop 1	6-10 yrs	M	5:15-6:00pm	$415	$513	10am
Hip Hop 2	By Placement		6:45-7:30pm			4pm
Hip Hop 3		M	6:00-6:45pm			1pm
Musical Theatre 1/2	8yrs +	W	6:30-7:30	$458	$568	4pm

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.

2027 WINTER/SPRING SESSION				WINTER/SPRING 1/4-6/6		Recital
Class	Age	Day	Time	$ YM	$ NM	
Conditioning for Dancers	12+ yrs	M	4:45-5:45pm	$350	$455	N/A
Acro for Dancers	12+ By Placement	Th	6:00-7:15pm	$484	$602	1pm

TRY EVERY STYLE WORKSHOP!

Curious about dance but not sure which style is right for you? Come explore!

This fun, fast-paced workshop offers a taste of four different dance styles in one exciting session. Experience 15 minutes each of ballet, jazz, contemporary/modern, and your choice of hip-hop or tap. Learn basic techniques, try new movements, discover different rhythms, and find out what makes each style unique. No previous dance experience is necessary—just bring your enthusiasm and be ready to move, explore, and have fun!

SAVE THE DATES!
Ages 7-9
Thurs. January 7th 5:30-6:30pm
Ages 10-14
Thurs. January 7th 6:30-7:30pm

$20 Member

$25 Non-Member



ADULT

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

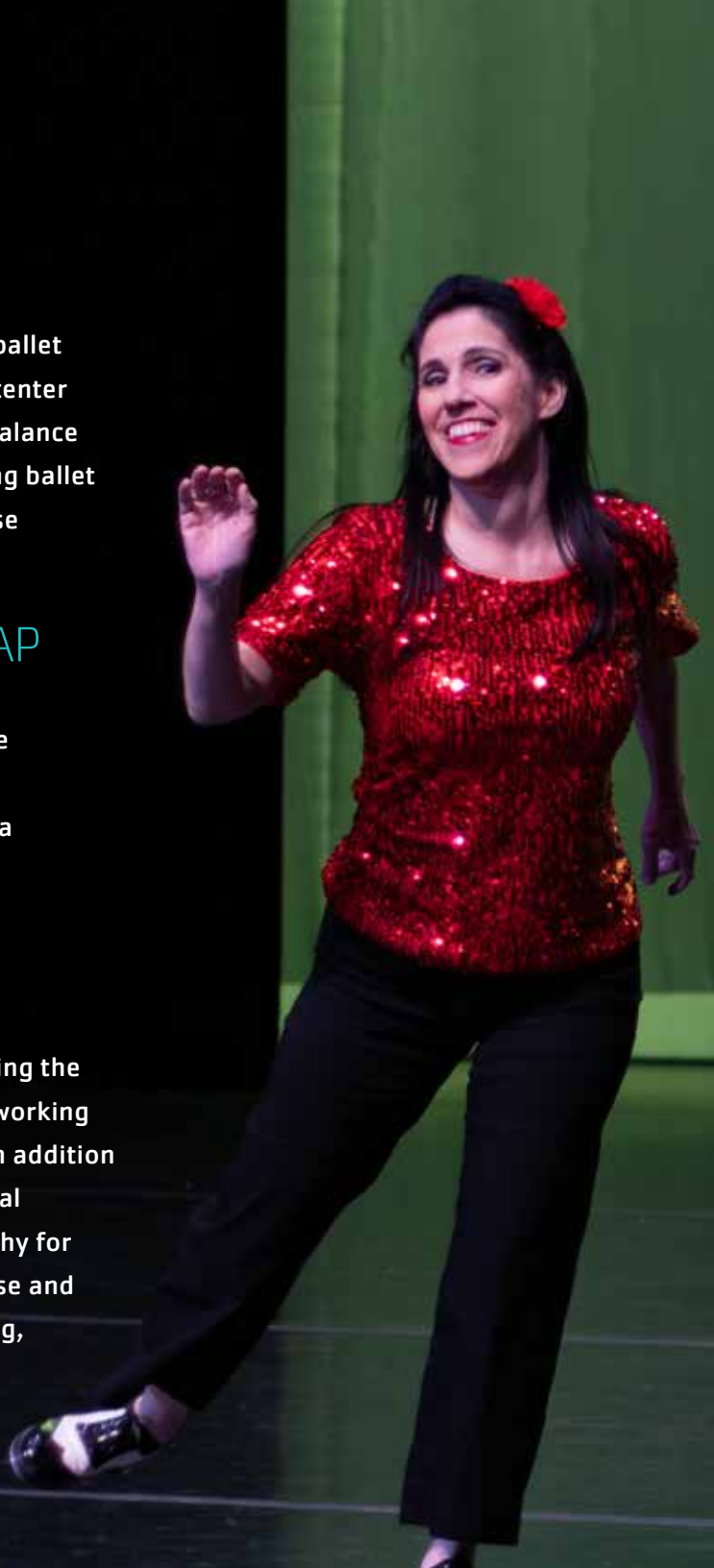
18 years and up

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 BEGINNING TAP

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

NEW!

ADULT BEG/INT JAZZ

18 years and up

Discover the joy of jazz dance in a fun, welcoming class designed for adults with little to no dance experience. Explore the fundamentals of jazz technique, rhythm, musicality, and coordination while building confidence, strength, and flexibility. Classes include a warm-up, across-the-floor exercises, and easy-to-follow combinations that introduce classic jazz movements and styles.

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

Recital is optional for adult classes
(Costume fee not included)

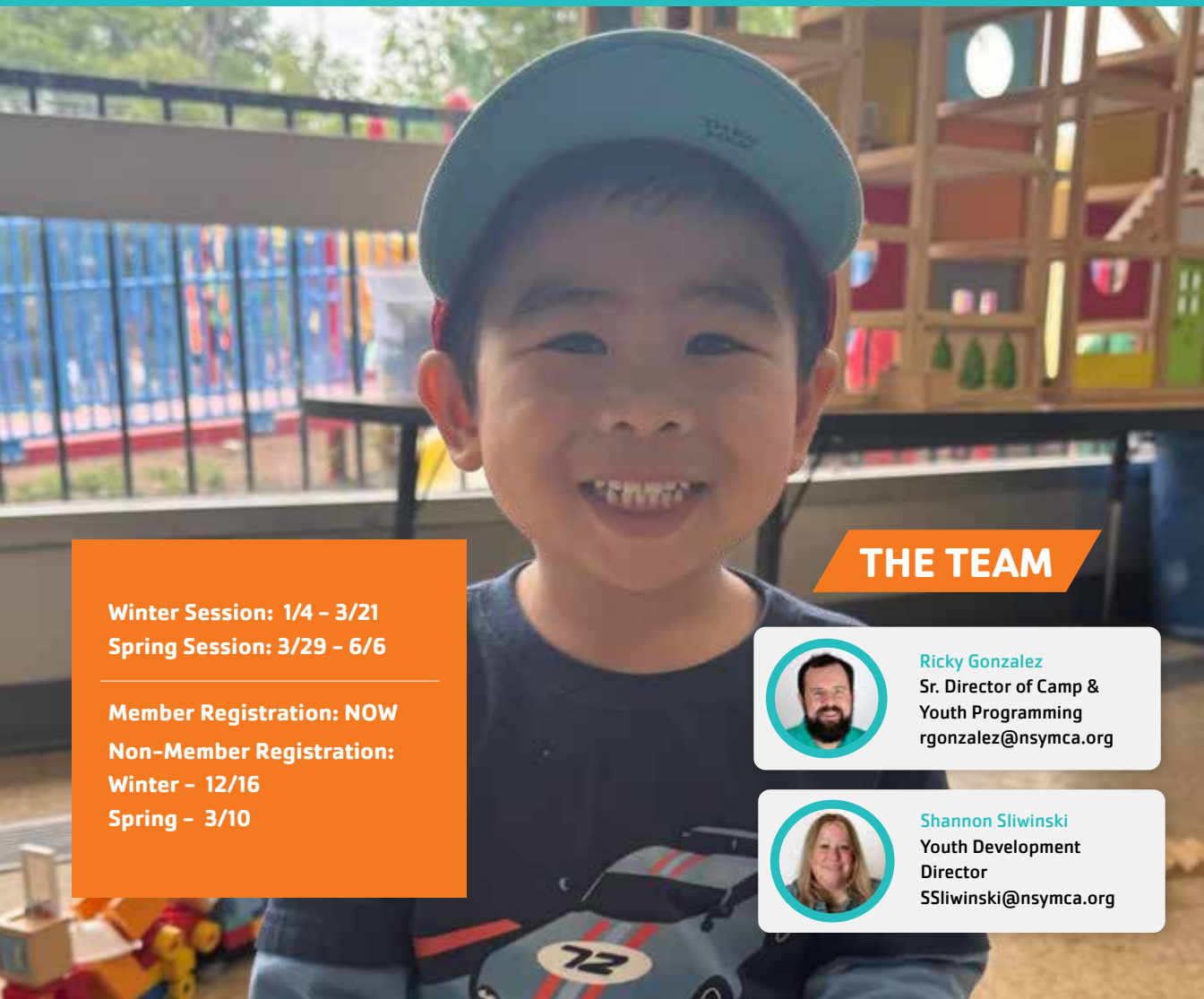
2027 WINTER/SPRING SESSION				WINTER/SPRING 1/4-6/6		Recital
Class	Age	Day	Time	$ YM	$ NM	
Adult Beg/Int Ballet	18+	Tu	5:45-6:45pm	$368	$478	1pm
Adult Int Tap		M	7:30-8:30pm	$350	$455	4pm
Adult Beginning Tap		W	7:30-8:30pm	$368	$478	10am
NEW! Adult Beg/Int Jazz		Th	5:15-6:15pm			1pm

North Suburban YMCA

YOUTH

WINTER/SPRING SESSION

2027 PROGRAM



Winter Session: 1/4 – 3/21
Spring Session: 3/29 – 6/6

Member Registration: NOW
Non-Member Registration:
Winter – 12/16
Spring – 3/10

THE TEAM

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

Shannon Sliwinski
Youth Development Director
SSliwinski@nsymca.org

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. January 18th
Mon. February 15th

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. March 22nd
Tues. March 23rd
Wed. March 24th
Thurs. March 25th
Fri. March 26th

Visit Our Website For Updates!

$85/YM
$98/NM

ADVENTURE GUIDES

NORTH SUBURBAN YMCA

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

the YMCA

NORTH SUBURBAN YMCA



Parent & Child Open Play Gym!

Ages: 0–5 yrs

Wednesdays & Thursdays
10am–12pm

DATES:
10/6–12/17
1/6–4/29

No Gym Jam on:
12/23, 12/24, 12/30, 12/31
3/24, 3/25

Members: FREE!
Non-Members: $5

WEEKLY CLASSES

STICKY FINGERS

Grades K-5

Your kids will have a blast cooking up and devouring our exciting, tasty, and healthy recipes. Our interactive classes incorporate S.T.E.A.M., culture, language, and more, led by our experienced Chef Instructors. Allergies are always accommodated and our plant-forward recipes are nut-free. Explore our lineup of ever-changing weekly recipes below and join us to WHIP up some culinary fun all year! Our cooking classes are 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!

2027 WINTER/SPRING SESSION				WINTER 1/4-3/21		SPRING 3/29-6/6	
Class	Age	Day	Time	$ YM	$ NM	$ YM	$ NM
Sticky Fingers	K-5th	W	4:30-5:30pm	$385	$429	$315	$351
Amazing Minds	K-2nd	Th		$352	$363	$288	$297

WEEKLY CLASSES

TOTS AND TALES LITERACY CLASS

NEW!

3–5 yrs

In this class, we will explore the magical world of books through interactive read alouds that spark imagination and curiosity. Each session will feature a new story, followed by a hands-on approach by exploring literacy skills through play and games. Come join us for an exciting adventure in reading!

2027 WINTER/SPRING SESSION				WINTER 1/4–3/21		SPRING 3/29–6/6	
Class	Age	Day	Time	$ YM	$ NM	$ YM	$ NM
NEW! Tales and Tots Literacy	3–5 yrs	Tu	10:00–10:50am	$385	$495	$350	$450

ROBOTHINK BATTLE ROBOTS MINI SERIES/CLASS (4 WEEKS)

NEW!

7–12 yrs

Attention all warriors and engineers! Prepare for an adrenaline-fueled program with RoboThink where you'll build and customize an impressive array of mechanical warriors. Each week, once your robot is battle ready, step into the arena and face off against other participants. Using gears, motors, axles and our top secret hardware, victory will be within your grasp!

2027 WINTER/SPRING SESSION				WINTER 2/3–2/24	
Class	Age	Day	Time	$ YM	$ NM
NEW! Robothink Mini Battle Robots Class	7–12 yrs	W	4:30–6:00pm	$180	$200

WEEKLY CLASSES

KINDERMUSIK

BEGINNER (8 WEEKS)

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 (8 WEEKS)

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!

2027 WINTER/SPRING SESSION				WINTER 1/29-3/19		SPRING 4/2-5/21	
Class	Age	Day	Time	$ YM	$ NM	$ YM	$ NM
Kindermusik Beginner	0 - 6 yrs	F	11:30am -12:20pm	$216	$272	$216	$272
Kindermusik Level 3-4	3-6 yrs		12:45pm - 1:35pm				

MISS KIM'S YOUTH WORKSHOPS

3-5 yrs

SWIRLS OF LOVE:

VALENTINE'S STORYTIME & CRAFT WORKSHOP

Get ready for a little love, laughter, and messy fun! Join us for a sweet Valentine's Day storytime followed by a hands-on craft adventure! Children will use colorful paints and shaving cream to create beautiful, one-of-a-kind marbled hearts. With every swirl comes a new surprise! Each child will take home their own colorful masterpiece to share with someone special.

LITTLE HANDS, BIG LOVE:

MOTHER'S DAY CRAFT WORKSHOP

Little hands make the sweetest gifts! Join us for a special Mother's Day workshop where preschoolers will use their creativity and handprints to create a one-of-a-kind framed keepsake. This adorable, hands-on project is the perfect way to show Mom or someone special just how much they are loved! Each child will take home a heartfelt masterpiece to treasure for years to come.

SAVE THE DATES!
ALL WORKSHOPS RUN FROM 9:00AM-10:00AM
Swirls of Love
Sat. February 6th
Little Hands, Big Love
Sat. April 24th

$35 Member

$45 Non-Member

REGISTER HERE:

MISS KIM'S YOUTH WORKSHOPS

Grades K-5th

LOVE LIGHTS:

VALENTINE'S DAY CRAFT WORKSHOP!

Let your creativity shine this Valentine's Day! Join us for a fun-filled workshop where you'll design and decorate your very own glowing Valentine's lantern! Use colorful hearts, sparkly decorations, and your imagination to create a one-of-a-kind masterpiece that really lights up! Take your creation home and watch it glow in your room!

SPRING INTO CREATIVITY:

SPRING DOOR HANGER WORKSHOP!

Welcome spring with a fun, hands-on creative workshop! Youth will design their own spring-themed door hanger using colorful materials and cheerful designs, including flowers, butterflies, and rainbows. Each participant will create a unique decoration to brighten their bedroom door or special space at home. All supplies are provided—just bring your creativity and get ready to welcome spring!

SAVE THE DATES!
ALL WORKSHOPS RUN FROM 5:00-6:00PM
Love Lights
Tues. February 9th
Spring Into Creativity
Thurs. May 6th

$50 Member

$65 Non-Member

REGISTER HERE:

ROBOTICS WORKSHOPS

7-12 yrs

ROBOTHINK

Build, Code and Play with Robots

KRAZY GO KARTS

In this thrilling workshop, students will have an opportunity to build, customize and race their own go kart against the rest of the class to see who the ultimate RoboThink Racer will be! Using gears, motors, axles and RoboThinks proprietary hardware, you'll be in for the ride of your life!

MECHANICAL PUPPY

In this workshop, kids will build and bring to life their very own robotic puppy! Using RoboThink's easy to use robotics kits, participants will learn basic engineering concepts while assembling their robotic puppy that can wag it's own tail! This hands-on workshop is perfect for young creators, no experience necessary.

SAVE THE DATES!
ALL WORKSHOPS RUN FROM 4:30-6:00PM
Krazy Go Karts
Wed. April 14th
Mechanical Puppy
Wed. May 12

$55 Member

$65 Non-Member

REGISTER HERE:

COOKING WORKSHOPS

For Grades K-5th

VALENTINES DOT CAKES

Get ready for a sweet celebration! Kids will have fun decorating adorable dot cakes with homemade frosting, chocolate ganache and festive Valentine's sprinkles. These adorable cakes are so creative and delicious.

SPRING TIE DYE SUGAR COOKIES

Kids will make their own cookie batter that they then mix, swirl, and stamp into sugar cookies with beautiful tie-dye designs inspired by spring. This fun, hands-on baking class lets young chefs get creative while making delicious cookies to share.

MINI DEEP DISH PIZZAS & SHAKEN LEMONADE

Kids will create their own mini deep dish pizzas, layering their favorite toppings for the perfect personal pie. While pizzas bake, they'll shake up a refreshing homemade lemonade to enjoy alongside their cheesy creations. It's the perfect recipe for a fun and delicious cooking adventure!

SAVE THE DATES!
ALL WORKSHOPS RUN FROM 4:30-6:00PM
Valentines Dot Cakes
Thurs. February 4th
Spring Tie Dye Sugar Cookies
Thurs. March 11th
Mini Deep Dish Pizzas & Shaken Lemonade
Thurs. April 22nd

$55 Member

$70 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

the YMCA
North Suburban YMCA

Kidpalooza!

Sun. Feb. 7, 2027
12:00 – 2:00 pm

FREE Family Event — Open to the Community!

Face Painting & Arts and Crafts
Cookie Decorating Station
Popcorn & Concessions
Games & Activities
Dance & Music Entertainment
Inflatable Obstacle Course
Photo Booth
Local Vendors & Y Program Showcases
Gym Jam Toddler Play Area
Family Swim (1:00 PM – 3:00 PM)

North Suburban YMCA

VISUAL ARTS

2027 PROGRAM

WINTER/SPRING SESSION



Winter Session: 1/4 – 3/21
Spring Session: 3/29 – 6/6

Member Registration: NOW

Non-Member Registration:
Winter – 12/16
Spring – 3/10

SUMMER

ANNUAL ART SHOW

RECEPTION: SUNDAY, APRIL 4TH 2027



ALL WINTER ART STUDENTS WILL PARTICIPATE IN OUR ANNUAL ART SHOW!

Be a part of our Annual Art Show held at the Northbrook Public Library the month of April. To participate, simply register for a Winter Art class! Our reception for the Art Show will be Sunday, April 4th from 3:00–4:45pm in Children Services at the NPL. Participants must be registered for the Winter Session to be included in the art show.



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

PRESCHOOL CERAMICS & SCULPTURE NEW!

3-6 years

Get messy and get creative! Young artists will explore the exciting world of three-dimensional art through clay, plaster, paper, and other hands-on materials. Through playful, age-appropriate projects, children will develop fine motor skills, explore texture and shape, and use their imaginations to create unique works of art.

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.

ART & SWIM

3-6 yrs

This combination class gives children the opportunity to build confidence, independence, and creativity through art and swimming. Each session begins with a fun, hands-on art project followed by a swimming lesson. Y staff will escort your child to and from the pool and assist with changing clothes as needed. No adult accompaniment is required.

2027 WINTER/SPRING SESSION				WINTER 1/4-3/21		SPRING 3/29-6/6	
Class	Age	Day	Time	$ YM	$ NM	$ YM	$ NM
NEW! Preschool Ceramics and Sculpture	3-6 yrs	Tu	4:15-5:15pm	$237	$303	$215	$275
Preschool Art		Su	11:00-12:00pm			$194	$248
Art & Swim		Tu	9:15-10:45am	$352	$451	$320	$410

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!



2027 WINTER/SPRING SESSION				WINTER 1/4-3/21		SPRING 3/29-6/6	
Class	Age	Day	Time	$ YM	$ NM	$ YM	$ NM
3-D Toy Design	Grades K-3	M	6:15-7:15pm	$292	$358	$239	$293
Ceramic & Sculpture 101		W	4:15-5:15pm	$259	$325	$235	$295

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.

MIXED MEDIA MADNESS

Grades K-3

Explore, experiment, and create! Mixed media means using two or more different art materials or techniques in one artwork. Young artists will paint, print, build, collage, and more while combining materials and techniques. Each class encourages creativity, confidence, exploration, and artistic discovery.

2027 WINTER/SPRING SESSION				WINTER 1/4-3/21		SPRING 3/29-6/6	
Class	Age	Day	Time	$ YM	$ NM	$ YM	$ NM
Drawing & Painting 101	Grades K-3	M	4:15-5:15pm	$237	$303	$194	$248
Craft-Tastic w/ Ms. Alex	Grades 1-4	F					
Mixed Media Madness	Grades K-3	M	5:15-6:15pm	$292	$358	$239	$293

YOUTH
GRADES 4-9

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 4–8

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.

2027 WINTER/SPRING SESSION				WINTER 1/4-3/21		SPRING 3/29-6/6	
Class	Age	Day	Time	$ YM	$ NM	$ YM	$ NM
Drawing & Painting 201	Grades 3-5	M	5:15-6:15pm	$237	$303	$194	$248
Ceramic & Sculpture 201	Grades 4-8	W		$259	$325	$235	$295
Craft-Tastic w/ Ms. Alex	Grades 5-8	Tu	6:00 -7:00pm	$237	$303	$215	$275

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!

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 on 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*
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

***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. *** A Grandchild is defined as a child age 18 or younger

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