



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN  
YMCA**  
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FOR IMMEDIATE RELEASE

**North Suburban YMCA Announces Exciting New Fall Program Choices**

*Registration now open for Y members; August 12 for Non-Members*

**Northbrook, IL** – The North Suburban YMCA’s fall program registration is now open for Y members and will open on August 12 to all non-members. In addition to its wide variety of classes for all ages, the Y’s fall offerings include a variety of new classes and workshops that help promote wellness and healthy living.

Highlighting the Y’s new program choices include:

- A 12-Week Weight Loss Program (one session/week) for those looking gain the tools and support to meet their weight loss goals.
- The Y’s One-on-One Nutrition Coaching. This coaching supports specific needs such as peri-and post-menopausal changes, managing autoimmune disorders, and managing diabetes.
- The Diabetes Prevention Program to help adults at high risk of developing Type 2 diabetes reduce their risk by improving their overall health and well-being.
- The Enhance Fitness program, created to help older adults become more active, energized and empowered for independent living.
- An Arthritis Aquatics class that uses movement in the water to improve and relieve arthritis symptoms.
- The Body in Motion class, designed to improve balance, strength and flexibility in older adults.
- Young dancers ages 4 and up can take a new Bollywood class, inspired by the high energy music that combines traditional Indian folk and classical dances with contemporary styles.
- New Visual Arts classes for kids include Jewelry Making for Grades 3-8, Digital Character Creations for Grades 6-12, and Knitting for ages 14 and up.
- The HAWKS S.T.E.A.M. Class for Special Needs
- Youth classes and workshops in Babysitting, Sports management, S.T.E.A.M., Coding, and Robotics

“We offer the community a large variety of programs designed to meet the needs of all ages in our community that build both mind and body fitness,” noted the Y’s Senior Director of Wellness Megan Vazquez. “With all the new programs in place, we’re looking forward to a busy Fall season!”

**About the [North Suburban YMCA](#)**

Celebrating its 50<sup>th</sup> Anniversary in 2018/19, the North Suburban YMCA provides individuals in Northbrook and 15 surrounding communities with programs and tools that help them 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](#).



*Caption: Fall registration for the North Suburban YMCA opens to non-members on August 12 and features exciting new health and wellness programs. Details and online registration are available at [www.nsymca.org](http://www.nsymca.org).*

