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**NORTH SUBURBAN
YMCA**
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FOR IMMEDIATE RELEASE

North Suburban YMCA ‘Y-A-Thon’ Engages Community Involvement in Capital Campaign

Northbrook, IL: May 2015 – The North Suburban YMCA will launch the third and final phase of its capital fundraising that began back in 2007, with a series of “Y-A-Thon” events during the week of May 26, 2015. This innovative program encourages Y supporters to actively participate in their favorite Y activities, and raise much-needed funds at the same time through pledges and donations. Proceeds of the Y-A-Thon will go towards upgrading equipment and facilities throughout the Y for the benefit of the entire Y community.

“Our Y-A-Thon will be a fun and social way for our community members to show their commitment to the Y,” notes Howard Schultz, Executive Director/CEO of the NSYMCA. “We have a fantastic variety of activities planned so that everyone can participate and have a good time while making a real difference.”

During the Y-A-Thon, participants are invited to sign up for targeted programs that raise money for a specific Y department. For example, cycle enthusiasts can join Cycle A-Thon on Saturday, May 30 to support the purchase of new Keiser bikes in the Cycle studio. Members can burn off calories in the Cardio or Fit-A-Thons, contributing to funds that will go directly toward completely renovating the track and strength studio with a new floor and all new equipment. Dancers will participate in a Turn-A-Thon to raise money for new ballet barres and mirrors, and a wood floor for the Northeast Studio. Other activities throughout the building include a Swim-A-Thon, Float-A-Thon, Basketball Shoot-A-Thon, and Walk-A-Thon. Participants can invite friends, neighbors and other Y members and non-members alike, to make pledges or donations in recognition of their accomplishments. Complete schedules, event details, and online donation forms are available on the NSYMCA website, www.nsymca.org.

The Y-A-Thon is the inaugural fundraising event of the NSYMCA’s Phase 3 Capital Campaign, with plans to complete major renovations and provide updated and improved equipment for the 47-year-old community center. In addition to the equipment purchases supported by the Y-A-Thon, the Capital Campaign will fund improvements to the building’s remaining original HVAC system, install Wi-Fi throughout the building, build a new Digital Art Center, enhance existing spaces, replace and extend the

facility's parking lot, and provide a host of other infrastructure improvements in the Y's program spaces. NSYMCA leadership hopes to raise \$100,000 during the Y-A-Thons if everyone will participate, with subsequent fundraising to reach \$1M by the end of August and \$2.2 million in the Campaign by September 2016.

"The Y serves the community every day with the widest variety of programs and services, and we need to be sure that our facility and equipment are in the best possible condition to fulfill that mission," said Bruce Goldstein, Co-Chairman of the 2015 Capital Campaign. "Our Capital Campaign supports the long-range planning that has transformed, and continues to transform, our building in order to serve all our participants. Starting with the Y-A-Thon, we are looking forward to engaging our members and other partners in reaching our goals and preserving the Y's role in the community."

The Capital Campaign committee will be reaching out to corporations and others in the community that have the desire and the capacity to help the Y achieve its goals, and invites anyone who would like to participate on any level to contact Barb Flanagin or Howard Schultz at 847-272-7250.

The North Suburban YMCA is located at 2705 Techny Road in Northbrook. To learn more about participating in the Y-A-Thon or other fundraising efforts, visit www.nsymca.org or call 847 272 7250.

About the North Suburban YMCA

The YMCA is a not-for-profit entity and relies on donations to make services available for all families and individuals in its 15-city region. All board members are volunteers, who donate their time, talents and financial resources. Located at 2705 Techny Road in Northbrook, the YMCA has served the northern suburbs of Chicago for over 45 years. The Y is about youth development, healthy living, and social responsibility, providing programs and services that address the needs of our diverse community and are accessible to all. For more information or to make a donation, contact Barb Flanagin at 847-272-7250 or bflanagin@nsymca.org, or visit www.nsymca.org.



Photo Caption: The North Suburban YMCA will host a series of "Y-A-Thons" May 26-31, in which supporters can raise funds for facility improvements while participating in their favorite activities.

