



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN  
YMCA**  
2705 Techny Road  
Northbrook, IL 60062  
[www.nsymca.org](http://www.nsymca.org)

**For More Information Contact:**

Carolyn Gessner  
Creative Marketing Associates, Inc.  
[carolyn@cmacreative.com](mailto:carolyn@cmacreative.com)  
[www.cmacreative.com](http://www.cmacreative.com)  
847 858-4203 (direct)

FOR IMMEDIATE RELEASE

**YMCA Announces New Summer Basketball and Volleyball Skills Clinics**

**Northbrook, IL: June 2015** – For young players who want to hone their basketball or volleyball skills this summer, the North Suburban YMCA now offers new clinic and mini-camp programs. Each program will be run by the Y's experienced coaching staff, with focus on game fundamentals and skill development.

The new basketball program begins with two clinic sessions for players in fifth through eighth grades. The first session, on Tuesday, July 14, emphasizes shooting, passing and teamwork; the second, on Thursday, July 16, moves on to dribbling, defense, and scrimmage. Each session takes place from 6:00 to 7:30pm. Registration is \$10/session for Y members, \$15/session for non-members.

For the serious basketball enthusiast, the Y also offers a four-day mini-camp from July 20-23. The camp will focus on conditioning, agility, ball handling, passing, shooting, and game knowledge. Open to grades five through eight, the camp runs from 6:30-7:30pm each night for a fee of \$40 for Y members, \$50 for Y members.

Volleyball players will raise their games with an eight-week session of intensive clinics on Wednesday evenings, beginning June 15. Designed for students entering grades 7-9, the clinics meet for 90 minute sessions beginning at 6:00pm or 7:30pm. The fee for the entire program is \$120 for Y members, \$130 for non-members.

"The Y's short programs are a great opportunity to introduce these popular sports to young players, and also to give a boost to the games of more experienced players," said Carol Sassorossi, NSYMCA Sports Director. "Summer is the perfect time to polish skills and get ready to play during the school year."

All clinics take place in the main gym at the North Suburban YMCA, 2705 Techny Road in Northbrook. For more information, call 847 272 7250 or visit [www.nsymca.org](http://www.nsymca.org).



*Photo Caption: Basketball clinics at the North Suburban YMCA strengthen fundamental skills and build confidence.*

**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](mailto:bflanagin@nsymca.org), or visit [www.nsymca.org](http://www.nsymca.org).