

NORTH SUBURBAN YMCA 2705 Techny Road Northbrook, IL 60062 www.nsymca.org

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FOR IMMEDIATE RELEASE

## YMCA Hosts Sweetheart Dance for Parents and Kids on February 7

**Northbrook, IL: January 2015** – Expanding on an annual tradition, the North Suburban YMCA will welcome parents and their children to a Sweetheart Dance on February 7 from 5:00 to 7:30pm. With a new twist on the typical daddy-daughter event, the Sweetheart Dance also includes mothers and sons for a special evening of bonding with dancing, a pizza dinner, and fun activities. The event, which is open to the public, will be held at the YMCA, 2705 Techny Road in Northbrook.

The Sweetheart Dance concept values inclusiveness, providing an opportunity for all parents and children to make a special memory together. The evening's activities will appeal to the entire group, with games and contests added to the dancing. Recommended dress is business casual, but guests are welcome and encouraged to dress more formally if they like.

"We wanted to open up this annual event to all family members who want to participate," commented Shannon Parry Mundorf, the Y's Performing Arts Director. "It's a chance for parents and children to dress up a bit and have some special time together. Everyone will feel included, and we have a variety of activities planned to make it fun for all our guests."

Tickets to the Y's Sweetheart Dance are \$35 for a parent and child, and \$10 for each additional child. The event is presented by the North Suburban School of Dance and the YMCA's Adventure Guides Program. For more information, contact Shannon Mundorf or Don Enger at the YMCA, 847 272 7250.



Photo Caption: Parents and kids will make special memories at the North Suburban YMCA's Sweetheart Dance on February 7.

## **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.