



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN
YMCA**

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FOR IMMEDIATE RELEASE

YMCA Open House Celebrates New Fitness Additions

Northbrook, IL: March 2014— The North Suburban YMCA welcomed the community for a Family Fun Day open house on March 2, with activities that showcased the Y's versatile new Youth and Family Wellness Center and a climbing wall addition in the X-Zone play area. The afternoon event featured ribbon cutting ceremonies for the new facilities, along with games, fitness classes, swimming, and a special membership promotion.

The Youth and Family Wellness Center, funded by donations from UPS and the Buehler Family Foundation, provides a dedicated space for fitness programs geared toward young people and families, including weekly Family Fitness Nights, yoga classes, and programs for individuals with special needs. It offers innovative equipment, including a TRX suspension fitness system, that can be used equally well by youth and adults. Intended to motivate young people to make fitness a fun and consistent part of their lives, the Center will also be used for adult programs in yoga, TRX training, and other activities. During the March 2 ribbon cutting ceremony, NSYMCA CEO/Executive Director Howard Schultz commended UPS and the Buehler Foundation for their commitment to creating a healthier community and helping to fight against childhood obesity.

In the second ribbon cutting ceremony, the Y honored the Northbrook Civic Foundation for its support of the new X-Zone renovations. The primary addition, a 28 foot long transverse climbing wall with 75 climbing holds of various sizes and shapes, challenges young climbers to enhance strength, flexibility, and problem-solving skills. Other activities in the X-Zone, which was originally funded by a generous donation from the Loukas Family, include interactive Wii games and a lounge area where children can read, play board games or cards, or do homework.

"These new additions are already very popular with our members and their families," noted Schultz.

"We were delighted to have so many new visitors attend our Open House, where they could experience all we have to offer first-hand. Our generous donors have made it possible for the Y to deliver new and exciting ways for children and families to get active and healthy together."

The North Suburban Y is located at 2705 Techny Road in Northbrook. For more information about programs at the Y, visit www.nsymca.org.

About the North Suburban YMCA

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



Photo Caption: On hand to dedicate the North Suburban YMCA Youth and Family Wellness Center were (l to r) NSYMCA Board President Jeff Knipp; UPS Manager Jill Narens; A.C. Buehler from the Buehler Family Foundation; Illinois State Senator Daniel Biss; and NSYMCA Executive Director/CEO Howard Schultz.



Photo Caption: The North Suburban YMCA dedicated its new 28 foot long Climbing Wall at Family Fun Day on March 2. From left: NSYMCA Director of Development Barb Flanagin; NSYMCA Board President Jeff Knipp; Northbrook Civic Foundation's Peter Amarantos; NSYMCA Executive Director/CEO Howard Schultz; Cubby Bear owner George Loukas ; and Illinois State Senator Daniel Biss.



Photo Caption: The North Suburban YMCA's Family Fun Day featured a sampling of new, healthy family activities. Seen here, guests try out the TRX suspension system in the Youth and Family Wellness Center.

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