



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)

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FOR IMMEDIATE RELEASE

**YMCA Opens Registration for Summer Programs**

**Northbrook, IL: May 2016** – For an active summer that engages the whole family, the North Suburban YMCA has published its Summer Session program guide filled with classes and special events for all ages. Registration is now open for NSYMCA members, and will open for non-members on May 23. The interactive program guide can be viewed and digitally downloaded on the North Suburban Y's website, [www.nsymca.org](http://www.nsymca.org). As part of the Y's efforts to reduce waste and protect the Earth's resources, the summer guide will not be mass-mailed to homes. Print copies can be picked up at the Y's front desk or can be mailed upon request.

Running from June 13 to August 14, YMCA summer classes offer the perfect opportunity to try a new activity or strengthen skills in a continuing program. Classes include aquatics, fitness, yoga, performing and visual arts, sports, and early childhood education, specially designed to suit a range of ages and ability levels. Special short-term programs include a new football clinic for ages 6-14 run by the North Shore Griffins Football Club on June 18, a new three-week volleyball program for girls in grades 5-8, and "Jump Into Fall" dance workshops for students in grades 6-12 in August.

In addition, the Y hosts special events throughout the summer. Families will enjoy a Glow in the Dark Game Night on June 17, and a Dive-In Movie in the indoor pool on July 17. The entire community will be invited to celebrate summer at the annual "Party at the Y!" cookout on August 11. In addition, the Y will offer a variety of informal workshops and events geared toward the older adult community. Complete event details are included in the Program Guide and on the website.

The North Suburban YMCA is located at 2705 Techny Road in Northbrook. Register for summer classes before May 30 to take advantage of reduced early registration rates. Y members enjoy added benefits, such as free fitness and yoga classes, registration discounts, admission to special members-only events, and free childcare while parents use the facility. For more information about membership and registration, call 847 272 7250 or visit [www.nsymca.org](http://www.nsymca.org).



*Photo Caption: The annual “Party at the Y!” cookout is a highlight of summer programming at the North Suburban YMCA. View the Summer Session Program Guide and register online at [www.nsymca.org](http://www.nsymca.org).*

### **About the North Suburban YMCA**

The YMCA is a charitable organization 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 Kim Nyren at 847-272-7250 or [knyren@nsymca.org](mailto:knyren@nsymca.org), or visit [www.nsymca.org](http://www.nsymca.org).