



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 Unveils New Programs for Fall**

**Northbrook, IL: July 2016** – Get ready for an active fall with an exciting schedule of classes and events at the North Suburban YMCA. The new Fall Session Program Guide is now available, with classes that begin the week of August 29. The complete program guide can be viewed and digitally downloaded on the North Suburban Y's website, [www.nsymca.org](http://www.nsymca.org).

Located at 2705 Techny Road in Northbrook, the Y offers a varied selection of programs for all ages and interests. Each Y department features new and engaging options along with popular existing programs. Some of the new programs include:

- Nutrition and cooking workshops to promote healthy diets and lifestyle improvement
- Iyengar yoga, lunchtime power yoga, and introduction to yoga classes to enhance mind/body wellness for more participants
- 20 new visual arts classes to inspire creativity for toddlers through seniors
- A variety of digital media and computer technology programs to make tech more accessible and useful for everyone, including older adults
- Expanded options for early childhood and afterschool enrichment
- New partnerships and programs to provide individuals with special needs with social connections, fitness guidance, and employment assistance.

These new programs join the long list of programs available in aquatics, performing arts, fitness, sports, visual arts, adult health and enrichment, and special needs support.

The Program Guide also announces a number of special events (many of them free of charge for members) designed to strengthen families and build positive relationships throughout the community. A favorite annual tradition, the YMCA's Halloween Spooktacular, is scheduled for Sunday, October 23.

Registration is now open for NSYMCA members, and will open for non-members on August 3. Sign up before August 17 to take advantage of early registration discounted 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: Fun, creative early childhood programs are part of the North Suburban YMCA's wide-ranging selection of activities for all ages. Fall session classes begin August 29.*

**About the [North Suburban YMCA](#)**

The North Suburban YMCA serves 15 northern suburbs of Chicago, and for over 48 years has provided programs and services that address youth development, healthy living, and social responsibility every day. Working together for good is who we are: An association of people united in a common effort to help individuals become healthier, more connected, and confident. There is no other nonprofit quite like the Y: We have the national and local presence and partnerships to not just promise, but deliver, positive change, making sure that everyone, regardless of age, income or background has the opportunity to learn, grow and thrive. For more information, visit [nsymca.org](http://nsymca.org)