



FOR YOUTH DEVELOPMENT
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**NORTH SUBURBAN
YMCA**

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FOR IMMEDIATE RELEASE

YMCA to Host Family Fun Day Open House

Northbrook, IL: February 2014— In celebration of two major additions to its fitness facilities, the North Suburban YMCA invites the public to a special Family Fun Day Open House on March 2. The Open House will feature ribbon-cutting ceremonies for the new Youth and Family Wellness Center and a new climbing wall in the X-Zone interactive play area. In addition, guests will be able to participate in a number of free activities, explore the Y's facilities, and take advantage of special promotional offers. Rotating activities, changing every 20 minutes in the new Wellness Center, will include yoga, TRX suspension training, and dodgeball.

Admission is free of charge during the Open House hours from 2:00 to 4:00pm.

The Youth and Family Wellness Center 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. Designed to motivate young people and battle the growing epidemic of youth obesity, the Wellness Center includes a TRX suspension workout system and other innovative equipment. Adults will also have access to the Center for yoga, TRX training, and other activities. The ribbon-cutting ceremony at 2:30pm will honor the UPS Foundation and the Buehler Family Foundation, which provided major funding for the Center's equipment and construction.

The other new addition, a transverse climbing wall in the X-Zone area, provides a new level of challenge to youngsters at the Y. Stretching 28 feet in length with 75 climbing holds of various sizes and shapes, the wall builds climbers' strength, enhances their flexibility, and promotes problem solving skills. Other activities in the X-Zone include Wii U, Wii mini and a regular Wii. Just outside the X-Zone is a lounge area where children are invited to read, do homework, play board games or cards, or just relax. The ribbon-cutting for the climbing wall is scheduled for 3:00pm, giving special recognition to the Northbrook Civic Foundation which provided major funding for the wall.

Non-members who join the Y at the Open House will be eligible for a \$0 joiner's fee. The Family Fun Day will also feature open swim in the indoor pool with the Wibit inflatable obstacle course, a choice of art projects, and free time in the Kindergarten Club. Staff will be on hand with information about the Y's summer camps, afterschool childcare, and other programs.

"We are so excited to have the public see the Y's new facilities and equipment," noted Marlo Leaman, NSYMCA Director of Health and Wellness. "The Wellness Center is a great space for us to grow our Youth and Family Fitness programs, and the climbing wall is going to be a huge hit in the X-Zone. We're always looking for new ways to inspire kids to get moving and be active, and these additions will be appealing to all ages. I hope lots of families will come out to the Open House and see what we have to offer."

The North Suburban Y is located at 2705 Techny Road in Northbrook. Admission to the Open House is free; all children must be accompanied by an adult. For more information about programs at the Y, visit www.nsymca.org.



Photo Caption: Youngsters try out the new TRX exercise system in the North Suburban Y's Youth and Family Wellness Center. Guests can see the system in action during the Family Fun Day Open House on March 2.

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.