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**NORTH SUBURBAN
YMCA**

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FOR IMMEDIATE RELEASE

YMCA's North Suburban School of Dance Offers New Ballroom Series

Northbrook, IL: August 2014 – If you've ever watched *Dancing with the Stars* and thought, "I could do that," the North Suburban YMCA wants you to get off your couch and show off your best moves. For adults who want to explore the varied genres of ballroom dance – or just look really sharp at their wedding reception – the YMCA's North Suburban School of Dance (NSSOD) has launched a ballroom program that covers multiple styles in just eight classes.

The group class format offers the opportunity to learn steps in a relaxed environment, at a lower price than private lessons. Over the course of an eight-week session, students will learn dances that include ballroom, rhythm/Latin, and club styles. Couples are welcome, but a partner is not required. Partnerships will rotate to help the entire class learn quickly.

"These classes are a fun introduction to ballroom styles that our participants will be able to use in their real lives," notes Shannon Parry, NSYMCA Director of Performing Arts. "Just knowing the basic steps can make dancing at social events much more enjoyable. It's also a great opportunity to share some special time with your partner, or to make new friends."

The eight-week sessions will run on Thursday evenings from September 12 to October 26, and from October 27 to December 21. The NSSOD also offers adult classes in beginning ballet, intermediate ballet, and belly dance. All classes are held at the North Suburban YMCA, 2705 Techny Road in Northbrook. For detailed information, see the North Suburban YMCA Program Guide available at www.nsymca.org.



Photo Caption: Ballroom classes at the North Suburban YMCA teach a variety of styles in a fun, relaxed group setting.

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.