



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
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**NORTH SUBURBAN
YMCA**
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FOR IMMEDIATE RELEASE:

NSYMCA receives grant from Northbrook Civic Foundation

Helping provide sports equipment to further advance Y gymnastics

Northbrook, IL: August 2023: The North Suburban YMCA receives a \$2500 grant check from the Northbrook Civic Foundation to support the Y's Gymnastics program and equipment. The Civic grant helped close the gap from original funding through the NSYMCA'S Ruth Schultz "Bright Days" Fund. With the two donations combined, the Y was able to purchase an athletic air bag which will elevate Y's development gymnastics programs and help support skills improvement and safety for more than 170+ participants in the program annually.

The inflatable air pit/bag will aid in the development of new, higher level skills by providing a soft, forgiving landing surface to help prevent injury. The Y offers gymnastics classes for preschool age through progressive levels and has a competitive team that will all utilize the equipment. Its portability will also allow the Y to use this equipment anywhere, allowing them to expand their program offerings to classes like tumbling, cheerleading and acro dance. The function of the air bag acts as a foam pit but is more hygienic.

"This new equipment was desperately needed to help advance our current programs and will allow us to expand our preschool and special needs offerings, such as a possible Special Olympics Gymnastics team" states Kathy Fielding, CEO of the NSYMCA. "We will continue to provide programs to the diverse range of our gymnasts helping them advance their skills or even try new abilities without safety fears."

The Northbrook Civic Foundation a non-profit volunteer organization has given back more than \$3.2 million to the community in the form of grants to organizations like the Y or scholarships for students. The money raised comes from Civic's only fundraising event, Northbrook Days, which is held every year in August. The organization is made up of neighbors and friends, who care about the betterment of the Northbrook community, since 1950.

All the sports programs at the NSYMCA focuses on development of skills, teamwork and camaraderie. The gymnastic program at the Y is unique as it fills a void between competitive club gymnastics and recreational, and is available to youth from all income levels through the Y financial assistance program. The program has been around for more than 25+ years and focuses on strength and flexibility, but more importantly Y instructors are trained to work on confident body image reinforcement and positive mental health for all athletes.

To learn more about the NSYMCA programs visit www.nsyma.org or email hbusch@nsymca.org



Caption: The NSYMCA Gymnastics Program poses with the Northbrook Civic Foundation after receiving grant money for new equipment. (Left to Right Top) Zoe Degnan, Madelyn Elbaum, Dan Westel, Northbrook Civic Foundation President, Alexa Morales, Kathy Fielding, NSYMCA CEO, Elayna Finder, Caroline Jaffe. (Left to Right Bottom) Debbie Madeley, NSYMCA Development Director, Anastasia Gonzalez, Civic Volunteer, Alayna Drozt, Mila Shah and Aryana Shah.

About the North Suburban:

YMCA The North Suburban YMCA services Northbrook and 14 surrounding communities with programs and tools that help its residents become healthier, more connected, and confident, ensuring that everyone, regardless of age, income, or background, has the opportunity to learn, grow, and thrive. The NSYMCA focuses on Youth Development, Healthy Living, and Social Responsibility and is a charitable organization, inclusive and welcoming to all in our community. Learn more at NSYMCA.org.