



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN
YMCA**

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FOR IMMEDIATE RELEASE

NSYMCA Announced Winter/Spring Programs for 2025

Member Registration Open Now!

Northbrook, IL; November 2024 – The North Suburban YMCA announced a new line-up of Winter/Spring offerings with classes beginning the week of January 6, 2025. The Winter program lineup offers a wide range of classes for all ages. From parent-child and preschool programs to youth classes in dance, sports, swimming, art, and other enrichment activities, there's something for everyone. Adults can also enjoy workshops in yoga, art, and more. Find it all at the Y!

The Y's winter offerings are included in the new program guide available at www.nsymca.org and include a diverse line-up of programs that promote wellness and healthy living in fitness, sports, dance aquatics, children's programming, and artistic enrichment for all ages.

A couple of favorites from last year that are returning include Navigator Nights geared toward all middle schoolers, grades 6th-8th. The social events include Y lock-ins, field trips, social outings and a variety of activities specially for that age group. Gym Jam, another favorite, is a dedicated Parent & Child open play gym time every Wednesday and Thursday from 10:00 am - 12:00 pm. Bring your child ages 0-5 and mingle with other parents! It is free to members and Non-members can also join us for only \$5.

The 2025 Winter/Spring program highlights include:

- **NEW in Health and Wellness**
 - Friday Night Out: Yoga sessions
 - Pranayama: Yoga Breathing and movement for a calm mind
 - Yoga for Bone Strength
- **NEW in Visual Arts!**
 - Girl Scout/Boy Scout Badge program
 - Preschool Clay
 - Preschool scribble into drawing
 - 3D advanced design and printing
 - Beginning charcoal and pastels
 - Big and Small Art
 - Drawing Techniques
 - Exploring Mediums
 - Fun and Functional Clay
 - RPG Video Game Design
 - Photography
 - Take an art break

- **NEW in Aquatics!**
 - Lifeguard Classes
- **NEW in Youth!**
 - ONE TIME - STEAM workshops
 - Krazy Go Karts
 - Battle Robots: TANKS
 - Mechanical Puppy Workshop,
 - Fun Stem inventions workshop
 - ONE TIME - Mindfulness workshops
 - Activating our inner goal-setter radar
 - The magic of gratitude
- **NEW in Athletics**
 - Pickleball Lessons

And you can also still find many of the Y's favorite programs including:

- Indoor Pickleball
- Volleyball for grades 2-5th
- Tumbling for Tots
- Special Services' Exercise Connection
- 3D Design and Printing
- Art & Swim for 3-6 years
- Tap, Hip Hop, Jazz and more in dance
- And much more...

A membership to the North Suburban YMCA entitles participants to reduced pricing for classes and programs, priority registration, two floors of the latest equipment in cardio, strength, free weights, and circuit training, a modern strength training center and track , a six-lane, 25-yard pool, sauna, steam room, and whirlpool, a full-sized gymnasium, three racquetball courts with free play, and unlimited group exercise classes such as yoga, Les Mills, cycling, cardio and strength, aqua fitness, and more.

To view the program choices for NSYMCA 2025 Winter/Spring session, download the [program guide here](#), visit www.nsymca.org, call 847-272-7250, or stop by the Y at at 2705 Techny Road in Northbrook. To fill out a registration application [CLICK HERE](#).



GUIDE
2025



Caption: The North Suburban YMCA's Winter Program registration is now open with classes beginning January 6, 2025.

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](https://www.nsymca.org).