



the

YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



BUILDING LONG-TERM FRIENDSHIPS!

NSYMCA PEER BUDDY PROGRAM

The North Suburban YMCA in partnership with GBN & GBS Athletes will provide an opportunity for students in grades 8-12 to participate in a workout buddy program with a mentor/buddy from one of the teams.

This program is supervised by the Special Services Department at the NSYMCA. Students with special needs including those with developmental disabilities, those with Autism Spectrum Disorder as well as those youth who are identified as "at risk" will each be paired with a mentor/buddy from the school.

Students will be carefully paired with a buddy based on personality and interests. Buddies will exchange cell phone numbers (those students with special needs who do not have a cell phone will require the help of a parent and use of their cell phone) and arrange to meet on a weekly basis at the YMCA for forty-five minutes to participate in some sort of fitness activity.

These activities can include but are not limited to:

- open gym basketball,
- open gym volleyball,
- walking the track,
- using the treadmill,
- elliptical, or
- stationary bike
- as well as using the machines.

For additional information or to participate in the program please contact Ellen Mirochnick at 847-272-7250 or emirochnick@nsymca.org.

North Suburban YMCA

2705 Techny Rd
847-272-7250
nsymca.org

**SIGN UP
TODAY!**

