



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

MANITOWOC-TWO RIVERS YMCA

**PROGRAM GUIDE**

**FALL 2: November 3 through December 21\***  
*\*unless otherwise noted*



**REGISTRATION: Members – October 21**  
**Nonmembers – October 23**

phone: 920.482.1500 web: [www.mtrymca.org](http://www.mtrymca.org) email: [membership@mtrymca.org](mailto:membership@mtrymca.org)



# BUILDING HOURS & HOLIDAYS

## SEPTEMBER - JUNE

Monday - Thursday: 5:00am - 8:00pm  
 Friday: 5:00am - 6:00pm  
 Saturday: 6:00am - 6:00pm  
 Sunday: 9:00am - 6:00pm

## JUNE - AUGUST

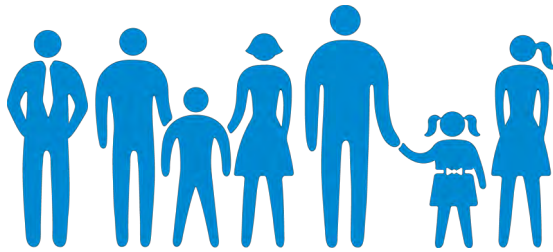
Monday - Thursday: 5:00am - 8:00pm  
 Friday: 5:00am - 6:00pm  
 Saturday: 6:00am - 1:30pm  
 Sunday: 9:00am - 1:30pm

## HOLIDAY EXCEPTIONS\*

We will be closed for the following holidays:

- New Year's Day
- Easter
- Memorial Day
- 4th of July
- Labor Day
- Thanksgiving Day
- Christmas Eve (closing at noon)
- Christmas Day
- New Year's Eve (closing at 3:00pm)

***\*ALWAYS OPEN FOR MEMBERS WITH 24 HOUR FITNESS ACCESS!***



## STAY CONNECTED

INTERNET

**Visit our website for all you need to know.**

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PHONE

**MAIN: 920.482.1500**

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NEWS

**Stay informed with our monthly newsletter.**

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MOBILE

**Stay connected on the go with our mobile app.**

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SOCIAL

**Get social! "Like" and "Follow" us...**

<b>Y News</b>	
Facility Info .....	3
Membership Benefits .....	7
Registration .....	7
Staff .....	8
Nationwide Membership .....	30
Membership for All .....	31
Discounted Memberships .....	32
Corporate Memberships .....	33
Employment .....	34
<b>Youth Development</b>	
Child Watch.....	9
3K Preschool .....	10
Early Childhood Education... ..	11
Youth Sports .....	12
Teen .....	13
Homeschool .....	14
Youth in Government .....	15
Family .....	16
Aquatics .....	17
Gymnastics.....	23
<b>Healthy Living</b>	
Tennis.....	25
Pickleball.....	26
Adult Healthy Living .....	27
Rock Steady Boxing.....	29
<b>Social Responsibility</b>	
Annual Campaign .....	35
Endowment .....	36

TABLE OF CONTENTS

Watch for this icon, and for underlined text, for interactive links that will take you right to where the action is. Register with the click of a button, email staff, learn more about our programs & more!

## FACILITIES

**As a member of the YMCA, you receive several benefits including savings on your favorite activities! We strive for a clean, safe environment and take pride in providing state-of-the-art and well-maintained equipment.**

**24/7 Fitness** 24 hour access is available to all adult members ages 19+ who purchase a FOB and pay a \$3 per month fee. 24 hour access allows entry into the building any time it is closed. 24/7 access includes access to the gyms, lifestyle center, weight room, walking track and public restrooms.

**Aquatic Center** The main pool is 25 yards, has six lanes, and maintains an average temperature of 83°. The instructional pool is 25 yards and is used for therapy, swimming lessons, fitness classes, and family and open swim. The average temperature of the instructional pool is 86°. The whirlpool is available for those ages 18 and older.

**Early Childhood Education (ECE) Center** The Y offers conveniently located, state-licensed early childhood education at the YMCA. Our center provides a safe and dependable environment for children to enhance their physical, emotional, intellectual and social growth. Members receive discounted rates.

**Child Watch** We provide safe, affordable, care for children 6 months to 8 years while parents participate in Y programs and activities. Current hours are Monday - Thursday from 8:30am to 11:30 am and 4:30pm - 7:30pm and Saturdays from 7:30am to 10:30am.

**Gymnasiums** The Prevea Gym and Salutz Gym are available for play any time class is not in session. Please check the app for availability.

**Gymnastics Center** Includes uneven parallel bars, vault tables, spring floor, balance beams, and foam training pit. Group lessons are available.

**Harborview Studio** From Yoga to Youth Sports, enjoy on-demand and livestream classes with YMCA360 InStudio. Available any time a class is not being held.

**Lifestyle Center** We offer elliptical cross-trainers, treadmills, incline trainers, stairmasters, stationary bicycles, circuit equipment and free weights. Staff are available by appointment at no charge for orientation and questions regarding the use of equipment. Children ages 16 years and older are welcome to use the Lifestyle Center. Children ages 12-15 years may use the Lifestyle Center with a parent or guardian or by making an appointment with Membership Services for a Youth Fitness Orientation.

**Locker Room Facilities** Our men's and women's locker rooms offer shower and locker service and the use of our saunas. Our Community Locker Room offers private shower areas for parents with small children or individuals with special needs as well as lockers for general use.

**Pitz Family Fun Center** Families can spend quality time together climbing the play structure or creating art and/or reading a book.

**Racquetball Court** Two racquetball courts are available and can be reserved any time the Y is open by visiting the Membership Services desk.

**Tennis Center** The Tennis Center is home to three indoor Tennis courts and six Pickleball courts. We offer group and individual lessons for both sports. Courts can be reserved by members. Check the app for drop-in play times.

**Track** Ten laps around the track on the 2nd floor equals one mile. Walking only, please. Strollers and wheelchairs are welcome!

**Teen Zone** Gathering space for teens and members of all ages. The space features a TV lounge, pool table, air hockey, and other activities. Equipment is available to borrow from the Membership Services desk.

**FAMILY. FRIENDS. FITNESS. FUN.**



**OUR MISSION:**  
TO PUT CHRISTIAN PRINCIPLES INTO PRACTICE  
THROUGH PROGRAMS THAT BUILD HEALTHY  
SPIRIT, MIND AND BODY FOR ALL.

### YOUTH POLICIES

**CHILDREN UNDER THE AGE OF 12** must always be under direct supervision of a parent/guardian age 16+ unless enrolled in a staff supervised program or activity. Members: Child Watch is available for supervision of children 6 months through 8 years old. The parent/guardian must remain in the building.

FACILITIES



# IN OUR LIFESTYLE CENTER

FIND OUT MORE...



# DO WHAT YOU LOVE, ON YOUR SCHEDULE

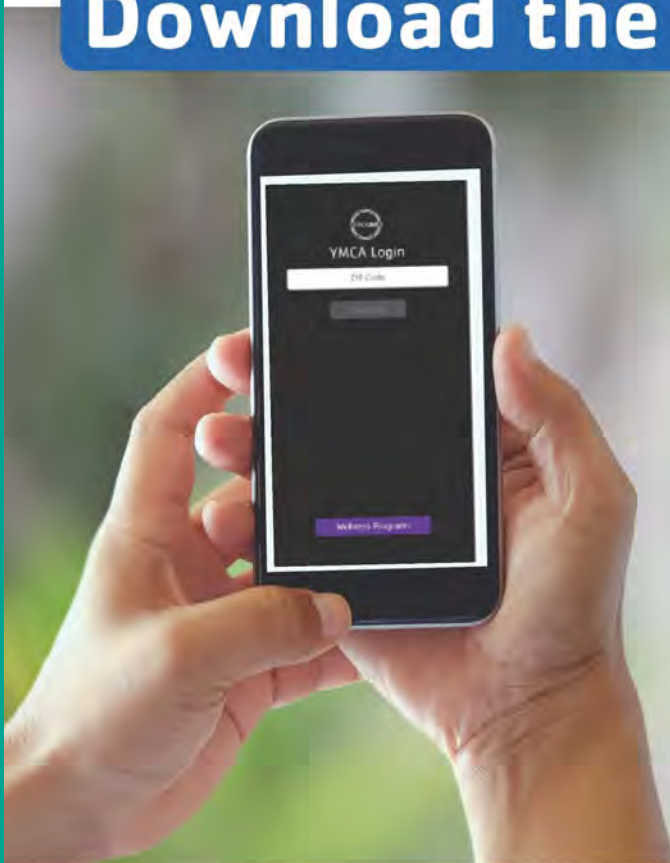
MANITOWOC-TWO RIVERS YMCA

[www.mtrymca.org](http://www.mtrymca.org)

# A NEW WAY TO CONNECT TO THE Y!



**Download the YMCA360 app!**



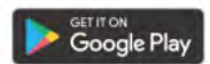
## FEATURES:

- Browse group exercise and pool classes/schedules
- Get facility status (closings, class changes)
- Find Programs and Events
- Access On Demand classes and activities
- Scan Your membership card



## HOW TO GET OUR MOBILE APP:

- Search "YMCA360" in the App Store or Google Play
- Download & open the app
- Type in your zip code
- Select Manitowoc-Two Rivers YMCA
- Enter the email address associated with your membership
- Retrieve the 6-digit code sent to your email address
- Enable notifications



## Styku 3D Body Scanner

### YOUR 3D BODY SHAPE

Styku recreates your body in 3D and shows you how your shape is changing over time.

### FAST & NON-INVASIVE

Uses harmless infrared light. Completely private. Takes only 35 seconds.

### DATA THAT MAKES SENSE

Extracts waist, hip, thigh, body fat%, and more with medical-grade precision.

### TRACK PROGRESS

See fat loss, calories burned and activity levels over time.



## PRICING

1 Session	\$50	4 Sessions	\$125
2 Sessions	\$75	6 Sessions	\$150
3 Sessions	\$110	<i>*Pair STYKU with a personal training package for BEST VALUE</i>	

For more information, contact Gina Wotruba at [gwotruba@mtrymca.org](mailto:gwotruba@mtrymca.org)

MEMBERSHIP BENEFITS

# WHY THE Y? ALL THIS + MORE!

Members get priority registration AND preferred pricing on programs, lessons, childcare, Y Camp, Energyze, & more.

- Nationwide Membership: Members can visit any participating Y in the United States and Puerto Rico through membership at their home Y, at no additional cost
- Complete Lifestyle Center featuring cardio, circuit and free weight equipment
- 3D Styku Body Scan to get a baseline assessment which includes a body composition check
- FREE Active Older Adult Programming
- Free court time for all racquet sports is included with your Y Membership
- Discounted memberships for military personnel and for those families in need of financial assistance
- FREE Towel Service
- Rock Steady Boxing Group or Personal Training: Fight back against Parkinson's disease

- 24/7 Fitness: Members ages 19+ can use the walking track, gyms, and Lifestyle Center 24 hours a day, 365 days a year when they sign up for 24/7 access
- Massage: Our massage therapy services are one of our best kept secrets at the Y
- Personal Training: One-on-one training to help you reach your wellness goals
- Small Group Personal Training: Form a group of 2-4 people with the benefit of one-on-one training
- YMCA360: From Yoga to Youth Sports, enjoy on-demand and livestream classes on-the-go
- FREE Group Exercise Classes: Over 50 classes per week including Body Sculpt, Group Power, Cycling, Cardio Kickboxing, Dance Fitness, Yoga, and MORE
- FREE use of indoor running/walking tracks
- FREE use of Y facilities throughout available program areas including Lap and Open Swim
- On-site childcare while you're here



## REGISTRATION

Members get **PRIORITY REGISTRATION + REDUCED FEES** for all Y programming including Y Camp, Energyze, Childcare, Youth Sports, Swim Lessons & more!

### ACTIVITY REGISTRATION

Activity and class information is published in this guide. Many adult and youth activities are held on a session basis and have a specific start and end date, unless otherwise noted. Registration can be completed at [www.mtrymca.org](http://www.mtrymca.org), in person at the front desk, or over the phone. Visa, Discover, and MasterCard are accepted.

**YMCA MEMBERS** enjoy priority registration on all Y programs! For registration or online account assistance, please contact the Y directly at 920.482.1500. Membership Services is open any time the Y is open to assist you.

MEMBERS GET PRIORITY REGISTRATION!

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Racquet sport court time is included in your Y membership.

HERE FOR YOU THEN.

HERE FOR YOU NOW.

HERE FOR YOU ALWAYS.

## YOUR YMCA BOARD OF DIRECTORS

The YMCA is led by a vibrant, committed volunteer Board of Directors. These community leaders bring new perspectives and connections to the work and mission of the YMCA.

President/Board Chair  
**Todd Glover**

Vice President  
**Sharol Schroeder**

Secretary  
**Nick Brisch**

Treasurer  
**Nicole Malueg**

Members at Large  
**Michael Yeh**  
**Kelsey Beaver**  
**Brianna Neuser**  
**Brooke Sprang**  
**Joe Brown**  
**Holly Murphy**

## HERE FOR YOU: Y STAFF



### AQUATICS & YOUTH IN GOVERNMENT

Barb Schmidt 920.482.1566 [bschmidt@mtrymca.org](mailto:bschmidt@mtrymca.org)

### TENNIS

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### ACTIVE OLDER ADULTS

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### YOUTH & FAMILY

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### DIRECTOR OF SOCIAL/EMOTIONAL LEARNING

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### SCHOOL AGE CHILD CARE

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### EARLY CHILDHOOD EDUCATION (CHILDCARE)

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### WELLNESS

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### FACILITY

Kurt Duzeski 920.482.1518 [kduzeski@mtrymca.org](mailto:kduzeski@mtrymca.org)

### DIRECTOR OF COMMUNITY ENGAGEMENT

Stephanie Peters 920.482.1521 [speters@mtrymca.org](mailto:speters@mtrymca.org)

### CEO

Julie Grossman 920.482.1512 [jgrossman@mtrymca.org](mailto:jgrossman@mtrymca.org)



COMMUNITY STARTS HERE.



# CHILD WATCH

**AGES**  
6 months to  
8 years

**WE'LL CARE FOR YOUR  
KIDS WHILE YOU  
WORKOUT**

Staff will care for children while parents experience other Y activities in the building or while utilizing Maritime Trail.

**FEE (purchase at front desk prior to drop-off):**

**Unlimited Monthly Pass (members only)**

- 1 child - \$20/month
- 2 children - \$30/month
- 3+ children - \$40/month

**Day Pass (available to members and nonmembers)**

- 1 child - \$5
- 2 children - \$6
- 3+ children - \$8

**HOURS:**

**Monday - Thursday**

8:30am - 11:30am  
4:30pm - 7:30pm

**Saturday**

7:30am - 10:30am





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YMCA Early Childhood Education

## 3-Year Old Preschool & Child Care Program

Experienced Early Childhood Ed teachers with age-appropriate curriculum based on school readiness and socio-emotional learning, PLUS swimming and gymnastics included!



**NEW!**  
REGISTRATION IS OPEN!

**Must be 3 years old by September 1**

**Follows MPSD's elementary school calendar**

**LOCATION**

Manitowoc-Two Rivers YMCA

**DAYS/TIMES**

8:45-11:15am

Choose from:

- Mon/Wed/Fri
- Tuesday/Thursday
- Monday - Friday

**MONTHLY COST**

2-day \$100  
 3-day \$115  
 5-Day \$150

# EARLY CHILDHOOD EDUCATION

## (FORMERLY KNOWN AS CHILDCARE)

### LICENSED CARE

Our center, licensed by the State of Wisconsin's Department of Health and Family Services, nurture the whole child. We provide developmentally age-appropriate programs, which are committed to nurturing individual differences and encouraging the social, intellectual, physical, mental and spiritual growth of the child. USDA approved meals, including breakfast, lunch and afternoon snacks are provided. Swimming lessons, gymnastics and other youth sports are offered throughout the year for children three to six years old.

- One-time registration fee per family of \$40.
- Multi-child discount of \$10 per week for families that have youth or family memberships and attend full weeks.
- Tuition is based on your contracted days.
- All weeks will be charged regardless of attendance.
- Tuition is due by noon each Friday (unless another agreement is in place with the Director) to continue receiving care.

Contact Mary Sue Yindra at 920.482.1515 or [myindra@mtrymca.org](mailto:myindra@mtrymca.org) for more information.

### SCHOOL-AGE CARE | [REGISTER](#)

If you need care for your elementary school age child(ren), we have programs to help! The Manitowoc-Two Rivers YMCA offers our SCHOOL-AGE CHILD CARE programs for children in grades K-5 including our before and after school care program and our SCHOOL'S OUT SAFARI (SOS) program when children have off from school. Registration required 48 hours prior to program or by noon the Friday before for Mondays and is non-refundable.

November 4  
November 14-15  
December 6  
December 23  
December 26-27  
December 30

*Semester 2 dates coming soon!*

Contact Kenya Simon for more information at [ksimon@mtrymca.org](mailto:ksimon@mtrymca.org) or 920.482.1539.



### HELP CHANGE LIVES IN OUR COMMUNITY!

Donate to the Annual Campaign to support high-quality, nurturing child care for families with need. For more information on the Annual Campaign, or to make a donation, please contact Stephanie Peters at 920.482.1521.

**YOU CAN ALSO MAKE A DONATION TO THE MANITOWOC -TWO RIVERS Y ANNUAL CAMPAIGN ONLINE NOW BY CLICKING HERE**

**ANNUAL CAMPAIGN**

We're more than a place.  
We're a cause.



# YOUTH SPORTS | REGISTER

Our Youth Sports programs build young athletes by giving them a foundation for a lifetime. Our caring and experienced coaches know how to keep your child safe while having a blast learning a new sport! Whether it's improving their skills and coordination, or building the positive relationships that lead to good sportsmanship and teamwork, participating in sports at the Y is about building the whole child, from the inside out.

## TAE KWON DO (AGES 5 & UP) - STUDIO Y

Tae Kwon Do will improve your coordination, strength, and overall level of confidence in addition to being a great way to develop discipline, honesty, and respect. In Tae Kwon Do, you will learn Olympic style sparring, forms, board breaking and techniques. We encourage families of all ages and abilities to join Tae Kwon Do together. It is a great way to bond and motivate each other to reach your goals. If you were in any form of martial arts, we will take you at your current belt level. Fall session dates are October 8 through November 6 and November 12 through December 18.

Tuesday & Wednesday 6:30 - 7:30pm

Fee: \$53 per person  
 \$40 per person if 2 in same family  
 \$32 per person if 3 or more in same family

## KINDERSPORTS (AGES 4-6)

An assortment of sports, teaching the fundamentals of movement and sport, encouraging confidence-building, healthy living, and fun!

Monday 5:30-6:00pm

Fee: \$30 member, \$55 nonmember

## FLAG FOOTBALL (AGES 6-9)

Introduction to the basic skills of catching, throwing, running, kicking and receiving. Develop understanding of the basic rules of football to help them grow toward games. Learn common drills and skills of playing flag football. Proper running, catching and basic plays of the game.

Monday 6:15-7:00pm

Fee: \$35 member, \$60 nonmember



Become a Youth Sports Coach and make a difference in our community.

# TEEN | REGISTER

## TEEN ZONE

The Teen Zone is open for use with equipment available to borrow from the front desk. No registration required.

## TEEN GYM TIME

The south half of Prevea Gym is reserved for teens to have a place of their own Mondays through Fridays from 3:15pm to 5:15pm. No registration required.

## TEEN NIGHTS (AGES 11-15) - 5:30PM - 7:00PM

Get a group of friends together or come by yourself and meet new friends!

Thursday, October 24	Pizza & Painting	Register by October 23
Tuesday, November 26	DIY Fall Snacks & Gnome Ornaments	Register by November 25

Fee: FREE for members, \$7 nonmembers

## YOUTH FITNESS ORIENTATION (AGES 12-15)

Get "certified" for a Youth Fitness Pass so that you can use the Lifestyle Center. Learn proper use of cardio & select circuit equipment. Child will earn a wristband upon completion which must be worn when in Lifestyle Center. Contact Membership Services to schedule training.

Fee: \$30 members

## AMERICAN RED CROSS BABYSITTING CLASS (AGES 11-14)

This American Red Cross Babysitting Class includes topics of basic child care, bottle feeding, child behavior, safety and more. Please bring a bag lunch—there will be a 30 minute break.

Saturday, November 16 - 9:00am to 4:00pm

Fee: \$60 members, \$75 nonmembers



# HOME SCHOOL | REGISTER

## HOMESCHOOL PHYSICAL EDUCATION

This class is designed to help homeschool kids play, grow, and build lifelong healthy habits. This program includes a variety of activities like team sports, staff-led games and activities. Students get the benefits of in-school PE including the opportunity to socialize with other kids their age, which develops teamwork and leadership skills.

Tuesday 1:00pm - 1:45pm (AGES 6-8)  
 Tuesday 2:00pm - 2:45pm (AGES 9-11)  
 Fee: \$35 members, \$60 nonmembers

## HOMESCHOOL STRENGTH & CONDITIONING

This program will provide students with instruction on how to utilize equipment in the Lifestyle Center. Participants will have the opportunity to take group exercise classes. Students will also receive credit for the youth fitness orientation program.

Wednesday 11:00am - 11:45am (AGES 12-15)  
 Thursday 10:45am - 11:30am (AGES 16+)  
 Fee: \$60 members, \$85 nonmembers

## HOMESCHOOL ENDURANCE SPORTS & GAMES

This program builds endurance on all major strokes and encourages aquatic sports and games as part of a healthy lifestyle. Must have passed level 4 swim lessons.

Tuesday 11:00am - 11:45am (AGES 11-14)  
 Fee: \$45 members, \$82 nonmembers

## HOMESCHOOL SWIM LESSONS

Level 25/35. Students work on body position and control on basic swim strokes. They will learn the float-swim-float sequence and treading water for a period of time. **No class on November 28.**

Thursday 10:20am - 10:50am (AGES 6-12)  
 Fee: \$35 members, \$72 nonmembers

## HOMESCHOOL AQUATIC LEADERS

Have you ever wondered what it takes to work in aquatics? This program is designed to prepare students to participate in a lifeguard or swim instructor training program and job readiness. This is a wonderful opportunity to prepare for a future job or career. Must be able to swim 50 yards consecutively in front crawl and back stroke.

Wednesday 9:45am - 10:45am (AGES 13-15)  
 Fee: \$40 members, \$77 nonmembers

## HOMESCHOOL SAFETY AROUND WATER

This program consists of lessons designed to teach kids water safety skills that help reduce the risk of drowning and build skills and confidence in and around water. Skills taught include exercises to help kids adjust to being in the water, safety topics such as what to do if you see someone in the water who needs help, and fun activities that reinforce skills. Must be confident in putting face under water.

Tuesday 10:30am - 11:00am (AGES 8-12)  
 Fee: \$25 members, \$55 nonmembers

# YOUTH IN GOVERNMENT

## WHAT IS YOUTH IN GOVERNMENT?

Youth in Government (YIG) is a hands-on civic learning program where students in grades 7-12 become state legislators, lawyers, justices, the media, or cabinet members and spend three days running a model government in the Wisconsin State Capitol. Open to all youth in Manitowoc County. Delegations are in two locations: Reedsville and Manitowoc. Students can join either delegation.

## WHY SHOULD YOU PARTICIPATE IN YIG?

- Discuss and advocate for issues that are important to you.
- Learn to organize your ideas clearly and persuasively.
- Meet students from different racial, cultural, economic, and political backgrounds.
- Build self-confidence and improve your public speaking skills.
- Gain skills that set you apart in job interviews or on college applications.

The YIG conference is an experience like no other. You will spend three days with other young people who are interested in government and our society, exploring ideas, making new friends, and building the skills to take action.

## TIME COMMITMENT

Youth In Government runs from October through March. The delegation meets two times per month, at times agreed upon by the participants during our first meeting at the Manitowoc-Two Rivers YMCA. All students who participate in Youth In Government must attend a majority of the meetings. **YMCA info meeting October 22 at 6pm.**

## MORE INFORMATION

If you would like to learn more visit [www.ymcayouthvoice.org](http://www.ymcayouthvoice.org) or click [HERE](#). Contact Barb Schmidt at 920.482.1566 with any questions.



**“I have learned more than I ever thought I would about some issues people find vital to address. Youth In Government meant the opening of my eyes to new opinions and experiences.”**

# FAMILY | REGISTER

Family time at the Y is about giving families as a unit, and as individuals, the opportunities to deepen relationships, develop new skills and interests, improve their health and well-being, & connect to the community.

## WIGGLES & GIGGLES (REGISTRATION NOT REQUIRED - FOR AGES 1 WEEK TO 6 YEARS)

Drop in anytime. No need to register. For children and their caregivers: Wiggles & Giggles is for children to run, jump, and play! There are playing tunnels, scooters, balls, music and more! Caregivers must stay with child during the class. **SPONSORED BY BMO BANK.**

Mondays/Wednesdays 10:00am - 11:00am

Fee: Free for members, day pass fee applies for nonmembers



## STROLLER STRONG - (REGISTRATION NOT REQUIRED)

This fitness class is designed for caregivers (or expecting moms!) of all fitness levels. Drop in anytime. This interval-based class incorporates aerobics, strength training, and core exercises for a total body workout. Stroller Strong will help you get fit while spending quality time with the children in your lives! Please bring your own stroller and a yoga mat and meet in Prevea Gym (class will move outdoors weather permitting).

Tuesday 9:00am-9:45am

Fee: Free for members, day pass fee applies for nonmembers

## FAMILY SWIM

Be sure to watch the app for Family Swim times!

Fee: Free for members, day pass fee applies for nonmembers

## FAMILY FUN FRIDAY (REGISTER BY NOVEMBER 21 AT 5PM)

Join us for our family Fun Friday carnival. The festivities will include carnival games, prizes, food and more! Drop in anytime.

Friday, November 22 4:00-6:00pm

Fee: \$5 per family members, \$15 per family nonmembers

## CHRISTMAS FAMILY BINGO (REGISTER BY DECEMBER 9 AT 8PM)

Bring the family to the Y and enjoy a few games of BINGO and fun! We will have BINGO cards and prizes.

TUESDAY, December 10 6:00-7:00pm

Fee: FREE for members, \$5 per family for nonmembers

## NEW YEAR'S EVE FAMILY NIGHT (REGISTER BY DECEMBER 30)

Enjoy the YMCA for a family-friendly New Year's Eve. Night includes food, music, and family fun activities. More information to come!

Tuesday, December 31 5:30pm-7:30pm

Fee: \$10 per family members, \$15 per family nonmembers

## FATHER DAUGHTER DANCE

What better way for Dad or the adult male in a girl's life to celebrate than with a night out. Night includes dancing, photo booth fun, meal, keepsakes, and a DJ. Professional photos for an additional fee. Space is limited. Pre-registration is required. **Theme: Pretty in Pink.**

Saturday, February 8 6:00pm-9:00pm

Knox's Silver Valley Banquet Hall

Fee: \$60 per couple December 16 through January 16 plus \$30 for each additional child

\$75 per couple January 17 through January 31 plus \$42 for each additional child



# YOUTH SWIM LESSONS | REGISTER

We do everything we can to help our students learn to swim in a safe, values-driven environment. Please contact the Aquatics Director if you are unsure where to place your child—we can help!

## PARENT/CHILD SWIM (6-36 MONTHS)

Introduces infants and toddlers to the aquatic environment and focuses on exploring body positions, blowing bubbles, and fundamental safety.

Monday 9:15 - 9:45am

5:30 - 6:00pm

FEE: \$40 member, \$77 nonmember

## PARENT/TOT SWIM (AGE 3 ONLY)

Learn the basics of preschool level classes, become comfortable in the water on back, face in the water and basic safety skills. Must display consistency in skills and ability to have instructor give direct instruction to child to pass into the Preschool 1 class as a three-year old.

Monday 9:55 - 10:25am

6:10 - 6:40pm

6:50 - 7:20pm

Thursday 9:45 - 10:15am *(no class on November 28-fee will be prorated)*

FEE: \$40 member, \$77 nonmember

## PRESCHOOL LEVEL 1 SWIM LESSONS (4-5 YEARS) NO PARENT

Preschoolers develop comfort with underwater exploration and learn to perform basic self-rescue skills with assistance. Preschool Swim Stage 1 is for students who aren't yet comfortable going under water voluntarily. Your child will learn to bob to submerge in the water, front and back glide to the wall for five feet with help, front and back float for 10 seconds with help, roll from back to front and front to back with help, jump, push, turn, grab with help, swim, float, swim 10 feet with help, exit the water. **No class November 24)**

Sunday 12:05 - 12:35pm

12:45 - 1:15pm

1:25 - 1:55pm

2:05 - 2:35pm

3:00 - 3:30pm

4:20 - 4:50pm

5:00 - 5:30pm

FEE: \$35 member, \$72 nonmember

# YOUTH SWIM LESSONS | REGISTER

We do everything we can to help our students learn to swim in a safe, values-driven environment. Please contact the [Aquatics Director](#) if you are unsure where to place your child—we can help!

## PRESCHOOL LEVEL 2 SWIM LESSONS (4-5 YEARS) NO PARENT

Preschoolers entering this level should be able to go under water voluntarily. Students focus on body position and control, directional change, and forward movement in the water while continuing to practice how to safely exit if they would fall into a body of water. Preschool Swim Stage 2 is for students who aren't yet able to do a front and back float on their own. In Water Movement, your child will submerge to look at an object on the bottom of the pool, front and back glide to the wall for five feet, front and back float for 10 seconds, roll from back to front and front to back, jump, push, turn, grab, swim, float, swim five yards, tread water near the wall for 10 seconds, exit the water. **No class November 24.**

Sunday 10:45 - 11:15am  
 11:25 - 11:55am  
 1:25 - 1:55pm  
 2:05 - 2:35pm  
 3:00 - 3:30pm  
 3:40 - 4:10pm  
 4:20 - 4:50pm  
 5:00 - 5:30pm  
 FEE: \$35 member, \$72 nonmember

## PRESCHOOL LEVEL 3 SWIM LESSONS (4-5 YEARS) NO PARENT

Preschoolers entering this level should be able to front and back float independently. Students learn to swim to safety from a longer distance. They are introduced to rhythmic breathing and integrated arm and leg action. Preschool Swim Stage 3 is for students who aren't yet able to swim 10-15 yards on their front and back. In Water Stamina, your child will retrieve an object in chest-deep water, swim on their front and back for 10 yards, roll from back to front and front to back, jump, push, turn, grab 10 yards, swim, float, swim 15 yards, tread water for 30 seconds, exit the water. **No class November 24.**

Sunday 2:05 - 2:35pm  
 3:40 - 4:10pm  
 FEE: \$35 member, \$72 nonmember

# YOUTH SWIM LESSONS REGISTER

**SCHOOL AGE SWIM LESSONS (6 YEARS & UP OR HAVE PASSED ALL PRESCHOOL LEVELS BY AGE 5)**

**NO CLASS NOVEMBER 24 FOR LEVELS 2-4**

**LEVEL 2 Prerequisites:** Submerge independently, front and back flat independently for 10 seconds, front and back glide with flotation for 5 feet, roll assisted, jump in the pool independently, swim 10 feet using the swim-float-swim sequence, intro to tread water for 10 seconds.

Sunday 10:45 - 11:15am  
 12:45 - 1:15pm  
 1:25 - 1:55pm  
 2:05 - 2:35pm  
 3:00 - 3:30pm  
 3:40 - 4:10pm  
 5:00 - 5:30pm

FEE: \$35 member, \$72 nonmember

**LEVEL 3 Prerequisites:** Submerge and look at object, front and back float independently for 10 seconds, front and back glide for 15 feet, coordinated front crawl for 15 feet, finning and kicking on back for 15 feet, jump in pool independently, roll from front to back and back to front without help, tread water for 10 seconds, swim 15 feet using the swim-float-swim sequence.

Sunday 10:45 - 11:15am  
 11:25 - 11:55am  
 12:05 - 12:35pm  
 12:45 - 1:15pm  
 3:00 - 3:30pm  
 4:20 - 4:50pm

FEE: \$35 member, \$72 nonmember

**LEVEL 4 Prerequisites:** Retrieve object from chest-deep water, rotary breathing with flotation for 25 yards, front crawl with rhythmic breathing for 15 yards with overarm stroke, back crawl for 15 yards, tread water for one minute, jump in deep water and swim 25 yards using the swim-float-swim sequence.

Sunday 12:45 - 1:15pm  
 1:25 - 1:55pm  
 2:05 - 2:35pm  
 3:00 - 3:30pm  
 3:40 - 4:10pm

FEE: \$35 member, \$72 nonmember

**LEVEL 5/6 Prerequisites:** Front crawl with rotary breathing for 25 yards, back crawl for 25 yards, elementary backstroke for 25 yards, tread water for 2 minutes, introduction to breaststroke kick for 15 yards, endurance swim for 50 yards, sitting and kneeling dives. Level 5 and 6 are combined.

Sunday 10:45 - 11:15am  
 11:25 - 11:55am  
 12:05 - 12:35pm  
 3:00 - 3:30pm

FEE: \$40 member, \$77 nonmember

With your donation of \$55, kids with need will have access to our life-saving swim lessons.



## ANNUAL CAMPAIGN

We're more than a place.

GIVE TO THE Y AND HELP CHANGE LIVES IN OUR COMMUNITY!

You can make a donation to the Y Annual Campaign at <http://mtrymca.org/annual-campaign>.

For more information on the Annual Campaign or to make a donation, please contact Julie Grossman at 920.482.1512 or [jgrossman@mtrymca.org](mailto:jgrossman@mtrymca.org).

Lessons are based on pool and/or instructor availability. We appreciate your patience.

# MANTA RAYS SWIM TEAM

Becoming a member of the YMCA Swim Team means fun, fitness, and teamwork. The YMCA swim team is a developmental swim program run by trained coaches to improve swimmers' competitive skills and endurance through progression rather than intense competition at an early age. The YMCA swim team promotes healthy lifestyles while embracing the five core values of caring, honesty, respect, inclusion, and responsibility.

## SWIM TEAM (AGES 6 TO 18)

This competitive program offers children and teens an opportunity to work with trained coaches to improve swimming skills, endurance, and promote a healthy lifestyle. Swimmers must have passed level 5 swim lessons and must be able to

demonstrate the following skills:

- Swim 25-yard freestyle, demonstrating breathing to the side and good body position
- Swim 25-yard backstroke, demonstrating good body position
- Swim 25-yard breaststroke or butterfly
- Demonstrate the fundamentals of a forward dive from the edge of the pool

## WHAT YOU WILL NEED:

- Goggles
- One Piece Swimsuit
- Water Bottle
- Swim Cap (optional but highly recommended)

New members of swim team MUST contact Emily for placement at [eschmidt@mtrymca.org](mailto:eschmidt@mtrymca.org). Fee is determined by the practice group. Financial assistance is available.

## SESSION DATES:

- September 23 - November 9
- November 11 - January 11
- January 13 - March 9
- March 10 - March 16 (State Swimmers Only)

**MANDATORY PARENT MEETING:**  
Thursday, September 12 at 6:30pm  
in the YMCA Community Room.



# AQUATICS SPECIALTY

## INTRO TO SWIM TEAM (6 YEARS & UP)

Wondering what it is like on swim team? Currently on swim team and just need to refine mechanics? Join Intro to Swim Team. Improve on stroke mechanics, turns, starts, and learn how to dive off the blocks. Must have passed at least 1 session of level 5 swim lessons and be able to swim 25 yards consecutively of freestyle and back stroke. Must also have knowledge of breast stroke and butterfly components. **DUE TO HIGH DEMAND...LIMITED TO TWO INTRO SESSIONS PER SWIMMER OR BY DIRECTOR'S APPROVAL.**

Sunday 3:45 - 4:45pm

Fee: \$48 member, \$80 nonmember

## PRIVATE LESSONS - ONE DAY ONLY

Does your child struggle with an element in their current lesson level? Do you feel like a 1:1 lesson will help progress your child? Must be currently enrolled in a school age level swim lesson for the Fall 2 session.

### November 24 (with Olivia) - 2S-3S-4S

1:00 - 1:30pm	3:30 - 4:00pm
1:30 - 2:00pm	4:00 - 4:30pm
2:00 - 2:30pm	4:30 - 5:00pm
3:00 - 3:30pm	

### November 24 (with Liz) - 2S-3S-4S-5/6S

11:00 - 11:30am	2:00 - 2:30pm
11:30 - 12:00pm	3:00 - 3:30pm
12:00 - 12:30pm	3:30 - 4:00pm
1:00 - 1:30pm	4:00 - 4:30pm
1:30 - 2:00pm	4:30 - 5:00pm

FEE: \$25 per half-hour member, \$50 per half-hour nonmember

## 12 SWIMS OF CHRISTMAS

Stay aquatic active this December with our 12 swims of Christmas even among the hustle, bustle and change of routines that come with the holidays. The main "sets" in this plan are designed to be completed after a warm-up of your choice. You should also complete a cool-down when wrapping up the workout. Can only complete one workout per day, no more than three each week. Put your completed form in the bucket for weekly prizes.

December 1 - December 31

FEE: \$10 member, \$20 nonmember

Please see Home School (page 14) for a variety of programs designed for home school students (including Aquatics)!

# LIFEGUARD COURSE

## LIFEGUARD COURSE (AGES 15 AND UP)

This class provides the necessary entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide professional level care of breathing and cardiac emergencies, injuries, and sudden illness until emergency medical services (EMS) personnel take over. The course fee includes certification in lifeguard training, first aid professional level CPR, and AED. *MUST HAVE 6 PARTICIPANTS IN ORDER TO RUN THE COURSE.*

**TESTING DATES:** October 24 from 4:00 to 5:00pm at the Manitowoc-Two Rivers YMCA

### CLASSES (must be signed up by October 23 at 5:00pm)

- November 8, 4pm-8pm
- November 9, 9am-5pm
- November 10, 9am-5pm

**FEE:** \$150 member, \$200 nonmember



## Certifying & Hiring Lifeguards!

**Register for the Lifeguard Certification and Training Course!**

**Swim test to be held on October 24.**

**Classes to be held November 8, November 9, and November 10.**



# PRESCHOOL GYMNASTICS | REGISTER

Our Preschool Gymnastics Program will follow the age guidelines within the program title/description.

## PARENT TUMBLE BUGS (2.5 - 3 YEARS)

Structured beginning gymnastics activities. Class requires adult participation out on the floor for each class. This class focuses on jumping, rolling, and swinging and is designed to strengthen your child as they explore the gymnastics equipment.

Saturday 8:00am - 8:45am

Sunday 11:30am - 12:15pm

Fee: \$40 member, \$118 nonmember

## KINDERGYMNASTICS (4 - 5 YEARS)

Each child will learn gymnastics skills while exploring the balance beam, uneven bars, floor exercise, and vault.

Saturday 8:45am - 9:30am

9:30am - 10:15am

Fee: \$45 member, \$134 nonmember



# PROGRESSIVE GYMNASTICS

## REGISTER

Our Progressive and Advanced Gymnastics Programs are designed on progressions. Gymnastics Director will notify you when your child is ready to progress onto the next level/class. The current progression is Level 1, Level 1 Director Recommended, Level 2, Level 2 Director Recommended, Level 3 Non Competitive, asked to join competitive team. Please contact the Gymnastics Director if you are unsure where your child should be placed in our program.

### LEVEL 1 - BEGINNER (5 YEARS AND UP)

Each child will learn gymnastics skills while exploring the balance beam, uneven bars, floor exercises, and vault table. Children will remain in Level 1 gymnastics until they are asked to join the next class: Level 1 Director Recommended.

Saturday 10:30am - 11:30am  
11:45am - 12:45pm

Sunday 3:00pm - 4:00pm  
4:00pm - 5:00pm

Fee: \$50 member, \$149 nonmember

### LEVEL 1 - DIRECTOR RECOMMENDED

Sunday 1:45pm - 2:45pm

Monday 4:15pm - 5:15pm

Wednesday 4:45pm - 5:45pm

Fee: \$50 member, \$149 nonmember (Sunday)  
\$58 member, \$174 nonmember (Monday/Wednesday)

### LEVEL 2 - ADVANCED BEGINNER (5 YEARS AND UP)

This class will focus on more advanced skills. This class is for gymnasts who have surpassed Level 1 skills.

Sunday 12:30pm - 1:30pm  
1:45pm - 2:45pm

Wednesday 6:45pm - 7:45pm

Fee: \$54 member, \$160 nonmember (Sunday)  
\$62 member, \$186 nonmember (Wednesday)

### LEVEL 2 - DIRECTOR RECOMMENDED

This class will focus on more advanced skills. This class is for gymnasts who have surpassed Level 1 skills. This class is for Level 2 gymnasts working on level 2 skills that have been asked to join the Level 2 Director Recommended class.

Monday 5:15pm - 6:15pm

Fee: \$62 member, \$186 nonmember

Beautify your home this holiday season! Gymnastics will be holding a wreath fundraiser this fall.

Orders are due October 23 and items will be available for pickup by November 27.

Watch for more information at the Y or by clicking [HERE](#).





# TENNIS

The Manitowoc-Two Rivers YMCA has the only indoor tennis facility in the county. Our YMCA is home to three indoor tennis courts where members of the Y have a variety of options available to them. We offer lessons, leagues, and programs for all ages and abilities.

## BEGINNER WITH PARENT (AGES 7-8)

Students will be introduced to the basics of tennis. Parents will do most of the feeding of balls to their child. **Each child must be accompanied by an adult.**

Sunday 1:00pm - 2:00pm (BEGINNER)  
Fee: \$50 member, \$70 nonmember

## INTERMEDIATE (AGES 9-16)

Students will be taught the major strokes associated with tennis (forehand, backhand, serve, and volley). Students will also be taught both no-ad and regular scoring and game strategy.

Sunday 2:00pm - 3:00pm  
Fee: \$50 member, \$70 nonmember

## ADULT BEGINNERS—Starts November 12

Must have 4 registered to run this class.

Tuesday 6:00 - 7:00pm  
Fee: \$60 member, \$75 nonmember

## MONTHLY LESSONS

### HIGH SCHOOL OR ADVANCED

Monday 4:00pm - 5:30pm  
Fee: \$60 per month member, \$75 per month nonmember

### INTERMEDIATE

Wednesday 5:30pm - 7:00pm  
Fee: \$60 per month member, \$75 per month nonmember

### ADVANCED BEGINNER

Wednesday 4:00pm - 5:15pm  
Fee: \$48 per month member, \$75 per month nonmember

## JUNIOR SINGLES TENNIS LEAGUE SUNDAYS - NOVEMBER THROUGH JANUARY

Open to adults and youth in high school and younger.

Lower Intermediate 3:00 - 4:00pm  
Intermediate 4:00 - 5:00pm  
Advanced 5:00 - 6:00pm

Fee: \$40

## PRIVATE LESSONS

### YOUTH (AGES 5-18)

Fee: \$40 member  
\$50 nonmember

### ADULT (AGES 19+)

Fee: \$50 member  
\$60 nonmember

## SEMI-PRIVATE LESSONS

(2 participants)

### YOUTH (AGES 5-18)

Fee: \$25 per member  
\$30 per nonmember

### ADULT (AGES 19+)

Fee: \$35 per member  
\$40 per nonmember

*\*Fees listed are per lesson.*

# PICKLEBALL | REGISTER

A fun sport that combines elements of tennis, badminton, and ping-pong. It is played on a tennis court with a low net. Pickleball, easy for beginners, is becoming one of the fastest-growing sports in America! All abilities and ages are welcome.

## INTRO TO PICKLEBALL (AGES 16 AND UP)

Come learn how to play the fastest growing sport in America, Pickleball! This class is for anyone who is interested in learning more about the game and how to play.

Tuesday 1:00 - 2:00pm

Thursday 6:00 - 7:00pm

Fee: \$20 member, \$35 nonmember

## DROP-IN PICKLEBALL

We now have drop-in times reserved for Pickleball players!

### Beginners Only

Tuesday & Thursday 1:00-2:30pm (courts 2 & 3 both sides)

### 3.0 and Below (Beginner - Intermediate)

Tuesday & Friday 9:30-11:30am (ALL COURTS)

Monday & Wednesday 5:30-7:45pm (court 3 both sides)

### Above 3.0 (Intermediate - Advanced)

Monday & Wednesday 8:00-10:00am (courts 2 & 3 both sides)

Friday 7:30-9:30am (courts 2 & 3 both sides)

### All Levels

Sunday 9:00-11:00am (courts 2 & 3 both sides)

Tuesday 5:30-7:45pm (courts 2 & 3 both sides)

Wednesday 10:00-12:00pm (courts 2 & 3 both sides)

Thursday 5:30-7:45pm (court 3 both sides)

Fee: Free for members



**Drop-in  
Pickleball  
is FREE for  
YMCA  
members!**

# ADULT HEALTHY LIVING

## WELL-TO-WORK ASSESSMENT

Cardiorespiratory fitness, also commonly referred to as cardio fitness or aerobic fitness, is often assessed to evaluate a client's capacity for performing work. A YMCA Personal Trainer will administer the YMCA 3-Minute Step Test, the Rockport Walk Test or the 1.5 Mile Run Test based on employer's requirements. Results will be provided to client and employer following the assessment. Fee: \$60

## MASSAGE

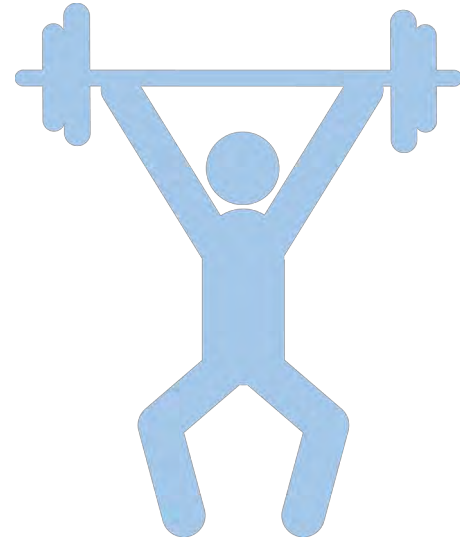
Our massage therapy services are one of our best kept secrets at our Y. Whether you need relaxation or stress-relief, deep tissue, or even prenatal massage, we're here for you. Stop at the Membership Services desk or call the Y to schedule your massage appointment.

## PERSONAL WELLNESS TRAINING (YOUTH & ADULT)

One-on-one training to reach your wellness goals. Whether it is weight loss, muscular strength/flexibility, injury prevention, or post rehabilitation; a Y personal trainer will help you attain your goals.

## SMALL GROUP TRAINING

**CREATE YOUR OWN SMALL GROUP EXERCISE CLASS** with the benefit of individualized attention. Classes are limited to a minimum of two participants and a maximum of four participants. Create your own focus, create your own group, and **SAVE** while succeeding! For more information or questions, please contact Membership Services at 920.482.1500 or sign-up at the Membership Services desk.



**MAKES A GREAT GIFT!**



Your fitness journey is a lifelong endeavor, and our certified personal trainers are here to help you achieve all of your goals along the way.

## CERTIFIED PERSONAL TRAINING

Contact Membership Services for current pricing or to schedule an appointment.

# ADULT HEALTHY LIVING

## COMPLIMENTARY SCREENING

Having aches and pains? Stop in for a complimentary screening with an ATI Doctor of Physical Therapy. The screens are about 15 minutes in length. Sign up at the front desk!  
2nd Monday of every month 8am-11am, YMCA Community Room

## STYKU 3D BODY SCANNING

Styku 3D Body Scanning is now available for Manitowoc-Two Rivers YMCA members! Styku allows you to visualize your body shape in 3D, set personalized goals, and track your progress with data that makes sense and is fast and non-invasive. Contact Gina Wotruba at [gwotruba@mtrymca.org](mailto:gwotruba@mtrymca.org) for more information.

## RETURNED PEACE CORPS VOLUNTEERS

Are you a Returned Peace Corps Volunteer interested in connecting with other RPCVs? Please contact Stephanie Peters at [speters@mtrymca.org](mailto:speters@mtrymca.org).

## WOMEN ON WEIGHTS

The benefits of strength training for women are endless. Find a place of empowerment in the Lifestyle Center including the weight room with this 7-week program where you will learn proper use and techniques of free weights and weight machines. This program is led by our nationally accredited female certified personal trainers. Maximum 4 participants per program session. For more information, contact Debbie at [dfuller@mtrymca.org](mailto:dfuller@mtrymca.org).

Tuesdays & Thursdays 6:00pm - 7:00pm

FEE: \$139 per person, members only

## ACTIVE OLDER ADULT HALLOWEEN PARTY

Join us for a potluck, games, and laughter! Costumes not mandatory but there will be a prize for best costume.

October 31 | 11:00am - 1:00pm | YMCA Community Room

## 17TH ANNUAL TURKEY TROT

The Festival Foods Turkey Trot is BACK! Start your Thanksgiving Day by supporting a great cause. Register to participate or volunteer at the event. Sign up today! And don't forget to select YMCA as the association you're affiliated with. Remember, 100% of proceeds from the event directly support your local Y and Boys & Girls Club. TOGETHER, we can make a difference. <https://manitowoc.festivalfoodsturkeytrot.com/>

## 12 DAYS OF FITMAS CHALLENGE - DECEMBER 13 THROUGH DECEMBER 24

Are you up for the challenge? There will be a new workout for you to complete on your own and at your own pace daily. These are bodyweight-only exercises and no equipment is needed. Try to do each workout as best you can. Modifications or breaks are encouraged as needed. The challenge is accumulator style, adding the previous day's exercises to the next day and so on for 12 days.

Fee: FREE

# ROCK STEADY BOXING | REGISTER

## ROCK STEADY BOXING - SPONSORED BY PREVEA

Our very own kick-butt Parkinson's Disease Management Program! Boxers condition for optimal agility, speed, muscular endurance, accuracy, hand-eye coordination, footwork and overall strength to defend against and overcome opponents. At Rock Steady Boxing, Parkinson's disease is the opponent. Contact Debbie Fuller for more information at [dfuller@mtrymca.org](mailto:dfuller@mtrymca.org).

Monday & Wednesday 1:00-2:15pm

FEE: \$30 per month member

\$75 per month nonmember

**OPTIONAL STARTER PACKAGE: INCLUDES GLOVES, WRAPS, T-SHIRT, AND STORAGE BAG - \$75!**

## ROCK STEADY BOXING PERSONAL TRAINING

Personal training session option for our Rock Steady Boxers and/or those fighting back against Parkinson's disease and not participating in Rock Steady Boxing.

Fee: \$25 per session member, \$35 per session nonmember



OPEN TO MEN & WOMEN OF ALL ABILITY LEVELS

BUILD POWER, STRENGTH,  
FLEXIBILITY & SPEED

# ROCK STEADY BOXING

PARKINSON'S DISEASE MANAGEMENT PROGRAM

NATIONWIDE MEMBERSHIP

# DID YOU KNOW?

## You can workout at Ys across the US and Puerto Rico!

We offer Nationwide Membership because we want to help you reach your health and wellness goals wherever you live, work or travel. This is an essential part of our cause of strengthening communities.

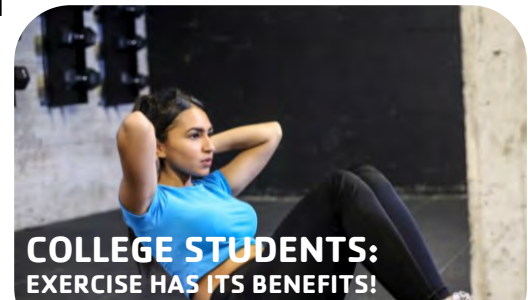


### IT'S EASY TO TAKE ADVANTAGE OF THIS VALUABLE BENEFIT:

As a Nationwide Member, you now have the added value of visiting Ys across the United States and Puerto Rico. There are a few guidelines to know and follow when you travel:

- Visit [ymca.net](http://ymca.net) before you travel to make sure the Y you intend to visit participates in Nationwide Membership. More than 2,500 Y locations participate.
- You must have an active membership to be eligible for Nationwide Membership.
- On average, at least 50% of your visits must be to your Home YMCA (the local association that enrolled you and collects your membership dues).
- If you have known periods of seasonal travel (when you will not be using your Home Y at least 50% of the time or will be a resident of another area for more than 28 days), you will need to place your Home Y membership on hold or cancel it, and join the Y where you will be living for that time period. Please plan ahead, as it may take several weeks to place your account on hold.
- Most YMCAs require a photo ID for all visitors. Please bring a photo ID with you for a seamless customer experience.
- You will be asked to sign a waiver when visiting other YMCA locations.

Enjoy being part of more YMCA communities.



### COLLEGE STUDENTS: EXERCISE HAS ITS BENEFITS!

Exercise not only energizes your body— it also kick-starts your brain.

Take advantage of Nationwide Membership and workout at the Y in your college town. If you are a college student, you will need to join the YMCA where your usage is 50% or greater. Nationwide Membership is based on individual usage not the family unit. Most Ys have a young adult or college membership option or you can ask about the financial assistance program.



MEMBERSHIP FOR ALL



When you join the Y you join more than a fitness club - you become part of a community of people dedicated to improving the health and quality of life for themselves, their families, and their neighbors. Membership is available for individuals, families and youth, with no contracts and easy monthly payment plans.

**AFFORDABLE TO ALL MEMBERSHIP + PROGRAMS FOR ALL**

One rate does not fit all, so we offer *FOR ALL* membership assistance. The heart of the Y's mission is to serve all people in our community. Thanks to donations (provided by Y members, staff, local families, and businesses) to the Y's Annual Campaign—we can offer financial assistance for people with need. *FOR ALL* gives kids, families, and adults the opportunity to pay the monthly membership fee that best aligns to their household income. Applications are available at the front desk or you can print your own at [www.mtrymca.org](http://www.mtrymca.org).



**YOUTH & FAMILIES AT THE Y**

Family time at the Y is about giving families as a unit, and as individuals, the opportunities to deepen relationships, develop new skills and interests, improve their health and well-being, and connect to the community. The Y has always been a place where families can play and be active together, and that's more important than ever. Whether the activities are physical like sports or exercise classes, or more recreational like swimming and arts, Ys want families doing them together because you'll live healthier and make memories for a lifetime.

**CHILDREN UNDER THE AGE OF 12**

Must always be under direct supervision of a parent/guardian unless enrolled in a staff supervised program or activity. Child Watch is available for supervision of children 6 months through 8 years old. The parent/guardian must remain in the building.

**CHILDREN AGES 12+**

Allowed to use the appropriate spaces available without direct supervision during non-school days/hours.

**CREDIT POLICY**

There are no credits given for individual classes missed. The Y reserves the right to cancel a class when it does not meet the minimum enrollment requirement.

**TOURS**

Tours of our facilities are available during hours of operation. No appointment is necessary.

**FACILITY RENTAL NOTE:** Rentals are available for birthday parties or special events. Utilize pools, Pitz Family Fun Center, and more. Simply call the Y for details and pricing. Contact: Lisa Nething, 920.482.1561 or [lnething@mtrymca.org](mailto:lnething@mtrymca.org).

# DISCOUNTED MEMBERSHIPS

Did you know that the Manitowoc-Two Rivers YMCA works with several insurance programs to offer you a wellness benefit?

Many insurance companies offer wellness benefits to their customers which include discounts on their fitness facility membership rates. Our YMCA participates in several of these programs.

Stop in at the Membership Services desk with your health insurance card to see what you qualify for.

Most of these programs allow you to have a YMCA membership **free of charge** or a significantly discounted rate. At the Manitowoc-Two Rivers YMCA you are a full access member with this partnership.



The Y recognizes the many sacrifices made by military personnel and their families to ensure our country is Protected. As military personnel, you and your family can combine fitness and social opportunities to create a healthy mind, body, and spirit.

As our way to thank you, the Y offers reduced pricing for military personnel & their families.

**WHO IS ELIGIBLE?**

- Active Duty and their families
- Reserves and their families
- Veterans and their families



# CORPORATE MEMBERSHIP

A YMCA Corporate Membership is more than just providing reduced rates for your employees. Our goal is to create healthier workplace environments. By connecting with the Y, workplaces receive services that help support employees in being more active and engaged in healthier lifestyles. Partnering with the Y is an investment in the well-being of your employees and business! Physically fit employees make your company more fiscally fit.

## OUR PARTNERS

A TO Z MACHINE COMPANY

A.C.E. BUILDING SERVICES

AIR WISCONSIN

ALLIANCE SERVICES

AMERICOLLECT

ASSOCIATED BANK

AURORA HEALTH CARE

BANK FIRST

BAYCARE

BELGIOIOSO CHEESE

BELLIN HEALTH

BRANDT BUSES AND ASSIST TO TRANSPORT

BRAUN BUILDING

CELLCOM/NSIGHT

CHERMAKE

CLARITY CARE

CP FEEDS

DCENTRIQ

DRAMM CORPORATION

EXCELLERATE

EXPERA SPECIALTY

FAITH TECHNOLOGIES

FEDERAL MOGUL/TENNECO

FESTIVAL FOODS

FOREFRONT DERMATOLOGY

FORMRITE

FOSBER AMERICAN INC.

HEIDEN, LLC

INNOVATIVE SERVICES

INTEGRITY INSURANCE

KAYSUN CORPORATION

KOHLER

LAKESHORE CAP

LAKESHORE COMMUNITY HEALTH CARE

LAKESIDE FOODS

MACCO'S FLOOR COVERING CENTER

MANITOWOC MARINA

MARINETTE MARINA

MASTERS GALLERY FOODS INC.

MARITIME MUSEUM

MIRON CONSTRUCTION

MOLINA HEALTHCARE

MORETTI FREEZE DRY

MOSAIC FAMILY HEALTH

MTM

MPU

N.E.W. INDUSTRIES

ORANGE CROSS AMBULANCE

RF TECHNOLOGIES

RIVERSIDE FOODS

ROBINSON METAL

ROGERS BEHAVIORAL HEALTH

ROYDAN ENTERPRISES LLC

SHORELINE CREDIT UNION

TOWSLEYS

## QUESTIONS?

Contact the Y at 920.482.1500 or email [membership@mtrymca.org](mailto:membership@mtrymca.org) for more information on how you can provide this service to your staff team for a happier and healthier work force.



**GOOD HEALTH IS  
GOOD BUSINESS**

# EMPLOYMENT

## LIFEGUARDS

Call Barb Schmidt at 920.482.1566 for details.

## ASSISTANT SWIM TEAM COACH

Call Barb Schmidt at 920.482.1566 for details.

## FULL-TIME CHILD CARE WORKER

Call Mary Sue Yindra at 920.482.1515 for details.

## YOUTH SPORTS COACH

Call Lisa Nething at 920.482.1561 for details.

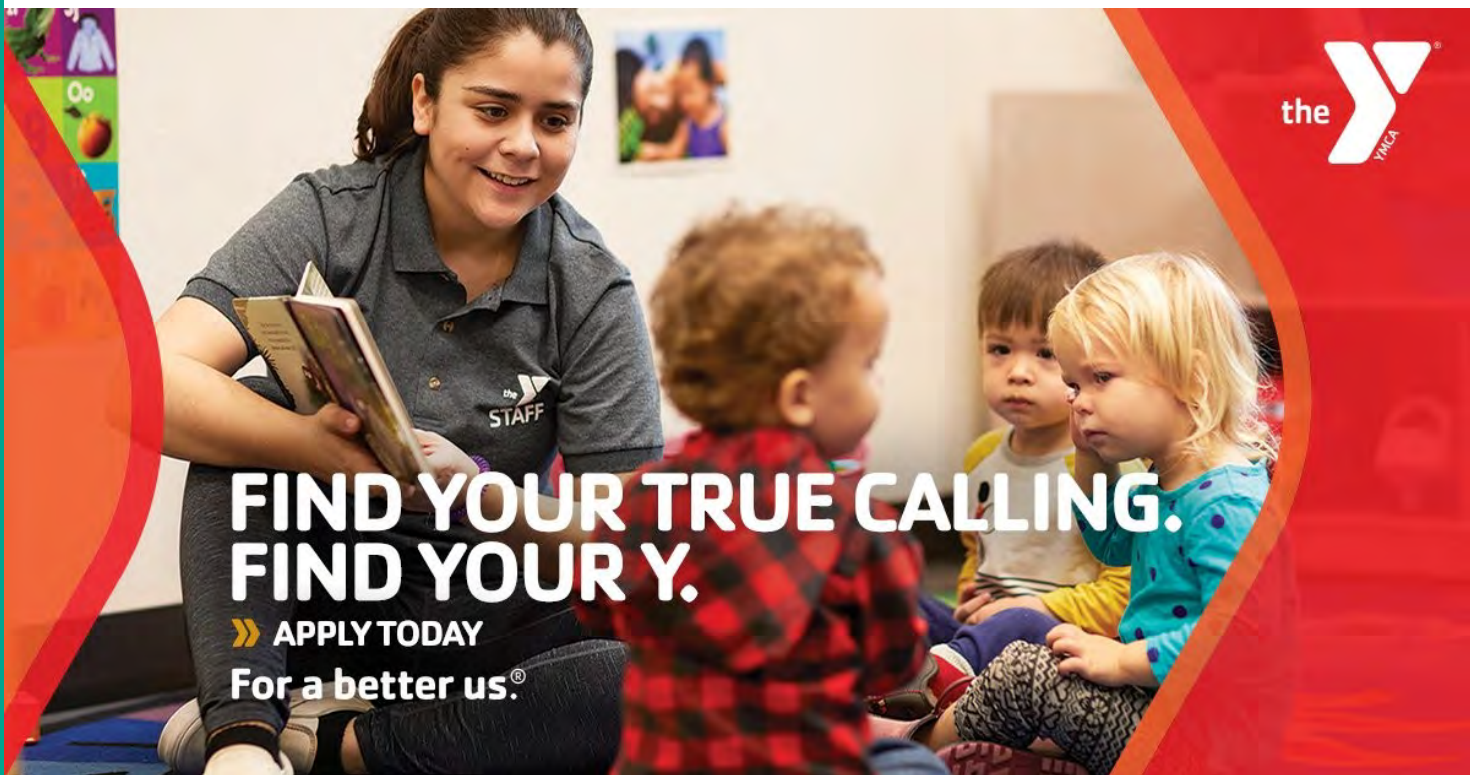
## YOGA INSTRUCTOR

Call Gina Wotruba at 920.482.1520 for details.

FOR GENERAL QUESTIONS ABOUT JOBS VISIT [MTRYMCA.ORG/CAREERS](https://mtrymca.org/careers).

## JOIN THE Y TEAM AND MAKE A DIFFERENCE!

- RECEIVE A FREE FAMILY MEMBERSHIP
- DISCOUNTS ON CHILDCARE AND OTHER GREAT PROGRAMS



**FIND YOUR TRUE CALLING.  
FIND YOUR Y.**

» APPLY TODAY  
For a better us.®



## ANNUAL CAMPAIGN.

WE'RE MORE THAN A PLACE.  
WE'RE A CAUSE.

# LET'S MAKE OUR COMMUNITY BETTER!

With a gift to the Y, you can make childcare affordable to those with need, you can equip kids with life-saving swim lessons and water safety instruction, you can improve the lives of seniors by keeping them active, independent, and socially connected, PLUS so much more.

The Y is committed to meeting the basic needs of our community by empowering youth, individuals, families, and seniors through membership and programs that support their financial self-sufficiency, build social connections, and improve health and wellbeing.

For more information on the Annual Campaign or to make a donation, please contact Stephanie Peters at 920.482.1521 or [speters@mtrymca.org](mailto:speters@mtrymca.org). You can also make a donation to the Manitowoc-Two Rivers Y Annual Campaign online at <http://mtrymca.org/annual-campaign>.

**100%** of your contribution supports the basic needs for those who cannot afford the Y—right here in Manitowoc and the surrounding communities we serve!

The Manitowoc-Two Rivers YMCA is classified by the Internal Revenue Service as a 501(c)3 not-for-profit organization. As such, all charitable gifts received in the Annual Campaign are tax-deductible to the extent of the tax code.

The impact of your donation to the Annual Campaign is REAL and MEANINGFUL.

# CREATE A LIVING LEGACY

**Make a planned gift TODAY. Help Lakeshore generations TOMORROW.**

**Our hope is to build a strong, healthy and happy community for generations to come - but we can't do it without your help!** As a charity, our success is dependent on donations and contributions from our generous community.

We believe that investing in our kids, our health and our neighbors makes all of us stronger. If you believe in the work we're doing today, you can be an integral part of our future by including a charitable gift in your estate and financial plans. With a little planning, you can make a big difference for years to come.

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## ANNUAL CAMPAIGN

We're more than a place.  
We're a cause.

For more information and to start a conversation about your legacy and supporting the values and community that you believe in, please contact Stephanie Peters at 920.482.1521 or [speters@mtrymca.org](mailto:speters@mtrymca.org).

10/09/2024