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MANITOWOC-TWO RIVERS YMCA

January 7, 2021 MEMBER NEWSLETTER

Happy New Year, Y Friends!

Many years ago, a mentor of mine said, "I don't make resolutions because I never fail to disappoint myself. I set intentions, instead; and then I continue to set them all year long..."

This stuck with me. The new year is a great opportunity for a fresh start, but I think many of us can relate to the feeling of shying away from the "resolutions." Intentions are powerful forces, but they feel more malleable—more willing to bend with whatever life throws at us; and if we've ever experienced a year of learning how important that is, it was 2020.

So, 2021, we greet you with the very best intentions. Then, when we miss the mark, we reset our intentions and onward we go— still heading toward a stronger, healthier, happier version of our self. No need to chalk it off to another broken resolution.

Whatever your intention, every study (along with common sense) tells us that you need a support team. People who know your plan, understand your desires, and support your goals. Whatever your intentions are for 2021, your Y is here for you. For all the obvious things, of course— the treadmills, yoga classes, and lap lanes; but also for the friendships, the community connections, the quality family time, the stress relief, and the time carved out of your day just for you.

Our Y's intention is to be here for you in whatever way you need us as you recover from 2020 and create the best possible 2021 for you, your family, your neighbors, and your community. Together, we've got this.

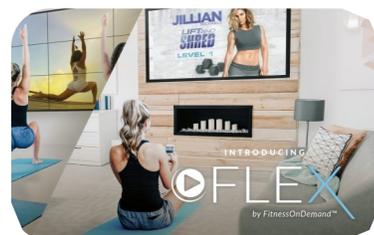
Happy New Year!

MAKE 2021 YOUR YEAR

Do you have a friend or family member interested in joining you at the Y? If they join between now and **JANUARY 15** they will pay **\$0 PROCESSING FEE!**

Memberships include dozens of live classes and **hundreds of virtual classes** at the Y or from the comfort of your home with Flex by Fitness on Demand®, now included in your Y membership!

Contact Joe Metzen at jmetzen@mtrymca.org or (920) 482-1529 for more information.



HUTERRA THE DINOSAUR

Meet "HuTerra," the dinosaur! HuTerra is a very hungry dinosaur with a specific appetite. She LOVES to eat receipts from local stores like Walmart, Piggly Wiggly, and Pick n' Save, to name a few (check our website for all stores).

Not only does HuTerra have a specific appetite, but she also has a **BIG** appetite, so as staff and members, we need to work hard to feed her these receipts and drop them in HuTerra's box.

HuTerra and her box will be at the front desk of the Y, the daycare entrance, daycare at Orion, and the gymnastics center. Grab a brochure and see what stores you regularly shop at and help feed HuTerra!



LIFEGUARD PROGRAM

Whether you are looking for a great summer job or a career as a professional lifeguard, the Red Cross Lifeguard certification and training program is the place to begin.

This class provides the necessary entry-level lifeguard participants with the knowledge and skills to provide professional level care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over. The course fee includes certification in Lifeguard training, First Aid, Professional level CPR and AED.

Class runs from January 16 to March 27 on Saturdays from 9am to 12pm.

COMMUNITY BLOOD DRIVE

The YMCA is hosting a blood drive on February 13 from 9:00am to 2:00pm. Please make your appointment TODAY!

For an appointment, please visit redcrossblood.org or call 1-800-RED-CROSS (1-800-733-2767).

FIND US ON:



MILITARY MEMBERSHIPS

The Y recognizes the many sacrifices made by military personnel and their families to ensure our country is protected. As our way to thank you, we will waive the joiner fee for all veterans and active military personnel.

We also offer veteran single (\$30 per month) AND family (\$50 per month) memberships to those registered with the VA and who provide an ID card upon registering. If qualified, military memberships may be available through your military branch at no cost to you. **THANK YOU** to the Annual Campaign for supporting the Veterans discounted membership.

Note: We will accept form DD214 as proof of being a veteran.

GROUP EXERCISE

The updated Group Exercise schedules can be found online at mtrymca.org/groupexerciseschedule. Please take note of the following changes:

- You asked—we listened! Our early Studio Y Saturday class has been moved back to 8am.
- NEW! Welcome back Gina Wotruba and Cardio Kickboxing! Join Gina on Thursday mornings in Gym 2 at 9am!

BABYSITTING PROGRAM

Become babysitter certified. This class includes handbook, DVD, and certificate upon completion. Please bring a bag lunch. Class to be held on February 27 from 9am to 4pm. For ages 10-12.

GIVE

Your donation helps us ensure that *every* child—no matter his or her family's financial situation—has access to character-building Y programs. Thank you for helping us nurture the potential of EVERY child. Click [HERE](#) to donate!

Contact Noel Feider at nfeider@mtrymca.org or (920) 482-1521 for more information.

Keep a lookout for the 2021 Annual Campaign Launch!