



24 HOUR ACCESS

MANITOWOC-TWO RIVERS YMCA JANUARY 2023 MEMBER NEWSLETTER

Happy 2023, Y Friends!

In the spirit of The End of Year List phenomenon, here is ours.:
The Top Five Things We're Looking Forward To @ Your Y In 2023.

5. **Y Workouts Your Way:** With **24-hour access to Y facilities and Y360 on demand fitness**, you can get your workout in anytime, anywhere. Many of your lives have changed over the past few years— new work schedules, balancing working from home and being at the office, altered child care arrangements, and more. Chances are very good that your workout routine of 2019 looks very different today, and we're here for it.

4. **Teen Programs**— You know your Y has always been here for the little ones, and we have adult and senior programs well-covered; but what about those critical middle years? Look for Gym Game Nights, Leaders in Training, Youth in Government, Lifeguards In Training, and more in 2023.

3. **Enjoying the facility facelift** we've been working on the for the last few months: improved **air quality** units, **painted walls**, updated **flooring**, **zen-like** spaces, and more—including a bigger, better **coffee machine** (priorities, friends; *priorities*).

2. Taking our **Early Childhood Education** program to its next, urgently-needed level so our local work force can show up knowing their children are learning, exploring, and thriving. Improving quality and capacity is our highest priority.

1. **Being here for you;** supporting you every step of the way on your continued journey to healthier, happier, more hopeful lives!

From all of us here at your Y, we wish you the very best that life has to offer in 2023. Happy New Year!

24/7 FITNESS

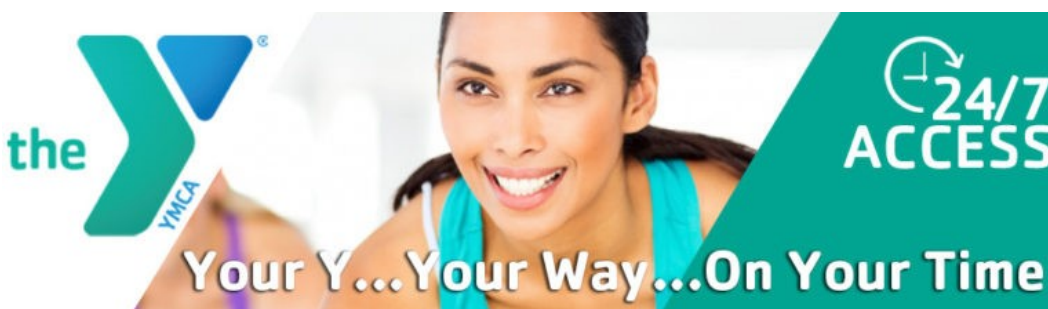
FOBs are now available to purchase for those who would like to have 24/7 access beginning at 5:00am Sunday, January 1.

Early Bird Sale going on now, with fobs only \$10. This is a one-time purchase price; ongoing access is an additional \$3/ month to your regular membership.

Did you already purchase a FOB? Don't worry - we will refund the difference to you so you can take advantage of the early bird special as well.

Stop at the front desk to get your fob, fill out the appropriate paperwork and have the ability to work out after (or before) normal facility hours to better fit your personal needs.

For all Manitowoc-Two Rivers YMCA members ages 19+. 24/7 access is for MTR YMCA location only.



LIFEGUARD CERTIFICATION

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. Swim test will be held on January 14. Classes will be held January 27 - January 29.



Certifying & Hiring Lifeguards!

Register for the Lifeguard Certification and Training Course!

Swim test to be held on January 14.
Classes to be held January 27 - January 29.



THIS WEEKEND AT THE Y

Our Manta Rays Swim Team is hosting this weekend's Snowflake meet. This is an exciting event—our Y team is off-the-hook—amazing this year with a coaching staff who gives it all and kids who love every minute of it, working hard to improve their PRs and support one another. All of this comes with a courtesy heads up to our members: we will have 100+ people here on Friday evening and 350+ people here this Saturday. Members are always welcome, but we will not be selling day passes.

GIVING TREE

To all members of the YMCA that contributed to this year's Giving Tree, the Manitowoc County Human Services Foster Care Program thanks you! You have all shown what a generous community we truly live in! Our children and youth in out-of-home-care placements are so appreciative of all of the gifts that they received at Christmas this year. Thank you so much for your generosity!

GYM GAME NIGHT – 6TH-8TH GRADERS

Grab your friends and join us Tuesday nights for Gym Game Night! Each week we will play different gym games like dodgeball, kickball, tag, steal the pin etc.!

Tuesdays, 6:30-7:45

6th- 8th graders

Members FREE, Nonmembers \$8

FIND US ON:



BLOOD DRIVE

A blood drive will be held at the YMCA on January 4 from 11am to 4pm in the Prevea Gym.



FATHER DAUGHTER DANCE

What better way for Dad, grandpa, or adult role model in a girl's life to celebrate than with a night out. Night includes dancing, photo booth fun, meal, keepsakes, and DJ. Professional photos for an additional fee. PRE-REGISTRATION REQUIRED.

12/19/22 - 1/19/23: \$60 per couple plus \$30 for each additional child

1/20/23 - 2/12/23: \$75 per couple plus \$42 for each additional child

DADDY DAUGHTER DANCE

SATURDAY,
FEBRUARY 18
6:00 - 9:00pm
Pre-registration is required.

KNOX'S SILVER VALLEY

SPONSORED BY
Knox Community Credit Union



NOW OPEN!

Child Watch is now open on Saturdays from 7:30 am - 10:30am in addition to our evening times. Let our staff take care of your children while you work out. For more information go to www.mtrymca.org/early-childhood-education.

