



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## MANITOWOC-TWO RIVERS YMCA MAY 2022 MEMBER NEWSLETTER

Greetings, Y Members, and Happy Spring (we're just going to stick with it until it rings true),

It's wonderful to see so many of our Snowbirds back from their southern, winter getaways; **welcome back to your Y home** in the north. And yes, we have pickleball and tennis here, too, and while the outdoor courts are warming up, it's less windy on your Y courts!

As a reminder to our members over the age of 65, **check your insurance to see if Y Membership is covered** as a benefit. If you're not sure, bring your card in to the Y and we can check on that for you. More and more insurance companies are recognizing the power of that old adage, "an ounce of prevention is worth a pound of cure" and seeing tremendous advantage to keeping adults active at their local Ys long after the kids have graduated from swim lessons.

May is **Mental Health Awareness Month** and your Y is celebrating because ***we all have mental health***. Some days we wake up feeling good; other days, we have to put in some extra work to get us there. Some live with clinical diagnoses, others are undiagnosed or mostly living with good mental health. No matter where we are on that spectrum, we have much to gain by paying attention to our own state of mind and that of those around us. What do you do to calm your mind? What do you do to support the happiness and hope of those around you? ***What will you do today?***

Pro-tip: Endorphins are great for our holistic well-being... see you at the Y!

Be well, Julie

P.S. **Did you know?** Your Y provides a subscription to the [Calm](#) app for all Y employees as a benefit to promote mental health in our team. Meditations, music, stories, & breathing exercises—helping us be our best selves for our community!

### SUMMER DAY CAMPS

Registration for Y BREAK and Energyze IS OPEN!

In addition...we are hiring for Energyze. Age 18+, high school degree, enjoys kiddos, and has positive, fun energy. We'll train the rest.

Drop them a text and tell them to email Emma today!  
[EGross@mtrymca.org](mailto:EGross@mtrymca.org)

### LIFEGUARDS NEEDED

Support the life sport of SWIMMING! Register today for the Lifeguard Certification Course. We need a few folks who are willing to commit to some daytime hours—very flexible! Free membership included with Y employment.

Visit <http://mtrymca.org/event/lifeguard-training-certification-course> for more information.

## ZUMBA TRAINING

Have you ever thought of becoming a Zumba Instructor? Now's your chance! Join the Zumba Instructor Training/Certification class on May 15 at 9:30am. Register at [Zumba.com](http://Zumba.com) and save 65% with code MOTHERS65.

## SUMMER CHALLENGES

There are two FREE challenges to look forward to this summer!

1. Summer Family Fun Challenge kicks off June 1 and is free and open to both members and nonmembers. Explore all the lakeshore has to offer this summer and earn points while doing it!
2. Around the World in 90 Days Fitness Challenge also kicks off June 1 and is free TO MEMBERS ONLY. Workouts at and around the Y equal miles - once you reach 24,901 miles you earn your T-shirt!

**REGISTRATION FOR THESE CHALLENGE IS OPEN!**

## FUNDAY SUNDAY

Join us for two classes on Sunday, May 15.

First, it's a mystery-themed cycling class at 9:10am. If you are one of the first to guess the theme during class, you will win a prize!

Next...be part of the fun and join the Zumba Master Class starting at approximately 10am in Studio Y held by Zumba Education Specialist Kelly Bullard out of Milwaukee, WI!

## 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!

## T-SHIRT DESIGN CONTEST

Design the T-shirt that competitors will receive if they complete the "Around the World in 90 Days" fitness challenge that runs from June 1 - August 29, 2022.

Entries to be submitted to [dwaak@mtrymca.org](mailto:dwaak@mtrymca.org) or turned in to the front desk by May 31, 2022 at 8:00pm. Winner receives a 3-month family membership!

## CALLING ALL SUPERHEROES AND PRINCESSES

### Princess Party (Kindergarten – 3<sup>rd</sup> grade)

Children are asked to dress as their favorite princess or prince! They will play games, go on a royal scavenger hunt and create their own crown. To end they will have a tea party where they will decorate their own cupcake.

**Saturday, June 4<sup>th</sup> from 11:00am – 1:30pm.**

### Superhero Party (Kindergarten – 3<sup>rd</sup> grade)

Children are asked to dress as their favorite superhero! They will play games, go on a scavenger hunt and create their own mask. We will also have fruit punch and the children can decorate their own cupcake.

**Saturday, June 11<sup>th</sup> from 11:00am – 1:30 pm.**

**Fee for Each: \$8 member, \$11 nonmember**

## FREE FITNESS CLASSES

Bring a friend to the Y on Wednesday, May 18 for National Employee Health and Fitness Day where all our group exercise classes that day are FREE!

For a complete list of classes that day, head to <http://mtrymca.org/event/free-classes-on-national-employee-health-fitness-day>.

## HIGH SCHOOL SENIORS

A special thank you to our graduating seniors...

Emjay, Logan, Ella, Kiarah, Cassie, Mary, Maddy (Aquatics), and Maddy (Gymnastics) - **THANK YOU** for all you have done for our Y and congratulations on your upcoming graduation.

Congratulations to all High School seniors as they approach the end of their high school careers.

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