



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MANITOWOC-TWO RIVERS YMCA

NOVEMBER 2022 MEMBER NEWSLETTER

Hello, Y Members, and Happy November,

Our Board of Directors is engaged in our Strategic Planning for 2023 and beyond, so it's a great time to share with you all the themes that are rising to the top of that conversation.

There's no question that the volatility of the last few years is still playing itself out, and we still find ourselves with some big questions about changed lifestyles, habits, and patterns. We're committed to gathering the data we need to be the Y our evolving community needs us to be.

Early Childhood Education and Out of School Time: With changed work schedules and workplace flexibility, have the needs of young families changed when it comes to child care? What do they now need from the Y? Critical to our community's continued economic health, how many people are not in the workforce because they are unable to find affordable, quality care? We're working diligently with our partners at Progress Lakeshore, The Chamber, United Way and LTC to find out more on this one. Stay tuned.

What about **healthy lifestyle habits**? Our members are back to the tune of about 87% of pre-pandemic levels. Are the rest happily using their Pelotons or needing more incentive, different schedules, or increased value from their Y membership to return? We're digging into this, too.

Finally, The Big Question the whole country is asking: How to we continue to improve our work environment to make sure we **attract and retain the very best team we need** to provide exceptional service to our community? We've raised our minimum wage to \$12.00, added PTO for part-time, doubled our investment in professional development and training, and committed our leadership to continuous improvement of our culture and workplace.

We spent 2020 -2021 in Respond mode; 2021-2022 in Recover mode, and now, we are thrilled to be in our 2022-2023 **Revitalize** mode! It's going to be a year of **innovation, improvements** and, most of all: **fun**. We're all ready for it!

You Asked. We Listened.

Per your suggestions, and with the guidance of our Y Facilities Committee, we are making improvements that will spruce up the look, feel, and utility of our Y.

Y360 On Demand Fitness—coming soon for all members

Studio Y Upgrade: painting the room & improving the hallway

Enhancing the **Harborview Room** experience: More privacy, more "zen"—retaining the natural light

Less **signage**, continuous improvement of **cleaning** schedules and practices

...and a drum roll, please...

24-Hour Y Access coming in early 2023! We will share more details next month, but if you've read this far, you're rewarded by being the first to hear the news: the Lifestyle Center, Gym and Walking Track will be available to Y members 24/7 in 2023!

Stay tuned for more!

GROUP EXERCISE MASHUP

Join us on Saturday, November 5 for a Group Exercise MASHUP at 8am until 9am! This class features BARRE, Group Fight, RIPPED, and Dance Fitness! Free for members and participants of the STRONG challenge.



FALL PROGRAMS

The Fall 2 program session starts on November 5. Although swimming and gymnastics is full, it's not too late to register for many programs! Click [HERE](#) to view the program guide or head to www.mtrymca.org. Click [HERE](#) to register online or you can register in person at the Membership Services Desk or by calling 920.682.0341.

GROUP EXERCISE

The most recent group exercise schedules, including November weekends, are now available.

Download the DAXKO app for the most up-to-date schedule or head to <http://mtrymca.org/groupexerciseschedule>.



'TIS THE SEASON

You may notice our lobby is starting to look a lot like Christmas!

- The **GIVING TREE** is up and ornaments on the tree have gift ideas for foster children in our community. Return unwrapped gifts to the front desk by the first week in December.
- Gift-wrapped bags of tennis balls with a treat for your furry friend are for sale for **ONLY \$5!**
- The YMCA Community Cookbook is available for purchase at the front desk for \$10.

SHOWING KINDNESS

Candy Ruffolo and the Active Older Adults/Silver Sneakers crew brought baked goods, snacks, pizza, and day passes to the Sheriff and Police departments last week. Way to go!



FIND US ON:



TURKEY TROT

CALLING ALL TROTTERS! Registration is open for the Festival Foods Turkey Trot! Choose from virtual, in-person OR volunteer! Sign up today at www.festivalfoodsturkeytrot.com! If you are volunteering, be sure to select Manitowoc-Two Rivers YMCA as your organization.

YOUTH IN GOVERNMENT

Are you interested in learning more about Wisconsin Youth in Government? Come to the information meeting to learn more and enjoy FREE pizza! Join us at the Y at 6pm on November 9.

MOVE TO THE BEAT

Do you enjoy moving to the beat? We have some great options for you!

Monday: 8:45am Rhythm Aerobics w/Cheryl
4:15pm Dance Fitness w/Jen
Tuesday: 9:00am Dance Fitness w/Danielle
Wednesday: 8:45am Rhythm Aerobics w/Cheryl
5:45pm Zumba w/Cristin

Watch the weekend schedule for Saturday availability!

HALLOWEEN FUN

Over 30 children had a **BLAST** at the 1st Annual Halloween party and parade!



HOLIDAY HOURS

We will be **CLOSED Thanksgiving Day** and will be open from 5:00am to 6:00pm on Friday, November 25. Have a Happy Thanksgiving!

YouTube

