



DISCOVER THE Y IN YOU

OCTOBER IS HOMECOMING MONTH AT THE Y!

JOIN US AT THE Y ALL MONTH LONG
FOR FUN AND ACTIVITIES OPEN TO ALL!



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MANITOWOC-TWO RIVERS YMCA

OCTOBER 7, 2021 MEMBER NEWSLETTER

Hello, Y Members, and Happy Homecoming!

While (some of) our days of spirit weeks and school dances may be long behind us, we will never age out of wanting to celebrate the **spirit of homecoming**— coming home to the familiar; to the people we love, and things we do that help to make us our best selves.

We embrace this season and welcome people home to the Y, to each other, to routines that strengthen our bodies and bolster our spirits. For the entire month of October, we have theme days, free classes for our nonmember friends (fun playlists and the instructors we all know and love). There are chances to win day passes, Pay the Day Joining Fee (today, the joining fee is \$7, tomorrow-\$8 and so on) and other moments of fun throughout.

As we launch the fun, we are giving a great deal of thought to how our community is in recovery mode and doing what we can to be mindful of everyone's journey out of a tumultuous and difficult year (plus). We know that a Mismatch Dress Up Day is not going to mend hearts and a Dad Joke of the Day is more likely to get a groan than a calmed spirit, but we believe in our Y-loving souls that all of it adds up to something that feels like healing. We are fiercely determined to bring our community back together to chat, laugh, get some endorphins flowing, and reground ourselves in grace.

I can't let this opportunity pass without a nod to the fact that we are hiring! We have great jobs for high school kids (lifeguarding, babysitting)— and openings on our Executive Team, as well. If you are considering a change, consider joining a passionate team that shows up every day to make our community a happier, healthier, more hopeful place to live. All that, a free membership, and a paycheck, too.

Happy Homecoming, friends; see you at the Y!



OCTOBER

October is an exciting month at the Y! Check out these fun activities:

1. Pay the Day is back. Join the Y anytime between October 1-15 and the joiner fee is adjusted to the day you join! Just \$1 on October 1, \$2 on October 2 and so on...
2. Come to the Y dressed up on the days below and get a pass to give to a nonmember friend! The themes are:
 - ⇒ 10/8: Team Day
 - ⇒ 10/15: Mismatch Day
 - ⇒ 10/22: 80s Day
 - ⇒ 10/29: Halloween
3. Bring a nonmember friend to class during our themed weeks because friends who sweat together, stay together!
 - ⇒ Cardio Week 10/3-10/9
 - ⇒ Strength Week 10/10-10/16
 - ⇒ Aquatics Week 10/17-10/23
 - ⇒ Mind/Body Week 10/24-10/30

OCTOBER LAUNCH PARTIES

Join Carrie and Melissa on Saturday, October 9 at 9:00am for the October 2021 Group Ride Launch! Free for members and nonmembers during **CARDIO WEEK!**

Then, join Amanda, Carrie, and Jenny on Monday, October 11 at 5:15pm for the October 2021 Group Power Launch! Free for members and nonmembers during **STRENGTH WEEK!**



FALL PROGRAM SESSION

The Fall 2 program session runs from November 1 through December 19. **Watch the website or Facebook for the program guide to come out October 13.** Member registration begins Monday, October 25.

NEW EQUIPMENT

Watch for new equipment in the circuit room coming the end of October!



FIND US ON:



YouTube



TURKEY TROT

CALLING ALL TROTTERS! Registration is open for the Festival Foods Turkey Trot! Choose from virtual OR in-person! Sign up today at [www.festivalfoodsturkeytrot.com!](http://www.festivalfoodsturkeytrot.com)



COUCH TO 5K



This awesome group of **RUNNERS** just completed the inaugural Couch to 5K program at the Y! If you see any of these folks, be sure to congratulate them! Job well done, crew!

BIG BROTHERS BIG SISTERS

CALLING ALL AWESOME HUMANS!

Big Brothers Big Sisters was founded as an innovative alternative to the juvenile justice system. Today that spirit drives us to empower and defend equity for youth throughout Manitowoc County. But we need your help. We have over 65 kids on our waiting list now. Apply today and our support staff will be with you every step of the way on your journey as a mentor. Learn more at bbbswishoreline.org/become-a-big.

