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MANITOWOC-TWO RIVERS YMCA

October 8, 2020 MEMBER NEWSLETTER

Dear Y Members,

As a member of the Y, you have access to gyms, pools, classes, bikes, treadmills, weights and courts. That's great, and important! If ever there was a time to take good care of your body and immune system it's now...and, as you know, it's important always.

But you could workout anywhere; we know that. Our Y members are with us because **you know that it takes a village to raise a village.** You may not even be coming in our doors right now, but you are keeping your membership active because you know **your dues do so much more** than rent a treadmill or lap lane or tennis court. **Your continued support builds a healthier, more resilient, and hopeful community.** On behalf of all the people we have been able to support through these times due to your continued membership, I thank you. More importantly, our local community leaders and employers thank you:

"I hope you are doing well over at the "Y". I wanted to reach out to you this morning to say "thank you" for the support that (the Y) has provided for our team members here at the hospital and clinic throughout the pandemic. From getting the day cares up and running again to providing "bridge" services to students in the Manitowoc Public Schools and now....implementing virtual learning for students whose schools are moving to that full time. We cannot begin to express our appreciation for all that you have done for us. Thank you from the bottom of our hearts! "

Cathie Kocourek, Hospital President, Aurora Medical Center

Thank you, Y members. We couldn't do it without you.

ONLINE? ON IT!

As our young students transition to fully online learning, we know working parents are scrambling. Look no further! We open the **Y Distance Learning Academy and Full Day Child Care on Monday, Oct 12** at McKinley Elementary. Separate groups; rigorous cleaning; safety first. Email khentges@mtrymca.org for more information.

THANK YOU!

A big THANK YOU to BankFirst for their continued support of the Manitowoc-Two Rivers YMCA. To read the full article—click [here](#) or head to seehafernews.com



TURKEY TROT

CALLING ALL TROTTERS! Registration is open for the Festival Foods Turkey Trot-Home Edition. Keep the tradition alive by doing the 5-mile run or 2-mile walk beginning from your destination of choice! In addition to helping out two great charities (Boys and Girls Club and YMCA), you'll receive a buff, a long-sleeve t-shirt and a FULL SIZE pumpkin pie! Sign up today at www.festivalfoodsturkeytrot.com!

PUMPKIN DECORATING

Members! Bring in a decorated, not carved, pumpkin of any size to the Y between 10/10 and 10/31 to be entered into a drawing for your membership fee to be waived in November!

Not a member yet? Bring in a decorated, not carved pumpkin of any size when you come in to join the Y between 10/10 and 10/31 and we will WAIVE your joiner fee AND enter you into a drawing for your membership fee to be waived in November!

VIRTUAL BINGO

Join us for some Facebook LIVE Family BINGO fun on **Friday, November 13 at 6:00pm**. This event is FREE and open to ALL from your own home. Stay tuned for more details!

WREATH SALE

Beautify your home for the holidays and help support the gymnastics and aquatics programs. A complete listing of available items can be viewed at the front desk or on our [website](#).

PRIVATE CLASSES

Members are now able to **RESERVE** our Cycling and Harborview Studios to utilize the Fitness on Demand® software in their own small groups of one to six people up to 48 hours in advance for **FREE!** Participation will be limited to those invited by the person who made the reservation.

Your schedule. Hundreds of classes to choose from. Just Pick. Click. Play. Make your reservation today with Membership Services in person or call 920.682.0341. We can't wait to see you at the Y!

ATTENTION SWIM FAMILIES

As things heat up health-wise in our community, our priority is two-fold: 1) keeping our Y kids and family safe and healthy, and 2) keeping our programs running (i.e. avoid getting shut down due to spread or unhealthy environments). *We need your help.*

We are asking our swim lesson and team parents to **drop off and pick up only**, and no longer congregate in the Y lobby while you wait for your swimmer. Of course, if you have a family membership, we welcome you to enjoy the Y in a socially-distanced manner throughout the building (see options below), but we will ask that you **no longer sit in the viewing area during lesson and team times.**

Please know that this is a hard ask since your Y has always been wholly dedicated to bringing people together and highly encouraging this social interaction. We ask for your understanding as we balance this with the need to right now **do all we can to stop the spread** of COVID-19 in our community.

OPTIONS FOR OUR Y MEMBERS!

- Walk the track
- Sign up for a session with one of our personal trainers who can get you going or keep you going on your own wellness journey!
- Get on a stair-stepper or lift weights
- Shoot hoops with the non-swimming members of your family (bring your own ball, please)
- Take a pickleball or tennis lesson
- ... see our schedule and member benefits for more options!

Many thanks, Y swim families.

HALLOWEEN WEEK

We will be hosting a "Virtual Pet Show" during the week of October 26 on Facebook. Cats, dogs, guinea pigs, and more are all welcome to participate. More details are available on our Facebook events page.

PLUS....on October 31, there will be **three Halloween-themed fitness classes** to choose from. 6:15am Halloween Ride in the Cycling Studio, 8:00am 80's PiYo® in Studio Y, or 9:00am 80's RIPPED RUMBLE® outside under the tent (weather permitting). Costumes are optional but encouraged. Be creative!

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!