

COMMUNITY

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FOR HEALTHY LIVING
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MANITOWOC-TWO RIVERS YMCA

September 2, 2021 MEMBER NEWSLETTER

Hello, Y Members and Happy Back to School Season!

This is my favorite time of year at the Y. 4K kiddos with backpacks down to their ankles, young ones proudly announcing their new (and improved!) swim, gymnastics or tennis level to all who will listen, adults of all ages and levels of fitness coming in to start a fall routine, and after-school tweens and teens "hanging out." It's a great time to be a Y.

This year more than ever. If we ever needed a time to reconnect with our sense of wellness and with our larger community, it is now; and that is what we are here for. Since time began for the Y, we have been here to build community. If our members also build muscle and stamina, all the better; but the overriding mission and purpose is building the foundations of our community.

It's entirely possible (and likely) that what we need to thrive as a community has changed over the last two years. At the very least, we have likely re-prioritized and shifted our work-life schedules to an extent that our old patterns and habits won't be returning, and we'll be needing to establish new ones in their place. The Y is committed to being supportive of those efforts and so we need to dig in to better understand what has changed for our families, adults and seniors.

We start with our young, working families-- and will put a comprehensive market study out into the community this fall so we can really get our hands on the pulse of what they are facing in terms of needs. Not only what they need to survive, but what they are seeking to help all members of their family thrive. We anticipate learning quite a bit from this, and we are committed to working with our partners across all youth and family serving organizations to share this data, making sure that we fill service gaps without duplication, leaning on one another's strengths to build a community-wide response to what we learn.

If you get a phone call, please take the time to answer the questions... your insights will help shape the future of our Y. Have a great start to the school year, everyone; see you at the Y.

Sincerely,
Julie

LABOR DAY

The Y will be closed **Monday, September 6** in observance of Labor Day. We will maintain regular hours **Saturday and Sunday**.

Enjoy the holiday weekend!

FALL HOURS

The YMCA Fall hours will begin on **Tuesday, September 7**. They will be as follows:

Monday - Thursday
5am to 8pm

Friday
5am to 6pm

Saturday
6am to 6pm

Sunday
9am to 6pm



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!

HIGHER GROUNDS COFFEE

Take advantage of the Fall flavors! Higher Grounds Coffee will be in the YMCA parking lot through October on Thursday mornings from 8am-10am.

POOL USAGE

Good news! The main pool is tentatively expected to open at 5AM on September 7th pending pool temp and chemical balance after the holiday weekend. The instructional pool is tentatively scheduled to open on September 14th.

The whirlpool is waiting for parts on backorder.

Thank you for being patient as we work to get the aquatic center back up and running!

TENNIS

Are you looking for advanced tennis lessons? We will be holding weekly lessons Monday through Thursday each week. HIGH SCHOOL players will play on MONDAYS from 4 until 5:30, everyone else will be placed according to their level. QUESTIONS can be answered by calling Reiny Maier at 920.682.8439.

All classes begin at 4:00pm.

NOW HIRING!

Seeking a job that is meaningful and serves the community you live in? Look no further, the Y is hiring! Full & Part-Time positions in 4K, Child Care, Aquatics, Gymnastics, and more!. Full family membership, flexible hours, benefits, great team. Discover your passion at <http://mtrymca.org/employment>!

MEDICARE TALK

Medicare signup starts in November. Join us for this FREE TO EVERYONE Medicare talk on September 16 at 11:00am with Heather Buchko to learn more about the plans available to you before you sign up! Masks will be required.

GROUP EXERCISE

A new group exercise schedule will go into effect on **September 13, 2021**. Please watch the app, website, Facebook, or the lobby for the updated schedule!

ROCK STEADY BOXING

Fight against Parkinson's Disease! Rock Steady Boxing, a Parkinson's Disease management program, is coming to our YMCA on September 13! These classes have proven that anyone, at any stage of Parkinson's Disease, can delay the progression of symptoms and lead a healthier and happier life.

Monday & Wednesday 1:00 - 2:15pm

FEE: \$30 per month member
\$75 per month nonmember

OPTIONAL STARTER PACKAGE: Includes gloves, wraps, t-shirt, and storage bag - \$75!

We are excited to offer a personal training session option for our Rock Steady Boxers and/or those fighting back against Parkinson's Disease and not participating in Rock Steady Boxing.

FEE: \$25 per session member
\$35 per session nonmember

CONGRATULATIONS!

Congratulations to Vicki Domnitz who was randomly selected as our winner for the #YSoSweaty Selfie Contest!

FALL PROGRAMS

Our Fall program guide is available and registration is open! Head to <http://mtrymca.org/program-schedule-booklet> to view the guide!

FIND US ON:



YouTube

