



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MANITOWOC-TWO RIVERS YMCA

JUNE 2024 MEMBER NEWSLETTER

Greetings, Y Members; it's summertime and that means it's time for **Y CAMP!**

Somewhere along the line, we sort of messed things up in our planning and decided that young kids would get the full summer off while their parents would still need to show up to work— a societal norm we should really revisit. In the meantime, while we figure out a plan for how to give parents their summers off, the Y has a solution for our young families: **Y CAMP!**

Y Camp is all the things you think of: crazy counselors, field trips, silly songs, water play, new friendships, arts 'n crafts and all the camp-y things. It is also the things that are less nostalgic but just as important, and intentionally woven into our campers' days: literacy and learning to keep skills sharp and avoid "summer slide," character awards for behaviors that show respect, honesty, responsibility, and caring; skill-building to promote confidence that transfers to the home, social life, and classrooms; and social emotional learning that teaches our young campers critical self-awareness and communication skills that are key to success in all aspects of life.

Phew! With all that, who has time for Red Rover and lanyards? Don't worry... we make time. And really, unless you tell them after you read this, the campers will barely know— between field trips, field games, and theme days— that all these other things are happening. Y counselors are wizards that way.

Here's the best part: Y Camp is for ALL kids. Thanks to our generous donors and Bank First, the title sponsor of our 2024 Matching Gift Program, we are able to keep costs affordable for all. Y Camp is the stuff of which memories are made, talents are discovered, and character is shaped... and thanks to Bank First and you, ALL kids have that opportunity this summer. If you have not yet had the opportunity to have your donation matched by Bank First, [please consider clicking here](#) to help us send kids to camp this summer!

Now, back to figuring out how to give 18 year olds+ the summer off so we, too, can go to Y Camp. Happy Summer, Y members!

IMPACT SPOTLIGHT

Meet Lindsay Fish, Wisconsin's leading female disc golf professional open player and a long-time member of the Y.

Visiting the YMCA about 5 times a week for practice has been pivotal for Lindsay, especially during the winter months. She believes this consistent access to the Y's unique facilities has given her a competitive edge, contributing to her remarkable achievement of winning the Wisconsin women's disc golf tour three times!

Reflecting on her journey, Lindsay emphasizes the impact of the YMCA on her path to success. She describes it as "a place where every visit signifies a step closer to achieving her dreams."

Through her unwavering commitment and the opportunities provided by the Y, Lindsay proves that dreams can indeed become a reality.

Congratulations Lindsay!



GYMNASTICS CAMPS

Registration for Summer Gymnastics Camps is NOW OPEN. Camps run August 5–August 8.

To register, click [HERE](#).

TEEN NIGHTS

Have your teen (ages 11–15) come to the Y from 5:30pm—7:00pm for TEEN NIGHTS to have fun with friends or make new friends! Join us on June 18 for **Strawberry Shortcake & Summer Bingo!** Must register by June 17.

\$7 for members, \$15 nonmembers

FOOD TRUCKS

Join us for food & refreshments in the Y parking lot this summer! Thank you to [Vues Thai Street Food](#), [No Pork On Your Fork](#), [La Tacoyota Food Truck](#), [Camp Ranger Coffee & Lotus](#), and [Sweet Escapes LLC](#)!

Below is the schedule for June:

June 6: Sweet Escapes Ice Cream Truck, 10:45am to 1:00pm
June 10: No Pork On Your Fork, 11:00am to 1:00pm
June 12: Camp Ranger Coffee, serving at 7:00am
June 13: Sweet Escapes Ice Cream Truck, 10:45am to 1:00pm
June 17: La Tacoyota, 11:00am to 1:00pm
June 19: Camp Ranger Coffee, serving at 7:00am
June 20: Sweet Escapes Ice Cream Truck, 10:45am to 1:00pm
June 24: Vue's Thai Street Food, 11:00am to 1:00pm
June 26: Camp Ranger Coffee, serving at 7:00am
June 27: Sweet Escapes Ice Cream Truck, 10:45am to 1:00pm

OUTDOOR FITNESS

FREE TO THE PUBLIC! Join us for fitness and fun on the beautiful rooftop of the Maritime Museum on Saturday, June 15.

8:30am - Dance Fitness with Danielle
9:15am - Barre/Pilates with Carrie (please bring a mat)

SUMMER BUCKET LIST

FREE TO EVERYONE IN THE COMMUNITY! Grab your friends and family and let's make it a summer to remember with the Y! Here's how it works:

1. Go to <https://stronglife.org/summer> to sign up
2. Get your bucket list at the Y or print a copy that is sent to you
3. Complete activities on the bucket list with friends, family, or even fur-babies
4. Check off at least 20 activities and submit it by July 31 for a chance to win \$2,000

SUMMER HOURS

Beginning the week of Monday, June 10, the YMCA will observe our **summer hours** on the weekends and will be **closing at 1:30pm** Saturdays and Sundays.

We will be **closed** on Thursday, **July 4** to allow our employees to have off on the Fourth of July.

Anyone who has purchased a FOB for **24/7 access** will be able to utilize the second floor of the Y anytime the building is closed. To request a FOB, stop in at Membership Services. Please allow up to three business days to receive your FOB.

BINGO!

Join us for an exhilarating twist on the classic game of BINGO...it's MYSTERY BINGO! What's the catch? Well, that's the mystery. Prizes range from the delightfully silly, unlabeled cans of fruit to the downright exciting treats and toys that will keep you guessing until the very end.

Tuesday, August 6 | 6pm–7pm.

FREE for members
\$5 per family for nonmembers

SUMMER PROGRAMS

Our summer program session will run from June 16 through August 3 with a full line-up of swimming lessons (over 55 classes to choose from), swim team, gymnastics and much more! Registration is OPEN!

SHORT-TERM MEMBERSHIP

Do you have a friend or family member here for the summer? Look no further than our Short-Term Summer Membership Special! This special three-month membership is available for purchase between May 15 and June 30 with **NO JOIN FEE!** Your 3-month membership begins the day you join.

MUST JOIN IN-PERSON TO TAKE ADVANTAGE OF THIS SPECIAL

For more information, stop at the front desk or call 920.482.1500.

FIND US ON:



POP-UP GROUP EXERCISE

Join us for **RESTORE**: Mind and body restoration. Using the foundations of yoga, the principles of mobility and science backed self-myofascial release techniques, this class delivers a fresh breath of air to the group fitness scene. Please bring a yoga mat and a foam roller if you have one.

Class will be held on Sunday, June 9 from 9:15am to 10:00am. FREE for members. Day pass fee applies for nonmembers.

SUMMER SOLSTICE YOGA CLASS

Summer Solstice Yoga with Becky Hoffmann.
Monday June 17th | 6:30pm-7:15pm

Theme: Stoking the Fire Within

A dynamic yoga class that moves with fluidity and rhythm, guiding you through sequences that will strengthen and stretch your body, mind, and spirit. *(Note: Becky's regular Wednesday class will not be held on June 19).*

Free for members. Day pass fees apply for nonmembers.

SWIMWEAR

The Manta Rays Swim team gets 8% back on every purchase made through Swim Outlet! Order today by visiting the store [HERE](#).

SUMMER SAILING PROGRAM

Learn a new skill this summer. For kids and adventurous adults! June 10 - July 10 **OR** July 22 - August 21. Choose from the following times:

Monday/Wednesday 10:00am - 12:00pm
Monday/Wednesday 1:00pm - 3:00pm
Monday/Wednesday 5:30pm - 7:30pm

Fee: \$309 members, \$349 nonmembers (multiple people in the same household will receive 10% off). Participants that successfully complete all 10 classes will receive a \$154.50 refund after the last class, thanks to a generous sponsorship from the Manitowoc Yacht Club!

Please plan on getting wet and/or capsizing.

FAMILY & TEEN SWIM

Family Swim will be held on the following days/times:

- Mondays 1:00pm - 2:30pm
- Tuesdays 1:00pm - 3:30pm
- Thursdays 4:00pm - 6:30pm
- Fridays 10:00am - 2:00pm

Free for members. Day pass fee applies for nonmembers. Always check the app or call the front desk prior to coming in as these times are subject to change.

Teen swim will be held on Thursdays from 1:00pm to 3:30pm. Activities include basketball, volleyball, polo, and open play on a floating mat.

SWIM TEAM

Get a head start on the new swim team season. Join Intro to Swim Team and work with current High School members of the swim team. Summer Intro to Swim Team runs from June 18 to August 8.

For more information, contact Barb Schmidt at bschmidt@mtrymca.org and/or head to our swim team page by clicking [HERE](#).

CAT YOGA

Join Yoga Alliance licensed teacher Kate Casey and residents of Lakeshore Humane Society for an evening of fun and relaxation on **June 25 from 6pm to 7pm**. Participants will be guided through a gentle yoga class designed to relieve tension in the body and mind while furry friends wander from mat to mat. Cat lovers of all sizes, abilities, and levels of experience are welcome! Please bring your own mat. Class will be held at the Manitowoc-Two Rivers YMCA in Harborview Studio. Must be 18 years or older to register. Donations to Lakeshore Humane Society will be accepted. Members: FREE, Nonmembers: \$12

ANNUAL CAMPAIGN FINAL PUSH

It's the final push for our Annual Campaign and Bank First has generously offered to match up to \$5,000 raised from our community - doubling the impact of every contribution!

For more information, contact Steph Peters at speters@mtrymca.org or head to <https://www.mtrymca.org/give> to donate today!



BankFirst

FIND US ON:



AQUATICS CLASSES/EVENTS

ENDURANCE, SPORTS & GAMES

This program continues to build endurance on all major competitive strokes and encourages aquatic sports and games as part of a healthy lifestyle. Must have passed level 5 swim lessons. **No class July 4.**

- Enhances swimming skills and builds endurance
- Develops knowledge in various aquatic skills and sports
- Increases endurance in competitive strokes

Thursday 4:00 - 5:00pm

FEE: \$56 member, \$75 nonmember

TEEN POOL TIME (AGES 12-15)

A time for only teens in the pool! Each week we will do different activities from H2O volleyball, basketball, polo, and just relaxing. **Registration not required. Teen pool time starts June 13.**

Thursday 1:00pm - 3:30pm

Free for members. Day pass fee applies for nonmembers.

ACTIVE OLDER ADULT VOLLEYBALL

Come join the fun with our new water volleyball game! **Registration not required. Starts June 10.**

Wednesday 8:30am - 9:30am

Free for members. Day pass fee applies for nonmembers.

SAFETY AROUND WATER

This program consists of 7 lessons designed to teach kids water safety skills that help reduce the risk of drowning and build their skills & confidence in and around water. Class meets 1x per week from July 9 to August 20.

BEGINNERS TO LEVEL 2 SWIMMERS - AGES 7-10

Tuesday 4:40pm - 5:10pm

LEVEL 3 SWIMMERS OR HIGHER - AGES 8-10, MUST HAVE PASSED LEVEL 2 SWIM CLASSES

Tuesday 4:00pm - 4:30pm

LEVEL 4 SWIMMERS OR HIGHER - AGES 9-12, MUST BE AT LEVEL 4 SWIM CLASSES OR HIGHER

Tuesday 5:20pm - 5:50pm

FEE: \$20 member, \$35 nonmember

AQUATIC LEADERS (AGES 13-15)

Have you ever wondered what it takes to work in aquatics? Learn everything about aquatics from lifeguarding to teaching classes to testing water. Must have passed level 5 swim lessons or be able to swim 50 yards consecutively. Class meets 1x per week from July 11 to August 22.

Thursday 4:00pm - 5:00pm

FEE: \$50 member, \$75 nonmember

OLYMPIC SWIM CHALLENGE

Complete current and past Olympic Swimming Events. (500 free, 100 backstroke, etc.). Grab your friends because there are some relays!

Medals will be awarded for doing challenges and how far you can get. Gold, Silver, and Bronze.

June 10 - August 9

FEE: \$15 member, \$40 nonmember

FIND US ON:



YouTube

