



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MANITOWOC-TWO RIVERS YMCA OCTOBER 2024 MEMBER NEWSLETTER

Happy October, Y Friends!

I just got an email from a member of our Y team letting me know that we're all set to go for this year's Recovery Volleyball — a program we do in partnership with **Lighthouse Community Center**, sponsored by **Advocate Aurora Health**. Every Saturday, October–May, we reserve our gym to host volleyball for our friends at Lighthouse and their families. As we all know, playing together, getting the heart pumping, and laughing with others is imperative to every healthy journey.

I love this program because it gets at the heart of our Y's mission:

- It provides **active recreation in a social setting** (checking so many healthy living boxes!) without judgment or stigma. The Y promises *everyone* that we will meet you where you are and do all we can to help you take the next step toward optimal health.
- **It's two organizations working together** doing what we each do best. Lighthouse brings expertise in recovery support and the enthusiastic participants; the Y brings a healthy environment, diverse community, and rec facilities. Together, we create an environment that **makes the healthy choice the easy (or easier) choice**.
- It is sponsored by a **local health care partner**, showing a true investment in helping people recover and live healthy lives.
- **It normalizes healthy, hopeful recovery**. Young families, seniors, adults of all walks of life see a group of 20–40 adults playing together, laughing, and taking good care of themselves. They chat in the locker rooms or in the lobby and maybe, as a result, someone feels less alone or more hopeful in their own recovery or that of a loved one.

It's a rare person who isn't impacted by substance abuse disorder—either personally or with a loved one— so it's all the more gratifying that we live in a community that has such a strong network of support. Last year, our Y was the recipient of the **Recovery Community Ally Award** because of this program—a plaque we hang proudly in the main hallway. It speaks volumes to the community that we continue to create together — one that celebrates support of everyone's journey to hope, health and happiness.

To your health!

205 Maritime Drive, Manitowoc, WI 54220 • P 920-682-0341 • www.mtrymca.org

IMPACT SPOTLIGHT

Theo, a longtime YMCA member, saw the true benefits of her Y visits while preparing for knee and back surgeries. As her surgeries approached, she increased the frequency of her Y workouts. Her doctors credited this commitment to exercise for her quick recovery and early discharge from physical therapy, with one even saying, "I wish more of my patients prepared for surgery like you!"

Now, three months post-back surgery, Theo is thriving. Thanks to her commitment to staying active, her road to recovery has been smoother and faster than anticipated, showing the powerful impact the YMCA can have on long-term health and wellness.



MAIN POOL CLOSED

The main pool will be closed through October 21 for maintenance and cleaning. The hot tub will be closed as well during that time.

TURKEY TROT

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

WIGGLES & GIGGLES

For ages one week to 6 years. Drop in anytime. For children and their caregivers, Wiggles & Giggles is for children to run, jump, and play! There are playing tunnels, scooters, balls, music, and more. Caregivers must stay with child during the class. Mondays and Wednesdays from 10:00am to 11:00am. **Sponsored by BMO Bank.**

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 October 24 for **Pizza & Painting!** Must register by October 23.

FREE for members, \$7 nonmembers

STROLLER STRONG

This fitness class is designed for caregivers (or expecting moms!) of all fitness levels. Drop in anytime. This interval-based class incorporates aerobics, strength training, and core exercises for a total body workout. Stroller Strong will help you get fit while spending time with the children in your life. Please bring your own stroller and a yoga mat—meet in the Prevea Gym.

NOW HIRING

Do you want a free Y membership with flexible hours? We have both part-time and full-time positions available in child care and aquatics! Head to mtrymca.org/careers to learn more.

FALL PROGRAM GUIDE

Our Fall 2 program guide will be available for viewing on October 7 at mtrymca.org by clicking REGISTER. Registration will open for members on October 21 and nonmembers on October 23.

GROUP FIGHT/POWER LAUNCH

Join us for the launch of **BRAND-NEW** content on Saturday, October 12. Group Fight will be held at 7:45am and Group Power will be held at 9:00am. If you're new to these classes, don't worry, there will be multiple instructors in attendance to help get you started! Due to the popularity of launches, reservations are required in YMCA360.

GYMNASTICS FUNDRAISER

Beautify your home this holiday season with holiday décor from the Gymnastics Wreath Fundraiser. **Orders are due October 23 at noon.** Items will be available for pickup by October 23. For more information, please head to <https://bit.ly/4d3YR30>.

HOMESCHOOL OFFERINGS

We are offering a variety of programs during Fall 2 to accommodate homeschool children.

Strength & Conditioning (ages 12-15)
Wednesdays: 11:00am-11:45am

Strength & Condition (ages 16+)
Thursdays: 10:45am-11:30am

Aquatic Leaders (ages 13-15)
Wednesdays: 9:45am-10:45am

Swim Lessons (level 2/3)
Thursdays: 10:20am-10:50am

Endurance Sports & Games (ages 11-14)
Tuesdays: 11:00am-11:45am

Safety Around Water (ages 8-12)
Tuesdays: 10:20am-10:50am

Physical Education (ages 6-8)
Tuesdays: 1:00pm-1:45pm

Physical Education (ages 9-11)
Tuesdays: 2:00pm-2:45pm

FIND US ON:



AQUATICS

We are currently looking for lifeguards to fill the 4:30am to 9:00am shift starting in November.

The lifeguard course will be held in November (details below) with the swim test on October 24. We need a minimum of six to run the course. If they are hired and work a minimum of 12 hours a pay period for six months, we will reimburse 75% of the course fee.

Contact Barb with any questions at bschmidt@mtrymca.org.



Certifying & Hiring Lifeguards!

Register for the Lifeguard Certification and Training Course!

Swim test to be held on October 24.

Classes to be held November 8, November 9, and November 10.





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YMCA Early Childhood Education

3-Year Old Preschool & Child Care Program

Experienced Early Childhood Ed teachers with age-appropriate curriculum based on school readiness and socio-emotional learning, PLUS swimming and gymnastics included!



NEW!
REGISTRATION
OPENS JULY 10

Must be 3 years old by September 1

Follows MPSD's elementary school calendar

LOCATION

Manitowoc-
Two Rivers YMCA

DAYS/TIMES

8:45-11:15am

Choose from:

- Mon/Wed/Fri
- Tuesday/Thursday
- Monday - Friday

MONTHLY COST

2-day \$100

3-day \$115

5-Day \$150