

# COMMUNITY

TOGETHER



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## MANITOWOC-TWO RIVERS YMCA SEPTEMBER 2024 MEMBER NEWSLETTER

Happy September, Y Members,

When the summer turns a corner and kids head back to school, we always see an uptick in people coming into the Y. **Welcome**, new members; and **welcome back** to those who are working the Y back into your routine now that school has begun, days are shortening, and temperatures are dropping.

This month, we get to celebrate one of the things we love most about our Y: **how we welcome everyone into our Y community**. There is nowhere quite like it.

We're a community of people of all ages, races, religions; from all walks of life and lifestyles. We are people whose families have been here for generations and people who are new to our country and city. We're from vastly different economic backgrounds and situations. Some of us are many decades deep into our health routines and others of us are just getting started (or just getting started again). Some of us like pickleball while others like tennis (that was a joke). The list of diverse qualities is endless—the Y is here for ALL of it; for all of you, for all of us together!

In a world where there are so many opportunities to pick a side and isolate, the Y says, "Come drink coffee together."

In a world that invites us too often to say, "You are so different from me," the Y says, "And yet here we are, playing with our kids and caring for our families in the same way."

In a world that encourages us to believe "If you believe that, then we have nothing in common," the Y says, "Wanna shoot some hoops?"

*In a country where our Surgeon General has declared an epidemic of loneliness, the Y says, "Welcome."*

We celebrate **Welcoming Week** this month to underscore, bold, and italicize this important piece of who we are: we are a center in our community where the Venn Diagram of our lives overlaps in so many of the ways that are important. We all care about our kids, our families, our neighbors, our health, and our community— and we all believe that at least for an hour a two a day, it's important to step away from the echo chambers of our screens, get off the couch, and engage with our different, diverse, and interesting neighbors. Thanks for being a part of this great community: WELCOME! doesn't overlap? Well, that just makes for interesting coffee talk conversations in the lobby that we only on rare occasion need to redirect. :) WELCOME to the Y. If you're here every day, welcome. If you're brand new or returning after a break, welcome. Play some member Bingo this month and get to know a new neighbor!

### IMPACT SPOTLIGHT

Andrew has dedicated 27 years to martial arts and boxing, using the Y's nationwide membership to continue his rigorous training wherever he goes. After surviving a brief coma as a teenager, Andrew made a promise to himself to never take shortcuts in life. This includes in boxing, where he's learned the importance of getting back up if you get knocked down.

Andrew finds the Y's positive environment inspiring and motivating, and he enjoys being surrounded by others who are committed to bettering themselves. This community pushes him to stay disciplined, confident, and resilient. The staff's warm welcome and the inspiring stories he hears from others add to the Y's special role in his life. He says, "I always feel better after having come to the Y."



## OUTDOOR FITNESS CLASSES

Join the fun in September! Cardio Kickboxing will be held on September 21 on the rooftop of the Maritime Museum from 8:30am—9:30am.

## MAIN POOL CLOSED

The main pool will be closed from September 9 through October 21 for maintenance and cleaning. The hot tub will be closed as well during that time.

## BEFORE/AFTER SCHOOL

When the school day ends, our staff are on-site at two locations before school, and at the Y after school, to help children with homework, keep them active, and encourage their creativity with arts and crafts. Healthy snacks are provided each afternoon. Our programs provide a safe, fun, friendly way for kids to unwind after school. Register online at <https://www.mtrymca.org/school-age-child-care>.

## TAILGATE PARTY

**Attention Active Older Adults:** You are invited to kick off the Packers season with a tailgate party on September 11 at 11am! Candy will provide her famous sloppy joes. Please bring a snack or side dish to pass and wear your Packers gear.

## 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 starting September 9.

## FALL HOURS

The YMCA Fall hours start this week and will be as follows:

### Monday - Thursday

5am to 8pm

### Friday

5am to 6pm

### Saturday

6am to 6pm

### Sunday

9am to 6pm

## 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 September 26 for **Caramel Apple Bar & Sports!** Must register by September 25.

FREE for members, \$7 nonmembers

## FALL PROGRAM GUIDE

Our Fall program guide can be viewed by clicking [HERE](#) or head to [mtrymca.org](http://mtrymca.org) and click REGISTER. Registration is OPEN.

## EMERGENCY CONTACT

If you've been a member with us for awhile, chances are you might need to update things like your address, phone number, email address and/or emergency contact information. Please take a moment the next time you are in to stop at the front desk to update.

## 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.

## WELCOMING WEEK

Welcoming Week is coming to your Y! Join us for these special activities September 16 through September 20:

- **ALL WEEK:** YMCA People Bingo (get your card from the front desk to play)
- **Monday:**
  - Voter Registration (9AM-12PM)
  - Manitowoc Public Library info booth (4 PM-7PM)
- **Tuesday:**
  - Manitowoc Public Library info booth (9AM – 12PM)
- **Wednesday:**
  - Voter Registration (9AM-12 PM)
- **Thursday:**
  - Story time with MPL (open to the public): 9 - 10 AM

FIND US ON:





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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