



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MANITOWOC-TWO RIVERS YMCA

JANUARY 2025 MEMBER NEWSLETTER

Happy New Year, Y Friends!

Since most of you are members who come to our Y to do your active, healthy, social living activities— and because schedules, facility design, and child safety measures prevent it — most of you rarely (if ever) get to see what is going on with the many hundreds of kids of all ages who are growing up with the Y. As we head into a new year, it seems a great time to remind you all that your membership means you belong to an organization that builds strong kids in our community!

Behind “fobbed” doors are a half dozen classrooms with kids ranging from **infant to 4K**— here with our incredible team of teachers whose job it is to teach, nurture, and mentor our littles so they can reach their full potential— in school, at home, and in life. Given what we know about brain development, this is no small task: the vast majority of the human brain (80-90%!) is developed by age 5, so we take our curriculum and care very seriously (but don’t tell the kids— to them it’s just play)!

Our **Y Care School Age Program** welcomes kids K-5th grade to come to the Y after the final school bell rings to eat a healthy snack, swim, play games, work on homework and fully develop their social-emotional skills while parents and caregivers wrap up their work day.

Young teens participate in **Youth in Government**— crafting bills, refining debate skills and learning how to graciously change their minds and/or convince others to do so! Families come to **family nights** for some much-needed time to play together, young moms and dads attend **Wiggles & Giggles** to break up the day and socialize with other young parents; and **swimmers, gymnasts, and tennis players** improve their skills weekly setting them up for a lifetime of healthy habits.

You may not see all of this in action, but you can know, that as a member of the Y, you belong to an organization that helps our kids thrive as students and young humans, and grow into capable and contributing adults. Thank you for being a part of this wonderful work... and here’s to a year of growth and learning for us ALL!

IMPACT SPOTLIGHT

Rick has been a dedicated member of the YMCA since the 1980s, making the Y a core part of his daily routine. Over the years, he’s enjoyed racquetball, handball, wallyball, and weight-lifting. These days, you can find him walking five miles on the track to keep his cardio health in check. But for Rick, it’s not just about the workout — it’s about the people. The friendships he’s built with members and staff, and conversations ranging from sports to life are what keep him coming back.

The Y has also played a key role in Rick’s recovery from two hip surgeries. He credits the supportive environment and the rehabilitation work he does here for helping him get back on his feet. For Rick, the YMCA is a place where fitness meets friendship, and where a sense of community makes all the difference. We’re happy to have you here, Rick!



TEEN NIGHT

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! FREE for members, \$7 nonmembers.

January 21 Minute to Win It Games & Pizza
(Register by January 20)

ATI SCREENINGS

Having aches and pains? Stop in for a complimentary screening with an ATI Doctor of Physical Therapy in the YMCA Community Room the 2nd Monday of every month between 8am and 11am. The screens will be about 15 minutes in length. Please sign up for a slot at the front desk.

THIS WEEKEND AT THE Y

Our Manta Rays Swim Team is hosting this weekend's Snowflake meet. This is an exciting event—our Y team is off-the-hook-amazing this year with a coaching staff who gives it all and kids who love every minute of it, working hard to improve their PRs and support one another. All of this comes with a courtesy heads up to our members: we will have 100+ people here on Friday evening and 350+ people here this Saturday. Members are always welcome, but we will not be selling day passes. Both gyms will be closed from Friday afternoon through Saturday.



A BIG THANK YOU to BRICK'S for sponsoring our heat winners.

RESET & RECHARGE 2025

Are you ready to take your health and wellness to a new level this year? Join us for an 8-week accountability program, geared towards creating healthy habits. Each participant will receive two complimentary Styku 3D body scans. The first scan will provide a baseline, and the second to compare results after 8 weeks. Weekly wellness information, activities, challenges, and prizes included! After registration, someone will contact you to set up your first STYKU appointment. **Please verify your email address and phone number upon registration.**

Challenge runs January 20 through March 16.
\$75 members only.

WINTER PROGRAMS

Winter 1 begins on January 5. Head to www.mtrymca.org to see the program guide! Registration is open.

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.

FATHER DAUGHTER DANCE

What better way for Dad or the adult male in a girl's life to celebrate than with a night out. The event, which will include dancing, photo booth fun, meal, keepsakes, and a DJ, will take place on February 8 from 6:00-9:00pm at Knox's Silver Valley Banquet Hall. **Early bird registration ends on January 16!**

ADULT SPECIALTY CLASSES

We heard you, and we've added some adult classes we think you'll enjoy!

- Adult Swim Lessons start Wednesday, January 8 at 10:00am
- Create Unique Vision boards on January 9 at 6pm
- Yarn With Friends on January 22 at 2pm.

Register at the front desk today!

MARINER'S FOOTBALL CAMP

Mariner's Football Camp instructed by the Manitowoc County Mariners Football Team under the direction of head coach Marcos Alfaro will be at the YMCA on February 9 from 1pm to 3pm! **Register by January 31st** to receive a commemorative t-shirt. Open to ages 6-12.

To learn more about the Manitowoc County Mariners check out their website at www.marinersfootballmc.com. Register at the Y!

\$10 members, \$20 nonmembers

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AQUATICS

The lifeguard course will be held in January (details below) with the swim test on January 9. **We need a minimum of six to run the course.** If 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 January 9.

Classes to be held January 24, 25, & 26.



HOMESCHOOL PROGRAMS

We are offering a variety of programs during Winter 1 to accommodate homeschool children.

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

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

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: 10:30am-11:00am

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

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

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