



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THE YMCA. FOR A BETTER US.

2024 MANITOWOC-TWO RIVERS YMCA IMPACT REPORT




Manitowoc-Two Rivers YMCA: Building Connections for Mind, Body, and Spirit in 2024


Healthy Living: Empowering Wellness

In 2024, almost 7,000 members relied on the YMCA for fitness, connection, and personal growth.

 983 kids and teens thrived in youth sports like tennis, gymnastics, and swimming.

 With 31,599 group exercise visits, adults built fitness, health, and friendships.

 Active Older Adults flourished with Silver Sneakers classes, celebrations, potlucks, and trips —staying connected and healthy.

 Specialty Wellness programs like Women on Weights and Rock Steady Boxing helped members build strength, resilience, and community.

DID YOU KNOW?

Isolation can be as harmful as smoking up to 15 cigarettes a day. Social connectedness in YMCA wellness programs reduces isolation and boosts resilience.








2024 Impact Report


Youth Development : Programs that Shape Futures

Over 600 children gained skills, confidence, and memories through youth and family programming.

 Families bonded at Fun Nights, Bingo, the Father-Daughter Dance, and New Year celebrations.

 Teens built confidence and leadership through Youth in Government, Babysitting Courses, and Teen Nights.

 127 kids and 17 pre-teens enjoyed screen-free summer days filled with character-building and friendships.





 168 kids thrived in Early Childhood Education, Preschool, and 4K programs, gaining critical early learning and development.

DID YOU KNOW?

Enrichment programs during early childhood build critical social, emotional, and cognitive skills. Research shows these experiences lay the foundation for school readiness, lifelong learning, and responsible citizenship. Programs like those at the Y don't just change children's lives—they strengthen entire communities.



Social Responsibility: Strengthening Community Together

-  Y volunteers prepared meals for 500 people in need.
-  Warming shelter residents found dignity with hot showers at the Y.
-  Recovery Volleyball created a safe, healthy space for those rebuilding their lives.
-  166 individuals accessed Y memberships through financial assistance, fostering inclusivity.

DID YOU KNOW?

Giving doesn't just help others—it improves your health too. Research shows that acts of generosity, like volunteering or donating to a good cause, reduce stress, boost mood, and even lower blood pressure. When you give, you create positive change for yourself and your community.





2024 Impact Report

Thank you to our generous supporters. We couldn't do it without you!

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