



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MANITOWOC-TWO RIVERS YMCA FEBRUARY 2025 MEMBER NEWSLETTER

Happy Healthy Heart Month!

We're all about heart here at the Y.

Classes, facilities, and inspiring instructors and coaches keep our bodies' hearts pumping. Friends, community, and the spirit of belonging keep our hearts happy and strong in other, equally important ways.

Our Y community *has* heart, as well. Every year, you give generously to the tune of \$200K+ to ensure that we can keep costs low for young families and people of all ages who find themselves in difficult financial times. There is so much to gain here at the Y for people in either of those stages of life — connection, community, confidence— and you give them that gift. They are stronger for it and so our whole community is stronger for it. THAT is heart. Thank you.

Are you able to [help us reach this annual campaign goal again this year?](#) Your donation stays in our community, supporting our neighbors. A heartfelt thank you for your consideration. ([Click here to donate today!](#))

*A quick response to a frequently asked question: Your membership **dues** cover the costs of Y operations—electric bills, staff costs, plumbing fixes(!); your **donation** reduces the cost of Y programs for our neighbors in need of support.*

One more ask before I sign off. We want to hear about your Y member experience these days; specifically, what's going well and what can we improve? Some things are well-known to us and we're working those improvement plans now; other items we won't know about unless we hear from you! Please take 5-7 minutes to complete this member survey (click [HERE](#) or scan the QR code below). Thank you so much!

Happy Heart Month , Y Members.

With love!



IMPACT SPOTLIGHT

Small kindnesses can restore dignity and humanity. Recently, a Warming Shelter guest visited the Y for the first time. Unsure and carrying his belongings, he was welcomed warmly, given towels, and directed to the showers. He hadn't showered in several days.

Afterward, he asked about membership and learned about the "Membership for All" program, which uses community donations to offer discounted rates based on income. The experience left him feeling restored, grateful, and "human again."

The Y is a place that provides dignity and a sense of community for all. For those in need, a kind welcome and warm shower can make a world of difference.

To help keep the Y a place for all, give here: mtrymca.org/give

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! FREE for members, \$7 nonmembers.

March 11 Gym Games & Pizza (Register by 3/10)
April 15 Tie Dye Pillow Cases & Pizza (Register by 4/14)



Manitowoc Family Dental, LLC

BEERNTSEN SCHOLARSHIP

Your local YMCA has the tremendous honor of awarding five local high school seniors with a \$3000 college scholarship. Thanks to the Richard and Ione Beerntsen Scholarship Fund set up specifically for this purpose, a panel of Y volunteers gets together each spring to review the applications and send the checks to schools across the country on behalf of our local students. Go to mtrymca.org to download the application. Applications due by April 3, 2025.

WINTER 2

The Winter 2 program guide is NOW AVAILABLE ONLINE by clicking [HERE](#). Winter 2 begins on March 2 and runs through April 19. Member registration begins February 17. Nonmember registration begins February 19.

LIVESTRONG AT THE YMCA

LIVESTRONG, a FREE 12-week program designed for cancer survivors who have recently become de-conditioned or chronically fatigued from their treatment and/or disease is coming to the Y this spring. Go to <https://www.mtrymca.org/livestrong-ymca> to learn more! Thank you to our sponsors Scott and Laurie Mertens.

FEBRUARY 4

Thank you, members, for your patience as we worked with Luisier Plumbing and MPU to fix a pretty major sewage pipe issue in our building on Tuesday morning. As inconvenient as it was to miss the Y that morning, I assure you, that you were better off outside the building! The cause, unfortunately, was that diapers are being flushed down toilets here at the Y. Please use the garbage bins provided near all changing stations throughout the building to properly dispose of diapers.

Thank you!

FAMILY FUN FRIDAY

Help us celebrate Dr. Seuss's birthday! Activities include a Oh, The Places You'll Go obstacle course, One Fish Two Fish snacks, and crafts inspired by other favorite books. March 21 4:00 -6:00pm. Register by March 20. \$5/family for members, \$15/family for nonmembers. Sponsored by Manitowoc Family Dental.

FEBRUARY FITNESS

Join us for these specialty fitness classes in the month of February:

- February 7: Adults-Only Pop Up Cycling at 4:45pm (Valentines edition)
- February 15: Dance Fitness w/Resistance Bands at 8:00am at Bethany Lutheran School (*no classes in Studio Y that day due to the swim meet*)
- February 16: Sunday Group Power Pop-Up at 9:15am in Studio Y

YARN WITH FRIENDS

Come gather at the Y to crochet, knit, or do other needlework on February 19 from 1:30pm to 3:30pm. Bring a project of your choice and your own materials and we'll provide the space to share creativity, ideas and tips. Fee: FREE for members, \$5 nonmembers

HEART HEALTH AWARENESS

Stop by the YMCA lobby on **Wednesday, February 26th, from 8 AM to 11 AM** to meet **Sue Koepp**, a HeartCorps Service Member serving the lakeshore area. Sue will be offering:

- Free Blood Pressure Screenings
- Hands-On CPR Training
- Heart Health Education

Take a moment to learn simple steps to improve your heart health and stay prepared in case of emergencies. This is a free resource for our community—don't miss it!



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AMERICAN RED CROSS CLASSES

BLENDING LEARNING LIFEGUARD COURSE

The American Red Cross Blended Learning Lifeguard Course will be held in March with the swim test on March 6 from 4:00pm to 5:00pm. **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 100% of the course fee.

March 28: 4:00pm to 8:00pm

March 29: 9:00am to 5:00pm

March 30: 9:00am to 5:00pm

Fee: \$100 members, \$190 nonmembers

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

BABYSITTING CLASS

The American Red Cross Babysitting Class (ages 11-14) includes topics of basic child care, bottle feeding, child behavior, safety and more. Please bring a bag lunch - there will be a 30 minute break. Register by April 11.

Saturday, April 12 - 9:00am to 4:00pm

Fee: \$65 members, \$80 nonmembers

BLENDING LEARNING CPR/AED

The American Red Cross Blended Learning CPR/AED for the Professional Rescuers program is designed to help participants recognize and respond appropriately to cardiac and breathing emergencies

Saturday, March 22 - 8:30am to 4:30pm

Fee: \$80 members, \$80 nonmembers



**Register online by scanning
the QR code!**

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FOR YOUTH DEVELOPMENT®
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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 on Tuesdays and Thursdays!



Must be 3 years old by September 1

Follows MPSD's elementary school calendar

LOCATION

Manitowoc-
Two Rivers YMCA

DAYS/TIMES

8:30am-11:15am

Choose from:

- Mon/Wed/Fri
- Monday - Friday

MONTHLY COST

3-day \$135
5-Day \$165

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