



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MANITOWOC-TWO RIVERS YMCA

PROGRAM GUIDE

WINTER 2: March 2 through April 19, 2025*
**unless otherwise noted*



WARM
UP AT
THE Y

REGISTRATION: Members – February 17
Nonmembers – February 19

phone: 920.482.1500 web: www.mtrymca.org email: membership@mtrymca.org



BUILDING HOURS & HOLIDAYS

SEPTEMBER - JUNE

Monday - Thursday: 5:00am - 8:00pm
 Friday: 5:00am - 6:00pm
 Saturday: 6:00am - 6:00pm
 Sunday: 9:00am - 6:00pm

JUNE - AUGUST

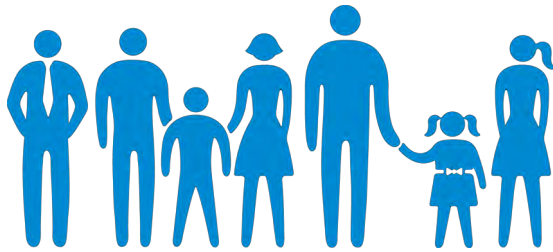
Monday - Thursday: 5:00am - 8:00pm
 Friday: 5:00am - 6:00pm
 Saturday: 6:00am - 1:30pm
 Sunday: 9:00am - 1:30pm

HOLIDAY EXCEPTIONS*


We will be closed for the following holidays:


- New Year's Day
- Easter
- Memorial Day
- 4th of July
- Labor Day
- Thanksgiving Day
- Christmas Eve (closing at noon)
- Christmas Day
- New Year's Eve (closing at 3:00pm)


****ALWAYS OPEN FOR MEMBERS WITH 24 HOUR FITNESS ACCESS!***





STAY CONNECTED

- 




INTERNET [Visit our website for all you need to know.](#)
- 

PHONE MAIN: 920.482.1500
- 

NEWS [Stay informed with our monthly newsletter.](#)
- 

MOBILE [Stay connected on the go with our mobile app.](#)
- 

SOCIAL [Get social! "Like" and "Follow" us...](#)

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Watch for this icon, and for underlined text, for interactive links that will take you right to where the action is. Register with the click of a button, email staff, learn more about our programs & more!

FACILITIES

As a member of the YMCA, you receive several benefits including savings on your favorite activities! We strive for a clean, safe environment and take pride in providing state-of-the-art and well-maintained equipment.

24/7 Fitness 24 hour access is available to all adult members ages 19+ who purchase a FOB and pay a \$3 per month fee. 24 hour access allows entry into the building any time it is closed. [24/7 access](#) includes access to the gyms, lifestyle center, weight room, walking track and public restrooms.

Aquatic Center The main pool is 25 yards, has six lanes, and maintains an average temperature of 83°. The instructional pool is 25 yards and is used for therapy, swimming lessons, fitness classes, and family and open swim. The average temperature of the instructional pool is 86°. The whirlpool is available for those ages 18 and older.

Early Childhood Education (ECE) Center The Y offers conveniently located, state-licensed early childhood education at the YMCA. Our center provides a safe and dependable environment for children to enhance their physical, emotional, intellectual and social growth. Members receive discounted rates.

Child Watch We provide safe, affordable, care for children 6 months to 8 years while parents participate in Y programs and activities. Current hours are Monday - Thursday from 8:30am to 11:30 am and 4:30pm - 7:30pm and Saturdays from 7:30am to 10:30am.

Gymnasiums The Prevea Gym and Salutz Gym are available for play any time class is not in session. Please check the [app](#) for availability.

Gymnastics Center Includes uneven parallel bars, vault tables, spring floor, balance beams, and foam training pit. Group lessons are available.

Harborview Studio From Yoga to Youth Sports, enjoy on-demand and livestream classes with [YMCA360](#) InStudio. Available any time a class is not being held.

Lifestyle Center We offer elliptical cross-trainers, treadmills, incline trainers, stairmasters, stationary bicycles, circuit equipment and free weights. Staff are available by appointment at no charge for orientation and questions regarding the use of equipment. Children ages 16 years and older are welcome to use the Lifestyle Center. Children ages 12-15 years may use the Lifestyle Center with a parent or guardian or by making an appointment with Membership Services for a Youth Fitness Orientation.

Locker Room Facilities Our men's and women's locker rooms offer shower and locker service and the use of our saunas. Our Community Locker Room offers private shower areas for parents with small children or individuals with special needs as well as lockers for general use.

Pitz Family Fun Center Families can spend quality time together climbing the play structure or creating art and/or reading a book.

Racquetball Court Two racquetball courts are available and can be reserved any time the Y is open by visiting the Membership Services desk.

Tennis Center The Tennis Center is home to three indoor Tennis courts and six Pickleball courts. We offer group and individual lessons for both sports. Courts can be reserved by members. Check the [app](#) for drop-in play times.

Track Ten laps around the track on the 2nd floor equals one mile. Walking only, please. Strollers and wheelchairs are welcome!

Teen Zone Gathering space for teens and members of all ages. The space features a TV lounge, pool table, air hockey, and other activities. Equipment is available to borrow from the Membership Services desk.

FAMILY. FRIENDS. FITNESS. FUN.



OUR MISSION:

TO PUT CHRISTIAN PRINCIPLES INTO PRACTICE THROUGH PROGRAMS THAT BUILD HEALTHY SPIRIT, MIND AND BODY FOR ALL.

YOUTH POLICIES

CHILDREN UNDER THE AGE OF 12 must always be under direct supervision of a parent/guardian age 16+ unless enrolled in a staff supervised program or activity. Members: Child Watch is available for supervision of children 6 months through 8 years old. The parent/guardian must remain in the building.



IN OUR LIFESTYLE CENTER

FIND OUT
MORE...



DO WHAT YOU
LOVE, ON YOUR
SCHEDULE

MANITOWOC-TWO RIVERS YMCA

www.mtrymca.org

A NEW WAY TO CONNECT TO THE Y!



Download the YMCA360 app!



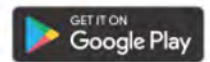
FEATURES:

- Browse group exercise and pool classes/schedules
- Get facility status (closings, class changes)
- Find Programs and Events
- Access On Demand classes and activities
- Scan Your membership card



HOW TO GET OUR MOBILE APP:

- Search "YMCA360" in the App Store or Google Play
- Download & open the app
- Type in your zip code
- Select Manitowoc-Two Rivers YMCA
- Enter the email address associated with your membership
- Retrieve the 6-digit code sent to your email address
- Enable notifications





WHAT IS 3D BODY SCANNING?

YOUR 3D BODY SHAPE

Styku recreates your body in 3D and shows you how your shape is changing over time.

FAST & NON-INVASIVE

Uses harmless infrared light. Completely private. Takes only 35 seconds.

DATA THAT MAKES SENSE

Extracts waist, hip, thigh, body fat%, and more with medical-grade precision.

TRACK PROGRESS

See fat loss, calories burned and activity levels over time.

PRICING

1 Session = \$50
2 Sessions = \$75

*pair Styku with a personal training package for BEST VALUE



MEMBERSHIP BENEFITS

WHY THE Y? ALL THIS + MORE!

Members get priority registration AND preferred pricing on programs, lessons, childcare, Y Camp, Energyze, & more.

- Nationwide Membership: Members can visit any participating Y in the United States and Puerto Rico through membership at their home Y, at no additional cost
- Complete Lifestyle Center featuring cardio, circuit and free weight equipment
- 3D Styku Body Scan to get a baseline assessment which includes a body composition check
- FREE Active Older Adult Programming
- Free court time for all racquet sports is included with your Y Membership
- Discounted memberships for military personnel and for those families in need of financial assistance
- FREE Towel Service
- Rock Steady Boxing Group or Personal Training: Fight back against Parkinson's disease

- 24/7 Fitness: Members ages 19+ can use the walking track, gyms, and Lifestyle Center 24 hours a day, 365 days a year when they sign up for 24/7 access
- Massage: Our massage therapy services are one of our best kept secrets at the Y
- Personal Training: One-on-one training to help you reach your wellness goals
- Small Group Personal Training: Form a group of 2-4 people with the benefit of one-on-one training
- YMCA360: From Yoga to Youth Sports, enjoy on-demand and livestream classes on-the-go
- FREE Group Exercise Classes: Over 50 classes per week including Body Sculpt, Group Power, Cycling, Cardio Kickboxing, Dance Fitness, Yoga, and MORE
- FREE use of indoor running/walking tracks
- FREE use of Y facilities throughout available program areas including Lap and Open Swim
- On-site childcare while you're here



REGISTRATION

Members get **PRIORITY REGISTRATION + REDUCED FEES** for all Y programming including Y Camp, Energyze, Childcare, Youth Sports, Swim Lessons & more!

ACTIVITY REGISTRATION

Activity and class information is published in this guide. Many adult and youth activities are held on a session basis and have a specific start and end date, unless otherwise noted. Registration can be completed at www.mtrymca.org, in person at the front desk, or over the phone. Visa, Discover, and MasterCard are accepted.

YMCA MEMBERS enjoy priority registration on all Y programs! For registration or online account assistance, please contact the Y directly at 920.482.1500. Membership Services is open any time the Y is open to assist you.

MEMBERS GET PRIORITY REGISTRATION!



Racquet sport court time is included in your Y membership.

HERE FOR YOU THEN.

HERE FOR YOU NOW.

HERE FOR YOU ALWAYS.

YOUR YMCA BOARD OF DIRECTORS

The YMCA is led by a vibrant, committed volunteer Board of Directors. These community leaders bring new perspectives and connections to the work and mission of the YMCA.

President/Board Chair
Todd Glover

Vice President
Sharol Schroeder

Secretary
Nick Brisch

Treasurer
Nicole Malueg

Members at Large
Kelsey Beaver
Joe Brown
Holly Murphy
Brianna Neuser
Brooke Sprang
Lee Thennes
Michael Yeh

HERE FOR YOU: Y STAFF



AQUATICS / YOUTH SPORTS / YOUTH IN GOVERNMENT

Barb Schmidt 920.482.1566 bschmidt@mtrymca.org

TENNIS

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DIRECTOR OF SOCIAL/EMOTIONAL LEARNING

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SCHOOL AGE CHILD CARE

Kenya Simon 920.482.1539 ksimon@mtrymca.org

EARLY CHILDHOOD EDUCATION (CHILDCARE)

Mary Sue Yindra 920.482.1515 myindra@mtrymca.org

WELLNESS

Elizabeth Griesbach 920.482.1520 egriesbach@mtrymca.org

SPECIALTY WELLNESS

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HUMAN RESOURCES & MEMBERSHIP

Lisa Hollen 920.482.1525 lhollen@mtrymca.org

FACILITY

Kurt Duzeski 920.482.1518 kduzeski@mtrymca.org

DIRECTOR OF COMMUNITY ENGAGEMENT

Stephanie Peters 920.482.1521 speters@mtrymca.org

CEO

Julie Grossman 920.482.1512 jgrossman@mtrymca.org



COMMUNITY STARTS HERE.

CHILD WATCH

AGES
6 months to
8 years

**WE'LL CARE FOR YOUR
KIDS WHILE YOU
WORKOUT**

Staff will care for children while parents experience other Y activities in the building or while utilizing Maritime Trail.

FEE (purchase at front desk prior to drop-off):

Unlimited Monthly Pass (members only)

- 1 child - \$25/month
- 2 children - \$35/month
- 3+ children - \$45/month

Day Pass (available to members and nonmembers)

- 1 child - \$5
- 2 children - \$6
- 3+ children - \$10

HOURS:

Monday - Thursday

- 8:30am - 11:30am
- 4:30pm - 7:30pm

Saturday

- 7:30am - 10:30am





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

EARLY CHILDHOOD EDUCATION

(FORMERLY KNOWN AS CHILDCARE)

LICENSED CARE

Our center, licensed by the State of Wisconsin's Department of Health and Family Services, nurture the whole child. We provide developmentally age-appropriate programs, which are committed to nurturing individual differences and encouraging the social, intellectual, physical, mental and spiritual growth of the child. USDA approved meals, including breakfast, lunch and afternoon snacks are provided. Swimming lessons, gymnastics and other youth sports are offered throughout the year for children three to six years old.

- One-time registration fee per family of \$40.
- Multi-child discount of \$10 per week for families that have youth or family memberships and attend full weeks.
- Tuition is based on your contracted days.
- All weeks will be charged regardless of attendance.
- Tuition is due by noon each Friday (unless another agreement is in place with the Director) to continue receiving care.

Contact Mary Sue Yindra at 920.482.1515 or myindra@mtrymca.org for more information.

SCHOOL-AGE CARE | [REGISTER](#)

If you need care for your elementary school age child(ren), we have programs to help! The Manitowoc-Two Rivers YMCA offers our SCHOOL-AGE CHILD CARE programs for children in grades K-5 including our before and after school care program and our SCHOOL'S OUT SAFARI (SOS) program when children have off from school. Registration required 48 hours prior to program or by noon the Friday before for Mondays and is non-refundable. *Supported by The West Foundation.*

February 13-14
February 28
March 31
April 18-25
May 26

Contact Kenya Simon for more information at ksimon@mtrymca.org or 920.482.1539.



HELP CHANGE LIVES IN OUR COMMUNITY!

Donate to the Annual Campaign to support high-quality, nurturing child care for families with need. For more information on the Annual Campaign, or to make a donation, please contact Stephanie Peters at 920.482.1521.

YOU CAN ALSO MAKE A DONATION TO THE MANITOWOC-TWO RIVERS Y ANNUAL CAMPAIGN ONLINE NOW BY CLICKING HERE

ANNUAL CAMPAIGN

We're more than a place.
We're a cause.



YOUTH SPORTS | REGISTER

Our Youth Sports programs build young athletes by giving them a foundation for a lifetime. Our caring and experienced coaches know how to keep your child safe while having a blast learning a new sport! Whether it's improving their skills and coordination, or building the positive relationships that lead to good sportsmanship and teamwork, participating in sports at the Y is about building the whole child, from the inside out.

TAE KWON DO (AGES 5 & UP)

Tae Kwon Do will improve your coordination, strength, and overall level of confidence in addition to being a great way to develop discipline, honesty, and respect. In Tae Kwon Do, you will learn Olympic style sparring, forms, board breaking and techniques. We encourage families of all ages and abilities to join Tae Kwon Do together. It is a great way to bond and motivate each other to reach your goals. If you were in any form of martial arts, we will take you at your current belt level. Winter session dates are February 25 through March 26 and April 1 through May 7.

Tuesday & Wednesday 6:30 - 7:30pm

Fee: \$53 per person
 \$40 per person if 2 in same family
 \$32 per person if 3 or more in same family

KINDERSPORTS (AGES 4-6)

An assortment of sports, teaching the fundamentals of movement and sport, encouraging confidence-building, healthy living, and fun!

Monday 5:30-6:00pm

Fee: \$30 member, \$55 nonmember

BASKETBALL (AGES 4-6)

Coaches will spend the first 10 minutes working with players on basketball skills. Games will be played during the last 20 minutes. The format includes lowered rim height, coaches on the court. Teams will be assigned (team size depending on numbers).

Wednesday 5:30-6:00pm

Fee: \$30 member, \$55 nonmember

BASKETBALL (AGES 7-9)

The emphasis of these leagues is on sportsmanship, skill development, teamwork and equal participation. Coaches will do skill work for 10-15 minutes and will have 30-35 minutes for a game each week. The format includes lowered rim height and coaches on the court. Teams will be assigned (team size depending on numbers).

Wednesday 6:15-7:00pm

Fee: \$35 member, \$60 nonmember

SOCCER (AGES 7-9)

Learn how to play soccer, the structure of a soccer game, and the rules of soccer.

Monday 6:15-7:00pm

Fee: \$35 member, \$60 nonmember



Become a Youth Sports Coach and make a difference in our community.

TEEN | REGISTER

TEEN ZONE

The Teen Zone is open for use with equipment available to borrow from the front desk. No registration required.

TEEN GYM TIME

The south half of Prevea Gym is reserved for teens to have a place of their own Mondays through Fridays from 3:15pm to 5:15pm. No registration required.

TEEN NIGHTS (AGES 11-15) - 5:30PM - 7:00PM

Get a group of friends together or come by yourself and meet new friends!

Tuesday, March 11 Gym Games & Pizza
 Tuesday, April 15 Tie Dye Pillow Cases & Pizza
 Fee: FREE for members, \$7 nonmembers

Register by March 10
 Register by April 14

YOUTH FITNESS ORIENTATION (AGES 12-15)

Get "certified" for a Youth Fitness Pass so that you can use the Lifestyle Center. Learn proper use of cardio & select circuit equipment. Child will earn a wristband upon completion which must be worn when in Lifestyle Center. Contact Membership Services to schedule training.

Fee: \$30 members

AMERICAN RED CROSS BABYSITTING CLASS (AGES 11-14)

This American Red Cross Babysitting Class 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.

Saturday, April 12 - 9:00am to 4:00pm
 Fee: \$65 members, \$80 nonmembers

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 Lone 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.

Click [HERE](#) to download the application. Applications due by April 3, 2025.



FAMILY | REGISTER

Family time at the Y is about giving families as a unit, and as individuals, the opportunities to deepen relationships, develop new skills and interests, improve their health and well-being, & connect to the community.

WIGGLES & GIGGLES (REGISTRATION NOT REQUIRED - FOR AGES 1 WEEK TO 8 YEARS)

Drop in anytime. No need to register. 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. **SPONSORED BY BMO BANK.**

Mondays/Wednesdays 10:00am - 11:00am

Fee: Free for members, day pass fee applies for nonmembers



FAMILY SWIM

Be sure to watch the app for Family Swim times!

Fee: Free for members, day pass fee applies for nonmembers

FAMILY FUN FRIDAY (REGISTRY BY MARCH 20)

Help us celebrate Dr. Seuss month. Activities include a Oh, the Places You'll Go obstacle course, One Fish Two Fish snacks, and crafts inspired by other favorite books.

Friday, March 21 4:00pm - 6:00pm

Fee: \$5 per family members, \$15 per family nonmembers

YOUTH SWIM LESSONS | [REGISTER](#)

We do everything we can to help our students learn to swim in a safe, values-driven environment. Please contact the [Aquatics Director](#) if you are unsure where to place your child—we can help!

PARENT/CHILD SWIM (6-36 MONTHS)

Introduces infants and toddlers to the aquatic environment and focuses on exploring body positions, blowing bubbles, and fundamental safety.

Monday 9:15 - 9:45am

5:30 - 6:00pm

FEE: \$40 member, \$110 nonmember

PARENT/TOT SWIM (AGE 3 ONLY)

Learn the basics of preschool level classes, become comfortable in the water on back, face in the water and basic safety skills. Must display consistency in skills and ability to have instructor give direct instruction to child to pass into the Preschool 1 class as a three-year old.

Monday 9:55 - 10:25am

6:10 - 6:40pm

6:50 - 7:20pm

FEE: \$40 member, \$110 nonmember

PRESCHOOL LEVEL 1 SWIM LESSONS (4-5 YEARS) NO PARENT

Preschoolers develop comfort with underwater exploration and learn to perform basic self-rescue skills with assistance. Preschool Swim Stage 1 is for students who aren't yet comfortable going under water voluntarily. Your child will learn to bob to submerge in the water, front and back glide to the wall for five feet with help, front and back float for 10 seconds with help, roll from back to front and front to back with help, jump, push, turn, grab with help, swim, float, swim 10 feet with help, exit the water.

Wednesday 5:10pm - 5:40pm

5:50pm - 6:20pm

Sunday 11:00am - 11:30am

12:20pm - 12:50pm

2:00pm - 2:30pm

2:40pm - 3:10pm

FEE: \$40 member, \$110 nonmember

YOUTH SWIM LESSONS | [REGISTER](#)

We do everything we can to help our students learn to swim in a safe, values-driven environment. Please contact the [Aquatics Director](#) if you are unsure where to place your child—we can help!

PRESCHOOL LEVEL 2 SWIM LESSONS (4-5 YEARS) NO PARENT

Preschoolers entering this level should be able to go under water voluntarily. Students focus on body position and control, directional change, and forward movement in the water while continuing to practice how to safely exit if they would fall into a body of water. Preschool Swim Stage 2 is for students who aren't yet able to do a front and back float on their own. In Water Movement, your child will submerge to look at an object on the bottom of the pool, front and back glide to the wall for five feet, front and back float for 10 seconds, roll from back to front and front to back, jump, push, turn, grab, swim, float, swim five yards, tread water near the wall for 10 seconds, exit the water.

Wednesday 4:30pm - 5:00pm

5:50pm - 6:20pm

6:30pm - 7:00pm

Sunday 11:40am - 12:10pm

1:20pm - 1:50pm

2:40pm - 3:10pm

FEE: \$40 member, \$110 nonmember

PRESCHOOL LEVEL 3 SWIM LESSONS (4-5 YEARS) NO PARENT

Preschoolers entering this level should be able to front and back float independently. Students learn to swim to safety from a longer distance. They are introduced to rhythmic breathing and integrated arm and leg action. Preschool Swim Stage 3 is for students who aren't yet able to swim 10-15 yards on their front and back. In Water Stamina, your child will retrieve an object in chest-deep water, swim on their front and back for 10 yards, roll from back to front and front to back, jump, push, turn, grab 10 yards, swim, float, swim 15 yards, tread water for 30 seconds, exit the water.

Wednesday 6:30pm - 7:00pm

Sunday 1:20pm - 1:50pm

FEE: \$40 member, \$110 nonmember

YOUTH SWIM LESSONS

REGISTER

SCHOOL AGE SWIM LESSONS (6 YEARS & UP OR HAVE PASSED ALL PRESCHOOL LEVELS BY AGE 5)

LEVEL 2 Prerequisites: Submerge independently, front and back flat independently for 10 seconds, front and back glide with flotation for 5 feet, roll assisted, jump in the pool independently, swim 10 feet using the swim-float-swim sequence, intro to tread water for 10 seconds.

Wednesday 4:30pm - 5:00pm
5:10pm - 5:40pm
5:50pm - 6:20pm

Sunday 11:40am - 12:10pm
12:20pm - 12:50pm
2:00pm - 2:30pm
2:40pm - 3:10pm

FEE: \$40 member, \$110 nonmember

LEVEL 3 Prerequisites: Submerge and look at object, front and back float independently for 10 seconds, front and back glide for 15 feet, coordinated front crawl for 15 feet, finning and kicking on back for 15 feet, jump in pool independently, roll from front to back and back to front without help, tread water for 10 seconds, swim 15 feet using the swim-float-swim sequence.

Wednesday 5:50pm - 6:20pm
6:30pm - 7:00pm

Sunday 11:40am - 12:10pm
1:20pm - 1:50pm
2:00pm - 2:30pm
2:40pm - 3:10pm

FEE: \$40 member, \$110 nonmember

LEVEL 4 Prerequisites: Retrieve object from chest-deep water, rotary breathing with flotation for 25 yards, front crawl with rhythmic breathing for 15 yards with overarm stroke, back crawl for 15 yards, tread water for one minute, jump in deep water and swim 25 yards using the swim-float-swim sequence.

Wednesday 4:30pm - 5:00pm
5:10pm - 5:40pm

Sunday 11:00am - 11:30am
12:20pm - 12:50pm
2:00pm - 2:30pm

FEE: \$40 member, \$110 nonmember

LEVEL 5/6 Prerequisites: Front crawl with rotary breathing for 25 yards, back crawl for 25 yards, elementary backstroke for 25 yards, tread water for 2 minutes, introduction to breaststroke kick for 15 yards, endurance swim for 50 yards, sitting and kneeling dives. Level 5 and 6 are combined.

Wednesday 4:30pm - 5:00pm
5:10pm - 5:40pm

Sunday 11:40am - 12:10pm
12:20pm - 12:50pm
1:20pm - 1:50pm

FEE: \$40 member, \$110 nonmember

With your donation of \$55, kids with need will have access to our life-saving swim lessons.



ANNUAL CAMPAIGN

We're more than a place.

GIVE TO THE Y AND HELP CHANGE LIVES IN OUR COMMUNITY!

You can make a donation to the Y Annual Campaign at <https://www.mtrymca.org/give>.

For more information on the Annual Campaign or to make a donation, please contact Stephanie Peters at 920.482.1521 or speters@mtrymca.org.

Lessons are based on pool and/or instructor availability. We appreciate your patience.

AQUATICS SPECIALTY

ADULT SWIM LESSONS

A swim class just for adults who want to learn to swim, or improve on basic skills.

Wednesday 10:00am - 10:45am

Fee: \$55 member, \$150 nonmember

LIFEGUARD COURSE (AGES 15 AND UP)

This class provides the necessary entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide professional level care of breathing and cardiac emergencies, injuries, and sudden illness until emergency medical services (EMS) personnel take over. The course fee includes certification in lifeguard training, first aid professional level CPR, and AED.

MUST HAVE 6 PARTICIPANTS IN ORDER TO RUN THE COURSE.

TESTING DATE: March 6 from 4:00 to 5:00pm at the Manitowoc-Two Rivers YMCA

CLASSES *(must be signed up by March 3)*

- March 28 - 4:00pm - 8:00pm
- March 29 - 9:00am - 5:00pm
- March 30 - 9:00am - 5:00pm

FEE: \$100 member, \$190 nonmember



Certifying & Hiring Lifeguards!

Register for the Lifeguard Certification and Training Course!

Swim test to be held on March 6.

Classes to be held March 28 - 30.



PRESCHOOL GYMNASTICS | REGISTER

Our Preschool Gymnastics Program will follow the age guidelines within the program title/description.

PARENT TUMBLE BUGS (2.5 - 3 YEARS) CLASSES START MARCH 1

Structured beginning gymnastics activities. Class requires adult participation out on the floor for each class. This class focuses on jumping, rolling, and swinging and is designed to strengthen your child as they explore the gymnastics equipment.

Saturday 8:00am - 8:45am (no class on March 8)

Fee: \$46 member, \$138 nonmember

Sunday 11:30am - 12:15pm (no class on March 9)

Fee: \$40 member, \$118 nonmember

KINDERGYMNASTICS (4 - 5 YEARS) CLASSES START MARCH 1

Each child will learn gymnastics skills while exploring the balance beam, uneven bars, floor exercise, and vault.

Saturday 8:45am - 9:30am (no class on March 8)

9:30am - 10:15am no class on March 8)

Fee: \$52 member, \$156 nonmember



PROGRESSIVE GYMNASTICS

REGISTER

Our Progressive and Advanced Gymnastics Programs are designed on progressions. Gymnastics Director will notify you when your child is ready to progress onto the next level/class. The current progression is Level 1, Level 1 Director Recommended, Level 2, Level 2 Director Recommended, Level 3 Non Competitive, asked to join competitive team. Please contact the Gymnastics Director if you are unsure where your child should be placed in our program.

LEVEL 1 - BEGINNER (5 YEARS AND UP) CLASSES START MARCH 1

Each child will learn gymnastics skills while exploring the balance beam, uneven bars, floor exercises, and vault table. Children will remain in Level 1 gymnastics until they are asked to join the next class: Level 1 Director Recommended.

Saturday 10:30am - 11:30am (no class on March 8)

Fee: \$58 member, \$174 nonmember

Sunday 3:00pm - 4:00pm (no class on March 9)

4:00pm - 5:00pm (no class on March 9)

Fee: \$50 member, \$150 nonmember

LEVEL 1 - DIRECTOR RECOMMENDED CLASSES START MARCH 1

Saturday 11:45am - 12:45pm (no class on March 8)

Wednesday 4:45pm - 5:45pm

Fee: \$58 member, \$174 nonmember

LEVEL 2 - ADVANCED BEGINNER (5 YEARS AND UP) CLASSES START MARCH 1

This class will focus on more advanced skills. This class is for gymnasts who have surpassed Level 1 skills.

Sunday 1:45pm - 2:45pm (no class on March 9)

Fee: \$55 member, \$165 nonmember

Monday 4:15pm - 5:15pm

Wednesday 6:45pm - 7:45pm

Fee: \$64 member, \$192 nonmember

LEVEL 2 - DIRECTOR RECOMMENDED CLASSES START MARCH 1

This class will focus on more advanced skills. This class is for gymnasts who have surpassed Level 1 skills. This class is for Level 2 gymnasts working on level 2 skills that have been asked to join the Level 2 Director Recommended class.

Sunday 12:30pm - 1:30pm (no class on March 9)

Fee: \$55 member, \$165 nonmember

Monday 5:15pm - 6:15pm

Fee: \$64 member, \$192 nonmember

TENNIS

The Manitowoc-Two Rivers YMCA has the only indoor tennis facility in the county. Our YMCA is home to three indoor tennis courts where members of the Y have a variety of options available to them. We offer lessons, leagues, and programs for all ages and abilities.

WINTER 2 SESSION LESSONS

BEGINNER WITH PARENT (AGES 7+)

Students will be introduced to the basics of tennis. Parents will do most of the feeding of balls to their child. **Each child must be accompanied by an adult.**

Sunday 12:50pm - 1:50pm
 Fee: \$60 member, \$125 nonmember

INTERMEDIATE (AGES 9+)

Students will be taught the major strokes associated with tennis (forehand, backhand, serve, and volley). Students will also be taught both no-ad and regular scoring and game strategy. **Must have had beginner lessons or have tennis director approval.**

Sunday 1:55pm - 2:55pm
 Fee: \$60 member, \$125 nonmember

MONTHLY LESSONS

*Must have Tennis Director approval. Please schedule assessment if new to tennis. Email rmaier@mtrymca.org.

ADVANCED JUNIORS

Monday 4:00pm - 5:30pm
 Fee: \$63 per month member, \$120 per month nonmember

JUNIOR INTERMEDIATE

Wednesday 4:00pm - 5:20pm
 Fee: \$55 per month member, \$110 per month nonmember

PARENT & JR HIGH STUDENT (February and/or March)

Wednesday 5:30pm - 6:30pm
 Fee: \$60 per month member, \$125 per month nonmember

BEGINNER ADULTS (February and/or March)

Wednesday 5:30pm - 6:30pm
 Fee: \$40 per month member, \$100 per month nonmember

PRIVATE LESSONS

YOUTH (AGES 5-18)

Fee: \$40 member
 \$80 nonmember

ADULT (AGES 19+)

Fee: \$40 member
 \$80 nonmember

SEMI-PRIVATE LESSONS

(2 participants)

YOUTH (AGES 5-18)

Fee: \$30 per member
 \$60 per nonmember

ADULT (AGES 19+)

Fee: \$30 per member
 \$60 per nonmember

**Fees listed are per lesson.*

Contact Barb at bschmidt@mtrymca.org for more information.

PICKLEBALL | REGISTER

A fun sport that combines elements of tennis, badminton, and ping-pong. It is played on a tennis court with a low net. Pickleball, easy for beginners, is becoming one of the fastest-growing sports in America! All abilities and ages are welcome.

INTRO TO PICKLEBALL (AGES 16 AND UP)

Come learn how to play the fastest growing sport in America, Pickleball! This class is for anyone who is interested in learning more about the game and how to play.

Tuesday 1:00 - 2:00pm

Thursday 6:00 - 7:00pm

Fee: \$40 member, \$110 nonmember

DROP-IN PICKLEBALL

We now have drop-in times reserved for Pickleball players!

Beginners Only

Tuesday & Thursday 1:00-2:30pm (courts 2 & 3 both sides)

3.0 and Below (Beginner - Intermediate)

Tuesday & Friday 9:30-11:30am (ALL COURTS)

Monday & Wednesday 5:30-7:45pm (court 3 both sides)

Above 3.0 (Intermediate - Advanced)

Monday & Wednesday 8:00-10:00am (courts 2 & 3 both sides)

Friday 7:30-9:30am (courts 2 & 3 both sides)

All Levels

Sunday 9:00-11:00am (courts 2 & 3 both sides)

Tuesday 5:30-7:45pm (courts 2 & 3 both sides)

Wednesday 10:00-12:00pm (courts 2 & 3 both sides)

Thursday 5:30-7:45pm (court 3 both sides)

Fee: Free for members



**Drop-in
Pickleball
is FREE for
YMCA
members!**

ADULT HEALTHY LIVING

WELL-TO-WORK ASSESSMENT

Cardiorespiratory fitness, also commonly referred to as cardio fitness or aerobic fitness, is often assessed to evaluate a client's capacity for performing work. A YMCA Personal Trainer will administer the YMCA 3-Minute Step Test, the Rockport Walk Test or the 1.5 Mile Run Test based on employer's requirements. Results will be provided to client and employer following the assessment. Fee: \$60

MASSAGE

Our massage therapy services are one of our best kept secrets at our Y. Whether you need relaxation or stress-relief, deep tissue, or even prenatal massage, we're here for you. Stop at the Membership Services desk or call the Y to schedule your massage appointment.

PERSONAL TRAINING (YOUTH & ADULT)

One-on-one training to reach your wellness goals. Whether it is weight loss, muscular strength/flexibility, injury prevention, or post rehabilitation; a Y personal trainer will help you attain your goals.

SMALL GROUP TRAINING

CREATE YOUR OWN SMALL GROUP EXERCISE CLASS with the benefit of individualized attention. Classes are limited to a minimum of two participants and a maximum of four participants. Create your own focus, create your own group, and **SAVE** while succeeding!

POST-REHAB EXERCISE PROGRAM

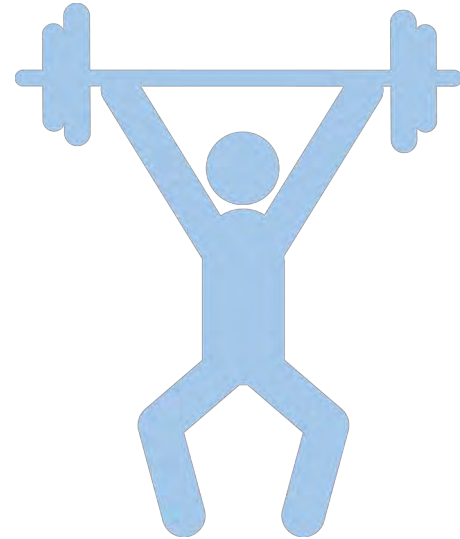
This program is the development and implementation of fitness programming intended for clients that have been released from physical therapy or who suffer from chronic diseases or physical limitations.

LIVESTRONG AT THE YMCA - COMING SPRING 2025!

A 12-week program designed for cancer survivors who have recently become de-conditioned or chronically fatigued from their treatment and/or disease. To get more information, click [HERE](#) to fill out the Livestrong Interest Form.

FEE: FREE

Thank you to our generous sponsors, Scott and Laurie Mertens!



CERTIFIED PERSONAL TRAINING

To schedule your personal training session, stop at the Membership Services desk or click [HERE](#) to fill out the Personal Training Interest form.

ADULT HEALTHY LIVING

COMPLIMENTARY SCREENING

Having aches and pains? Stop in for a complimentary screening with an ATI Doctor of Physical Therapy. The screens are about 15 minutes in length. Sign up at the front desk!
2nd Monday of every month 8am-11am, YMCA Community Room

STYKU 3D BODY SCANNING

Styku 3D Body Scanning is now available for Manitowoc-Two Rivers YMCA members! Styku allows you to visualize your body shape in 3D, set personalized goals, and track your progress with data that makes sense and is fast and non-invasive. Contact Membership Services for more information.

RETURNED PEACE CORPS VOLUNTEERS

Are you a Returned Peace Corps Volunteer interested in connecting with other RPCVs? Please contact Stephanie Peters at speters@mtrymca.org.

ACTIVE OLDER ADULT VALENTINES PARTY

We will play some games, but most of all enjoy each other's company. Please bring a side dish or snack. Register at front desk.

February 12 11:00am - 1:00pm

Fee: FREE (please register at the front desk)

YARN WITH FRIENDS

Come gather at the Y to crochet, knit, or do other needlework with other crafty people. Bring a project of your choice and your own materials and we'll provide the space to share creativity, ideas, and tips. This is a fun social opportunity to spend time crafting with new friends!

February 19 | 1:30pm - 3:30pm

Fee: FREE members, \$5 nonmembers

BLENDED LEARNING CPR/AED FOR THE PROFESSIONAL RESCUER

The American Red Cross CPR/AED for the Professional Rescuers program is designed to help participants recognize and respond appropriately to cardiac and breathing emergencies. The courses in this program teach participants the knowledge and skills needed to give immediate care to an injured or ill person when minutes matter, and to decide whether advanced medical care is needed. It is designed for students who need a certification that satisfies OSHA, workplace or other regulatory requirements.

Participants will learn basic life-saving training including CPR, the use of an AED, and the relief of choking for victims of any age—adults (about 12 years and older) and pediatric (infants and children up to 12 years of age).

To achieve certification, participants must score 80% or better on the written exam, and demonstrate all knowledge and skill objectives. Upon completion of course, participants will be issued the following certifications: CPR/AED for the Professional Rescuer Certification. **All certifications are valid for two years.**

This class is taught in a blended learning format and the online portion (accessed via mobile, desktop or tablet) must be completed prior to attending the instructor-led skills session.

March 22 | 8:30am - 4:30pm

Fee: \$80 members, \$80 nonmembers

ROCK STEADY BOXING | REGISTER

ROCK STEADY BOXING - SPONSORED BY PREVEA

Our very own kick-butt Parkinson's Disease Management Program! Boxers condition for optimal agility, speed, muscular endurance, accuracy, hand-eye coordination, footwork and overall strength to defend against and overcome opponents. At Rock Steady Boxing, Parkinson's disease is the opponent. Contact Debbie Fuller for more information at dfuller@mtrymca.org.

Monday & Wednesday 10:30am-11:45am

FEE: \$30 per month member
\$75 per month nonmember

OPTIONAL STARTER PACKAGE: INCLUDES GLOVES, WRAPS, T-SHIRT, AND STORAGE BAG - \$75!

ROCK STEADY BOXING PERSONAL TRAINING

Personal training session option for our Rock Steady Boxers and/or those fighting back against Parkinson's disease and not participating in Rock Steady Boxing.

Fee: \$25 per session member, \$35 per session nonmember



OPEN TO MEN & WOMEN OF ALL ABILITY LEVELS

BUILD POWER, STRENGTH,
FLEXIBILITY & SPEED

ROCK STEADY BOXING

PARKINSON'S DISEASE MANAGEMENT PROGRAM

NATIONWIDE MEMBERSHIP

DID YOU KNOW?

You can workout at Ys across the US and Puerto Rico!

We offer Nationwide Membership because we want to help you reach your health and wellness goals wherever you live, work or travel. This is an essential part of our cause of strengthening communities.

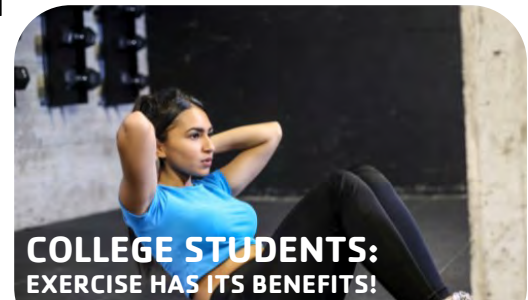


IT'S EASY TO TAKE ADVANTAGE OF THIS VALUABLE BENEFIT:

As a Nationwide Member, you now have the added value of visiting Ys across the United States and Puerto Rico. There are a few guidelines to know and follow when you travel:

- Visit ymca.net before you travel to make sure the Y you intend to visit participates in Nationwide Membership. More than 2,500 Y locations participate.
- You must have an active membership to be eligible for Nationwide Membership.
- On average, at least 50% of your visits must be to your Home YMCA (the local association that enrolled you and collects your membership dues).
- If you have known periods of seasonal travel (when you will not be using your Home Y at least 50% of the time or will be a resident of another area for more than 28 days), you will need to place your Home Y membership on hold or cancel it, and join the Y where you will be living for that time period. Please plan ahead, as it may take several weeks to place your account on hold.
- Most YMCAs require a photo ID for all visitors. Please bring a photo ID with you for a seamless customer experience.
- You will be asked to sign a waiver when visiting other YMCA locations.

Enjoy being part of more YMCA communities.



COLLEGE STUDENTS: EXERCISE HAS ITS BENEFITS!

Exercise not only energizes your body— it also kick-starts your brain.

Take advantage of Nationwide Membership and workout at the Y in your college town. If you are a college student, you will need to join the YMCA where your usage is 50% or greater. Nationwide Membership is based on individual usage not the family unit. Most Ys have a young adult or college membership option or you can ask about the financial assistance program.



MEMBERSHIP FOR ALL



When you join the Y you join more than a fitness club - you become part of a community of people dedicated to improving the health and quality of life for themselves, their families, and their neighbors. Membership is available for individuals, families and youth, with no contracts and easy monthly payment plans.

AFFORDABLE TO ALL MEMBERSHIP + PROGRAMS FOR ALL

One rate does not fit all, so we offer *FOR ALL* membership assistance. The heart of the Y's mission is to serve all people in our community. Thanks to donations (provided by Y members, staff, local families, and businesses) to the Y's Annual Campaign—we can offer financial assistance for people with need. *FOR ALL* gives kids, families, and adults the opportunity to pay the monthly membership fee that best aligns to their household income. Applications are available at the front desk or you can print your own at www.mtrymca.org.



YOUTH & FAMILIES AT THE Y

Family time at the Y is about giving families as a unit, and as individuals, the opportunities to deepen relationships, develop new skills and interests, improve their health and well-being, and connect to the community. The Y has always been a place where families can play and be active together, and that's more important than ever. Whether the activities are physical like sports or exercise classes, or more recreational like swimming and arts, Ys want families doing them together because you'll live healthier and make memories for a lifetime.

CHILDREN UNDER THE AGE OF 12

Must always be under direct supervision of a parent/guardian unless enrolled in a staff supervised program or activity. Child Watch is available for supervision of children 6 months through 8 years old. The parent/guardian must remain in the building.

CHILDREN AGES 12+

Allowed to use the appropriate spaces available without direct supervision during non-school days/hours.

CREDIT POLICY

There are no credits given for individual classes missed. The Y reserves the right to cancel a class when it does not meet the minimum enrollment requirement.

TOURS

Tours of our facilities are available during hours of operation. No appointment is necessary.

FACILITY RENTAL NOTE: Rentals are available for birthday parties or special events. Utilize pools, Pitz Family Fun Center, and more. Simply call the Y for details and pricing. Contact: Lisa Nething, 920.482.1561 or lnething@mtrymca.org.

DISCOUNTED MEMBERSHIPS

Did you know that the Manitowoc-Two Rivers YMCA works with several insurance programs to offer you a wellness benefit?

Many insurance companies offer wellness benefits to their customers which include discounts on their fitness facility membership rates. Our YMCA participates in several of these programs.

Stop in at the Membership Services desk with your health insurance card to see what you qualify for.

Most of these programs allow you to have a YMCA membership **free of charge** or a significantly discounted rate. At the Manitowoc-Two Rivers YMCA you are a full access member with this partnership.



The Y recognizes the many sacrifices made by military personnel and their families to ensure our country is Protected. As military personnel, you and your family can combine fitness and social opportunities to create a healthy mind, body, and spirit.

As our way to thank you, the Y offers reduced pricing for military personnel & their families.

WHO IS ELIGIBLE?

- Active Duty and their families
- Reserves and their families
- Veterans and their families

CORPORATE MEMBERSHIP

A YMCA Corporate Membership is more than just providing reduced rates for your employees. Our goal is to create healthier workplace environments. By connecting with the Y, workplaces receive services that help support employees in being more active and engaged in healthier lifestyles. Partnering with the Y is an investment in the well-being of your employees and business! Physically fit employees make your company more fiscally fit.

OUR PARTNERS

A TO Z MACHINE COMPANY
 A.C.E. BUILDING SERVICES
 AIR WISCONSIN
 ALLIANCE SERVICES
 AMERICOLLECT
 ASSOCIATED BANK
 AURORA HEALTH CARE
 BANK FIRST
 BAYCARE
 BELGIOIOSO CHEESE
 BELLIN HEALTH
 BRANDT BUSES AND ASSIST TO TRANSPORT
 BRAUN BUILDING
 CELLCOM/NSIGHT
 CHERMAKE
 CLARITY CARE
 CP FEEDS
 DCENTRIQ
 DRAMM CORPORATION
 EXCELLERATE
 EXPERA SPECIALTY
 FAITH TECHNOLOGIES
 FEDERAL MOGUL/TENNECO
 FESTIVAL FOODS
 FOREFRONT DERMATOLOGY
 FORMRITE
 FOSBER AMERICAN INC.
 HEIDEN, LLC

INNOVATIVE SERVICES
 INTEGRITY INSURANCE
 KAYSUN CORPORATION
 KI
 KOHLER
 LAKESHORE CAP
 LAKESHORE COMMUNITY HEALTH CARE
 LAKESIDE FOODS
 MACCO'S FLOOR COVERING CENTER
 MANITOWOC MARINA
 MARINETTE MARINA
 MASTERS GALLERY FOODS INC.
 MARITIME MUSEUM
 MIRON CONSTRUCTION
 MOLINA HEALTHCARE
 MORETTI FREEZE DRY
 MOSAIC FAMILY HEALTH
 MTM
 MPU
 N.E.W. INDUSTRIES
 ORANGE CROSS AMBULANCE
 RF TECHNOLOGIES
 RIVERSIDE FOODS
 ROBINSON METAL
 ROGERS BEHAVIORAL HEALTH
 ROYDAN ENTERPRISES LLC
 SHORELINE CREDIT UNION
 TOWSLEYS

QUESTIONS?

Contact the Y at 920.482.1500 or email membership@mtrymca.org for more information on how you can provide this service to your staff team for a happier and healthier work force.



**GOOD HEALTH IS
GOOD BUSINESS**

EMPLOYMENT

LIFEGUARDS

Call Barb Schmidt at 920.482.1566 for details.

ASSISTANT SWIM TEAM COACH

Call Barb Schmidt at 920.482.1566 for details.

PART-TIME SWIM INSTRUCTOR

Call Barb Schmidt at 920.482.1566 for details.

PART-TIME FRONT DESK STAFF

(Every other weekend, One night per week)
Call Lisa Hollen at 920.482.1525 for details.

SENIOR DIRECTOR OF STRATEGIC OPERATIONS

Call Lisa Hollen at 920.482.1525 for details.

YOUTH SPORTS COACH

Call Lisa Nething at 920.482.1561 for details.

FOR GENERAL QUESTIONS ABOUT JOBS VISIT [MTRYMCA.ORG/CAREERS](https://mtrymca.org/careers).

JOIN THE Y TEAM AND MAKE A DIFFERENCE!

- RECEIVE A FREE FAMILY MEMBERSHIP
- DISCOUNTS ON CHILDCARE AND OTHER GREAT PROGRAMS



FIND YOUR TRUE CALLING. FIND YOUR Y.

» APPLY TODAY
For a better us.®



ANNUAL CAMPAIGN.

WE'RE MORE THAN A PLACE.
WE'RE A CAUSE.

LET'S MAKE OUR COMMUNITY BETTER!

With a gift to the Y, you can make childcare affordable to those with need, you can equip kids with life-saving swim lessons and water safety instruction, you can improve the lives of seniors by keeping them active, independent, and socially connected, PLUS so much more.

The Y is committed to meeting the basic needs of our community by empowering youth, individuals, families, and seniors through membership and programs that support their financial self-sufficiency, build social connections, and improve health and wellbeing.

For more information on the Annual Campaign or to make a donation, please contact Stephanie Peters at 920.482.1521 or speters@mtrymca.org. You can also make a donation to the Manitowoc-Two Rivers Y Annual Campaign online at <http://mtrymca.org/annual-campaign>.

100% of your contribution supports the basic needs for those who cannot afford the Y—right here in Manitowoc and the surrounding communities we serve!

The Manitowoc-Two Rivers YMCA is classified by the Internal Revenue Service as a 501(c)3 not-for-profit organization. As such, all charitable gifts received in the Annual Campaign are tax-deductible to the extent of the tax code.

The impact of your donation to the Annual Campaign is REAL and MEANINGFUL.

CREATE A LIVING LEGACY

Make a planned gift TODAY. Help Lakeshore generations TOMORROW.

Our hope is to build a strong, healthy and happy community for generations to come - but we can't do it without your help! As a charity, our success is dependent on donations and contributions from our generous community.

We believe that investing in our kids, our health and our neighbors makes all of us stronger. If you believe in the work we're doing today, you can be an integral part of our future by including a charitable gift in your estate and financial plans. With a little planning, you can make a big difference for years to come.

The Manitowoc-Two Rivers YMCA is classified by the Internal Revenue Service as a 501(c)3 not-for-profit organization. As such, all charitable gifts received are tax-deductible to the extent of the tax code.



ANNUAL CAMPAIGN

We're more than a place.
We're a cause.

For more information and to start a conversation about your legacy and supporting the values and community that you believe in, please contact Stephanie Peters at 920.482.1521 or speters@mtrymca.org.

01/29/2025