



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MANITOWOC-TWO RIVERS YMCA

MARCH 2025 MEMBER NEWSLETTER

Y Members, you continue to be amazing in every way!

Yesterday, we announced a generous matching gift opportunity from Nicolet National Bank and Stecker Machine Co., and a challenge for us to reach the goal of raising \$6,000 in one day.

Because of your generous hearts, **we raised more than \$10,000**, every penny of which goes to ensuring that EVERYONE has access to programs and services that build dignity, character, and confidence here at the Y.

With so many programs happening and over 10,000 people engaged in the Y, it's hard to wrap your head around what this support means, so maybe this will help:

- This weekend, a group of young teens head to Madison, with their business professional clothing, their well-crafted bills, and their civil, civic engagement skills ready to take over the capitol with 200+ other young and future leaders. **Confidence grows, democracy is learned first-hand. Youth in Government** is supported by you.
- A young mom comes to **Wiggles & Giggles** with her child. She shared with me that some days "this is the only time I get to talk to adults. Parenting young kids is lonely in winter; the Y is my lifeline to sanity and **I'm a better mom for it.**" She receives a 50% membership scholarship. You make this possible for her and her child.
- We are piloting an **expanded food program** starting this week, knowing that more than 2,430 children in Manitowoc County experience hunger and food insecurity daily. Your donations feed children.
- We are launching **LIVESTRONG** (cancer survivor wellness) at no cost to participants, we're hosting **family and teen nights** monthly to keep quality family time and social skills strong, we provide **Rock Steady Boxing** for people living with Parkinson's, and so much more. And by "we," I mean **you**, along with our board, staff team, and community partners. Together, we make sure that the Y is here for ALL, accessible to ALL, welcoming to ALL. Because we ALL need one another. Thank you for making yesterday—and today and tomorrow—such a great day at our local Y!

IMPACT SPOTLIGHT

Every finish line starts with a first step, and for Jordan, many of those steps happen at the Y. Whether he's pushing his limits on the Assault Runner treadmill, lifting weights, or recovering in the sauna, the Y provides the tools he needs to train, improve, and achieve his goals.

From conquering the Fall 50 to winning Cyclocross races, Jordan relies on the Y to stay strong and ready for his next challenge. But what keeps him coming back isn't just the equipment—it's the Y's commitment to something bigger. He values being part of a community that invests in the next generation, knowing his membership supports youth programs and local initiatives. For Jordan, the Y isn't just where he trains—it's where he gives back.



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.

April 15 Tie Dye Pillow Cases & Pizza (Register by 4/14)



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.

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.

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.

SUMMER CARE

Looking for summer care for your children? Registration is OPEN for Y Camp (for children ages 5 through entering 5th grade) and ENERGYZE (for students entering 6th through 8th grade). Go to <https://www.mtrymca.org/summer-day-camps> for more information. Thank you to our sponsor, Americollect!



GYM/WALKING TRACK

Due to the gymnastics meet, the walking track and both gyms will be unavailable to use from March 7 through March 9. The Prevea Gym and walking track will also be unavailable on March 22 due to a Tae Kwon Do tournament being held here through Marissa's Martial Arts.

TENNIS LESSONS

Parents & Jr High Tennis lessons - Wednesday evenings through March. Register at the front desk today!

MARCH FITNESS

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

- March 8: Dance Fitness w/Resistance Bands at 8:00am at Bethany Lutheran School (*no classes in Studio Y due to the gymnastics meet*)
- March 16: Group Power at 9:15am
- March 20: Spring Equinox Yoga at 6pm
*reserve your spot in YMCA360
- March 21: Cycling Pop-Up at 4:45pm

YARN WITH FRIENDS

Come gather at the Y to crochet, knit, or do other needlework on March 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

FATHER DAUGHTER DANCE

In February, daughters, nieces and granddaughters danced the night away in a fairy tale room of chandeliers, fruit punch, amazing dinner and dessert, photo booths, and, best of all: quality time with a loving male role model in her life.

Thank you, **Eck Industries**, for sponsoring this annual event that lives forever in the memories of so many of our dads and daughters. And thank you to Jerry Knox and **Knox's Silver Valley** for hosting a perfect evening!



FIND US ON:



AMERICAN RED CROSS 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



Register online by scanning the QR code!

FACILITY FACTS

Did You Know? Our local Y was built in 1968, with the following additions/ renovations:

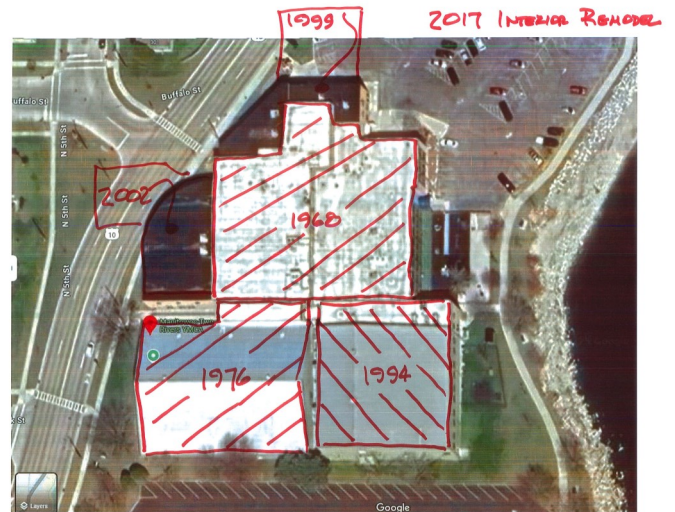
- 1976: Tennis Center— now home to tennis and pickleball!
- 1994: Lifestyle Center and the Salutz Gymnasium
- 1999: New entryway and updates
- 2002: Ruth West Gymnastics Center
- 2017: Internal renovations

Every quarter or so, we'll use this newsletter as an opportunity to share with you facility upgrades and fixes we're working on — because we know a working, clean, safe facility is key to a great member experience.

Here are a few highlights from Feb:

- Whirlpool & Instructional Pools: Sand Tank Replaced
- Main Pool: Chlorine pump replaced
- Tennis/PB Center Furnace Unit replaced
- Addressed Water Line/Sewage line issues caused by vandalism/ misuse
- Heat Coil Repair in Community Locker Room
- Gymnastics HVAC fixed
- Addressed issues that arose with 24/7 access and it seems to be working properly again.
- Sleuthed hot water issues with vendors and plumbers and hope (!?) we have the water running hotter... time will tell; this will remain a priority until we're sure it's resolved.
- Prevea Gym Back board installed
- Hired a part-time tech mechanic to keep equipment safe and in good working order in Lifestyle Center

We are in need of a vendor / company who will strip the wax and reseal our wood floors— most urgently in Studio Y, but also our gyms in the near future. If anyone has a lead here, please contact Kurt at kduzeski@mtrymca.org.



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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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