



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

MANITOWOC-TWO RIVERS YMCA

## PROGRAM GUIDE

Summer: JUNE 22 - AUGUST 9, 2025\*  
*\*unless otherwise noted*



**REGISTRATION:** Members – June 9  
Nonmembers – June 11

phone: 920.482.1500 web: [www.mtrymca.org](http://www.mtrymca.org) email: [membership@mtrymca.org](mailto: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

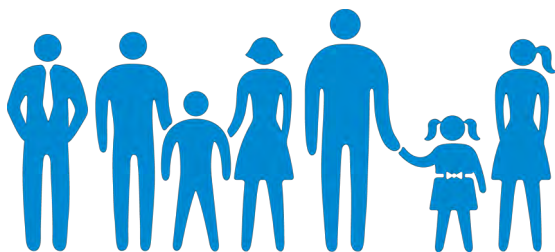
Monday - Thursday: 5:00am - 8:00pm  
 Friday: 5:00am - 6:00pm  
 Saturday: 6:00am - 1:30pm  
 Sunday: 9:00am - 1:30pm

### 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...



### Y News

Facility Info .....	3
Membership Benefits .....	7
Registration .....	7
Staff .....	8
Nationwide Membership .....	32
Membership for All .....	33
Discounted Memberships ....	34
Corporate Memberships .....	35
Employment .....	36

### Youth Development

Child Watch .....	9
Early Childhood Education...	10
Youth Sports .....	15
Teen .....	16
Family .....	17
Aquatics .....	18
Gymnastics .....	23

### Healthy Living

Tennis .....	26
Pickleball .....	27
Adult Healthy Living .....	28
Sailing .....	30
Rock Steady Boxing .....	31

### Social Responsibility

Annual Campaign .....	37
Endowment .....	38

### TABLE OF CONTENTS



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**

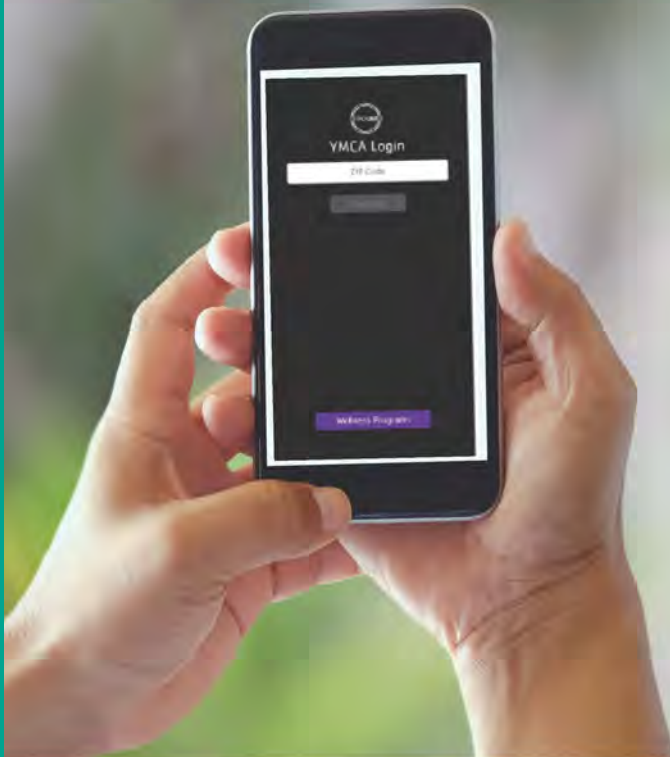
MANITOWOC-TWO RIVERS YMCA

[www.mtrymca.org](http://www.mtrymca.org)

# A NEW WAY TO CONNECT TO THE Y!



## Download the YMCA360 app!



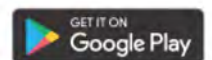
### FEATURES:

- 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!

**MEMBERS  
GET PRIORITY  
REGISTRATION!**

....

## 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](http://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.



**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**  
**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](mailto:bschmidt@mtrymca.org)

### TENNIS

Reiny Maier 920.482.1530 [rmaier@mtrymca.org](mailto:rmaier@mtrymca.org)

### GYMNASTICS

Jessica Brault 920.482.1504 [jbrault@mtrymca.org](mailto:jbrault@mtrymca.org)

### ACTIVE OLDER ADULTS

Candy Ruffolo 920.482.1578 [cruffolo@mtrymca.org](mailto:cruffolo@mtrymca.org)

### YOUTH & FAMILY

Lisa Nething 920.482.1561 [lnething@mtrymca.org](mailto:lnething@mtrymca.org)

### DIRECTOR OF SOCIAL/EMOTIONAL LEARNING

Kali Hentges 920.482.1527 [khentges@mtrymca.org](mailto:khentges@mtrymca.org)

### SCHOOL AGE CHILD CARE

Kenya Simon 920.482.1539 [ksimon@mtrymca.org](mailto:ksimon@mtrymca.org)

### EARLY CHILDHOOD EDUCATION (CHILDCARE)

Mary Sue Yindra 920.482.1515 [myindra@mtrymca.org](mailto:myindra@mtrymca.org)

### WELLNESS

Elizabeth Griesbach 920.482.1520 [egriesbach@mtrymca.org](mailto:egriesbach@mtrymca.org)

### SPECIALTY WELLNESS

Debbie Fuller 920.482.1570 [dfuller@mtrymca.org](mailto:dfuller@mtrymca.org)

### HUMAN RESOURCES & MEMBERSHIP

Lisa Hollen 920.482.1525 [lhollen@mtrymca.org](mailto:lhollen@mtrymca.org)

### FACILITY

Kurt Duzeski 920.482.1518 [kduzeski@mtrymca.org](mailto:kduzeski@mtrymca.org)

### DIRECTOR OF COMMUNITY ENGAGEMENT

Stephanie Peters 920.482.1521 [speters@mtrymca.org](mailto:speters@mtrymca.org)

### CEO

Julie Grossman 920.482.1512 [jgrossman@mtrymca.org](mailto:jgrossman@mtrymca.org)



**COMMUNITY  
STARTS HERE.**



# CHILD WATCH

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

**AGES**  
**6 months to**  
**8 years**

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





# Early Childhood Education

## 2-YEAR OLD OPENINGS!

Our Early Childhood Education Center, licensed by the State of Wisconsin Department of Health and Family Services, offers a warm and engaging place for your child to grow, learn, and thrive.



**ENROLL TODAY!**

## 3-Year Old Preschool & Child Care Program

**Must be 3 years old by September 1**

**Follows MPSD's elementary school calendar**

### LOCATION

Manitowoc-Two Rivers YMCA

### DAYS/TIMES

8:30-11:15am

Choose from:

- Mon/Wed/Fri
- Monday - Friday

### MONTHLY COST

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





## FULLY LICENSED CARE BEFORE & AFTER SCHOOL



**HAVE FUN &  
BE ACTIVE  
BEFORE & AFTER SCHOOL!**

### RATES FOR 2025/2026:

- 1-3 days/week: \$137/month per AM or PM session
- 4-5 days/week: \$153/month per AM or PM session

**Registration will open Monday, July 7 online at [mtrymca.org](http://mtrymca.org). Spots are given on a first-come, first-served basis.**

### DISCOVER THE DIFFERENCE IN OUR AFTER SCHOOL PROGRAM:

We've designed our program to be more than just aftercare — it's a place where kids can thrive, because they deserve something special after school.

- Swimming with American Red Cross certified lifeguards
- Nutritious, healthy snacks to fuel growing minds and bodies
- Access to YMCA facilities, giving kids a safe, active environment to explore and enjoy



# 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](mailto: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.*

Watch for 2025/2026 dates in Fall!

Contact Kenya Simon for more information at [ksimon@mtrymca.org](mailto: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.



# SUMMER CARE

Sponsored by:  
**americollect**  
 ridiculously nice

## Y CAMP

Eligibility: 5-year-olds who will be entering kindergarten through students entering 5<sup>th</sup> grade this fall  
 Location: Madison Elementary School  
 Dates: June 16 through August 15  
 Hours: 7:30AM – 4:30PM, M-F  
 Registration: **IS OPEN!**

### Rates:

For participants ages 5 and 6:  
 Members: \$195/week, Nonmembers: \$250/week  
 For participants ages 7 and older:  
 Members: \$185/week, Nonmembers: \$240/week

Welcome to Y Camp, where each day starts with chants and cheers, campers explore skill time, we have weekly field trips, special Y days, and more! Join us for a summer of fun and come Radiate Positivity with Y Camp.

During the weeks where MPSD is offering summer school, we will be providing after-school care only. Children will come to Madison Elementary directly from summer school. These weeks will have prorated pricing.

- June 23 –27
- July 7–11
- July 14–18

### Fourth of July Week

- Prorated pricing the week of June 30–July 3
- No camp on Friday, July 4

Please email Kenya at [ksimon@mtrymca.org](mailto:ksimon@mtrymca.org) or Kali at [khentges@mtrymca.org](mailto:khentges@mtrymca.org) with any questions regarding Y Camp.



# SUMMER CARE

## ENERGYZE

Eligibility: Students entering 6th - 8th grade in the Fall  
Location: Manitowoc-Two Rivers YMCA  
Dates: June 16 through August 14  
Hours: 8:30am - 4:00pm, M-Th

### Rates:

- Members: \$130 /week
- Nonmembers: \$150 /week

Our Energyze program is to provide opportunities for kids to grow, learn, and play in a safe environment, and... most of all have **FUN!** We will have weekly field trips, swimming, and MORE! As part of the Y, we seek to develop the personal character and integrity of each child by focusing on **Youth Development, Healthy Living & Social Responsibility.**

### Registration Information:

- Online registration only - **registration is OPEN!**

For more information contact Lisa Nething at [lnething@mtrymca.org](mailto:lnething@mtrymca.org).





# 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. Summer session dates are May 20 through June 18 and July 15 through August 13.

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 5:30pm-6:00pm

Tuesday 3:15pm-3:45pm

Fee: \$35 member, \$95 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: \$40 member, \$110 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 5:00pm. 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, June 10	Gym Games & Pizza
Tuesday, July 8	Lawn Games & Root Beer Floats
Tuesday, August 12	Outdoor Water Games & Pizza

Fee: FREE for members, \$7 nonmembers

Register by June 9  
Register by July 7  
Register by August 11

## 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, June 7 - 9:00am to 2:00pm

Fee: \$75 members, \$140 nonmembers

## BEERNTSEN SCHOLARSHIP

Click [HERE](#) to read about this year's winners. Congratulations to all!



# 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.

## FAMILY SWIM

Be sure to watch the app for Family Swim times!

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

## FAMILY BINGO

Bring the family to the Y and enjoy a few games of BINGO and fun! Sponsored by Braun Building Center.

Thursday, July 24 6:00pm – 7:00pm Register by July 23

Fee: FREE for members, \$5 per family for nonmembers

## PARENTS VS KIDS DODGEBALL (AGES 4–10)

Catch some fun! Join us for this one-time *Parents vs Kids Dodgeball* event! Parents are welcome to battle the kids while playing several variations of this school yard favorite.

Tuesday, June 24 5:30pm – 6:00pm Register by June 23

Fee: \$3 per child members, \$9 per child 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!

**NOTE:** Once per week summer lessons start the week of June 16.

## 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.

Tuesday 5:10pm - 5:40pm

5:50pm - 6:20pm

6:30pm - 7:00pm

Wednesday 9:00am - 9:30am

9:40am - 10:10am

10:20am - 10:50am

FEE: \$40 member, \$110 nonmember

The following 1P classes are offered Tuesdays AND Thursdays and meet twice per week starting July 21.

Tuesday & Thursday 2:10pm - 2:40pm

3:30pm - 4:00pm

FEE: \$35 member, \$95 nonmember

**All members and nonmembers must either scan their membership card or check-in with front desk staff upon arrival for each lesson.**

# 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!

**NOTE:** Once per week summer lessons start the week of June 16.

## **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 9:00am - 9:30am  
10:20am - 10:50am

FEE: \$40 member, \$110 nonmember

**The following 2P classes are offered Tuesdays AND Thursdays and meet twice per week starting July 21.**

Tuesday & Thursday 1:30pm - 2:00pm  
2:10pm - 2:40pm  
3:30pm - 4:00pm

FEE: \$35 member, \$95 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.

Tuesday 4:30pm - 5:00pm

FEE: \$40 member, \$110 nonmember

**The following 3P classes are offered Tuesdays AND Thursdays and meet twice per week starting July 21.**

Tuesday & Thursday 2:50pm - 3:20pm

FEE: \$35 member, \$95 nonmember

**All members and nonmembers must either scan their membership card or check-in with front desk staff upon arrival for each lesson.**

# YOUTH SWIM LESSONS

## REGISTER

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

**NOTE: Once per week summer lessons start the week of June 16.**

**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.

Tuesday 5:10pm - 5:40pm  
5:50pm - 6:20pm  
6:30pm - 7:00pm  
Wednesday 9:00am - 9:30am  
9:40am - 10:10am  
10:20am - 10:50am

FEE: \$40 member, \$110 nonmember

**The following 2S classes are offered Tuesdays AND Thursdays and meet twice per week starting July 21.**

Tuesday & Thursday 1:30pm - 2:00pm  
2:10pm - 2:40pm  
2:50pm - 3:20pm

FEE: \$35 member, \$95 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.

Tuesday 5:10pm - 5:40pm  
Wednesday 9:00am - 9:30am

FEE: \$40 member, \$110 nonmember

**The following 3S classes are offered Tuesdays AND Thursdays and meet twice per week starting July 21.**

Tuesday & Thursday 1:30pm - 2:00pm  
3:30pm - 4:00pm

FEE: \$35 member, \$95 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.  
We're a cause.

**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](mailto:speters@mtrymca.org).

**All members and nonmembers must either scan their membership card or check-in with front desk staff upon arrival for each lesson.**



# YOUTH SWIM LESSONS

## REGISTER

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

**NOTE: Once per week summer lessons start the week of June 16.**

**LEVEL 4 Prerequisites:** Retrieve object from chest-deep water, rotary breathing with floatation 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.

Tuesday      4:30pm - 5:00pm  
                   5:50pm - 6:20pm  
                   6:30pm - 7:00pm

Wednesday    9:40am - 10:10am

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.

Tuesday              4:30pm - 5:00pm  
                              6:50pm - 7:20pm

Wednesday          10:20am - 10:50am

FEE:    \$40 member, \$110 nonmember

**The following 5/6S classes are offered Tuesdays AND Thursdays and meet twice per week starting July 21.**

Tuesday & Thursday    2:10pm - 2:40pm

FEE:    \$35 member, \$95 nonmember

# ADULT SWIM LESSONS

A swim class just for adults who want to learn to swim, or improve on basic skills. **NOTE: Adult classes start the week of July 2.**

Wednesday      10:00am - 10:45am  
 Fee:    \$55 member, \$150 nonmember

# MANTA RAYS SWIM TEAM

Becoming a member of the YMCA Swim Team means fun, fitness, and teamwork. The YMCA swim team is a developmental swim program run by trained coaches to improve swimmers' competitive skills and endurance through progression rather than intense competition at an early age. The YMCA swim team promotes healthy lifestyles while embracing the five core values of caring, honesty, respect, inclusion, and responsibility.

We offer several age and skill level programs. We participate in home and away meets throughout the season. There are also volunteer opportunities to help support the YMCA Swim Team.



## INTRO TO SWIM TEAM (AGE 7-13) -JUNE 17 THROUGH JULY 29

Are you currently on swim team and just need to refine mechanics? Join Intro to Swim Team! Improve on stroke mechanics, turns, starts, and diving off the blocks. Must have done at least 1 session of level 5 swim lessons and be able to swim 25 yards consecutively of freestyle and backstroke. Must have knowledge of breast stroke and butterfly components. **Due to high demand, limited to two intro sessions per swimmer or by director's approval. Open to Manta Ray white level swimmers.**

Tuesday 6:00pm - 6:45pm

Fee: \$50 member, \$100 nonmember

## MORNING SWIM TEAM WITH JEN -JUNE 17 THROUGH JULY 31

Silver and Gold Manta Ray Swim Team levels or with permission of head coach. Contact Emily at [eschmidt@mtrymca.org](mailto:eschmidt@mtrymca.org) with questions.

Tuesday/Thursday 6:00am - 7:30am

Fee: \$84 member, \$150 nonmember



# PRESCHOOL GYMNASTICS | REGISTER

OUR PRESCHOOL GYMNASTICS PROGRAM WILL FOLLOW THE AGE GUIDELINES WITHIN THE PROGRAM TITLE/DESCRIPTION. NOTE: SUMMER LESSONS START THE WEEK OF JUNE 16. NO CLASS THE WEEK OF AUGUST 4-8 DUE TO GYMNASTICS CAMPS.

## PARENT TUMBLE BUGS (2.5 - 3 YEARS)

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.

Monday 9:00am - 9:45am

Wednesday 5:00pm - 5:45pm

Fee: \$63 member, \$189 nonmember

## KINDERGYMNASTICS (4 - 5 YEARS)

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

Monday 10:00am - 10:45am

Wednesday 9:00am - 9:45am

5:45pm - 6:30pm

Fee: \$70 member, \$210 nonmember

## KINDERGYMNASTICS MINI CAMP (4 - 6 YEARS)

For any 4-6 year old looking at doing gymnastics. Gymnasts will explore multiple gymnastics skills through stations and games on all 4 gymnastics events: vault, uneven bars, balance beam and floor exercise.

Fee includes a t-shirt. **Contact Jessica Brault with any questions. REGISTER BY JULY 1.**

Monday & Wednesday 9:00am - 11:00am (August 4 and August 6)

Fee: \$60 member, \$150 nonmember

## OPEN FAMILY GYMNASTICS (18 MONTHS TO 5 YEARS) PRE-REGISTRATION REQUIRED

Children must be accompanied by an adult and be able to follow children around the gymnastics center. Kids will get to explore the gymnastics center during this family gymnastics time.

Wednesday, June 18 1:30pm - 2:30pm

Sunday, June 29 9:30am - 10:30am

Wednesday, July 9 1:30pm - 2:30pm

Sunday, July 20 9:30am - 10:30am

Sunday, August 10 9:30am - 10:30am

Wednesday, August 20 1:30pm - 2:30pm

\$10 per child member, \$20 per child 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.

**NOTE: SUMMER LESSONS START THE WEEK OF JUNE 16. NO CLASS THE WEEK OF AUGUST 4-8 DUE TO GYMNASTICS CAMPS.**

### LEVEL 1 – BEGINNER (5 YEARS AND UP)

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.

Monday 2:30pm – 3:30pm  
4:15pm – 5:15pm  
Wednesday 8:00am – 9:00am  
6:45pm – 7:45pm  
Fee: \$77 member, \$231 nonmember

### LEVEL 2 – ADVANCED BEGINNER (5 YEARS AND UP)

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

Monday 11:00am – 12:00pm  
5:15pm – 6:15pm  
Wednesday 2:45pm – 3:45pm  
Fee: \$84 member, \$252 nonmember

### BEGINNER PROGRESSIVE GYMNASTICS CAMP (DATES: AUGUST 4 & 6)

For any level 1 progressive gymnast. This camp will meet Monday & Wednesday. Fee includes a t-shirt. **Contact Jessica Brault with any questions. REGISTER BY JULY 1.**

Monday/Wednesday 1:00pm – 4:00pm  
Fee: \$75 member, \$190 nonmember

### ADVANCE BEGINNER PROGRESSIVE GYMNASTICS CAMP (DATES: AUGUST 4-7)

For any level 2 progressive gymnast. This camp will meet Monday through Thursday. Fee includes a T-shirt. **Contact Jessica Brault with any questions. REGISTER BY JULY 1.**

Monday – Thursday 1:00pm – 4:00pm  
Fee: \$150 member, \$375 nonmember

### GYMNASTICS CLINICS PRE-REGISTRATION REQUIRED

Looking to improve your skills? We are offering Gymnastics Skills Clinics this summer for levels 1, 2, and 3. For dates, times, fees, and other information, please click [HERE](#).

### PROGRESSIVE OPEN WORKOUT PRE-REGISTRATION REQUIRED

For any level 1, level 2 or level 3 non-competitive looking for some more gym time to improve their skills. **Open workout times will be on Wednesdays from 11:30am to 12:30pm on June 25, July 9, July 23, and August 13.**

Fee: \$10 per workout member, \$18 per workout nonmember

All members and nonmembers must either scan their membership card or check-in with front desk staff upon arrival for each lesson.

# ADVANCED GYMNASTICS

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. **NOTE: SUMMER LESSONS START THE WEEK OF JUNE 16. NO CLASS THE WEEK OF AUGUST 4-8 DUE TO GYMNASTICS CAMPS.**

## HIGH SCHOOL GYMNASTICS

Gymnasts interested in participating on a high school gymnastics team. All high school gymnasts should contact director for placement in a summer program.

Wednesday 10:00am - 11:15am

Tuesday/Thursday 3:30pm - 5:00pm

Fee: \$375 member, \$600 nonmember

## LEVEL 3 - NON COMPETITIVE I (5 YEARS AND UP)

This class will focus on more advanced skills. This class is for gymnasts who have surpassed level 2 skills. Director approval required. **MEMBERS ONLY.**

Monday 6:15 - 7:45pm

Fee: \$110 member

## COMPETITIVE GYMNASTICS CAMP (DATES: AUGUST 4-7)

For any competitive gymnast in Middle School/High School, or any gymnast that is currently working Level 3 or higher. Fee includes a t-shirt. **Contact Jessica Brault with any questions. Register by July 1.**

Mon-Thurs 4:30 - 8:00pm

Fee: \$185 member, \$400 nonmember

## GYMNASTICS CLINICS PRE-REGISTRATION REQUIRED

Looking to improve your skills? We are offering Gymnastics Skills Clinics this summer for levels 1, 2, and 3. For dates, times, fees, and other information, please click [HERE](#).

## ADVANCED OPEN WORKOUT PRE-REGISTRATION REQUIRED

For any level 3 non-competitive or team gymnast looking for some more gym time to improve their skills. **Open workout times will be on Mondays from 12:30pm to 1:30pm on June 23, July 14, July 28 and August 11.**

Fee: \$10 per workout member, \$18 per workout 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. **NOTE: Summer lessons begin the week of June 16.**

## BEGINNER TENNIS (AGES 7-10) \*4 max per session

Join Madison for this beginner-friendly class designed to make learning tennis both fun & rewarding. Focus on fundamentals and confidence building. Racquets are available for use.

Tuesday 4:15pm - 5:00pm

Fee: \$50 member, \$110 nonmember

## BEGINNER TENNIS (AGES 11-14) \*4 max per session

Join Madison for this beginner-friendly class designed to make learning tennis both fun & rewarding. Focus on fundamentals and confidence building. Racquets are available for use.

Tuesday 5:15pm - 6:00pm

Fee: \$50 member, \$110 nonmember

## BEGINNER & ADVANCED BEGINNERS (AGES 7+)

Basic strokes and footwork being taught. How to hit forehand, backhand, volleys, and serves.

Wednesday 1:00pm - 2:30pm

Fee: \$90 member, \$110 nonmember

## INTERMEDIATE & ADVANCED (AGES 9+)

Basic strokes with movement playing singles and doubles with strategy.

Wednesday 2:30pm - 4:00pm

Fee: \$90 member, \$115 nonmember

## ADVANCED (AGES 10+)

Hitting open stance. Teaching topspin and slice. Approach and volley. Singles/doubles play.

Thursday 10:15am - 11:45am

Fee: \$90 member, \$115 nonmember



## PRIVATE LESSONS

### YOUTH & ADULT WITH REINY

Fee: \$50 member  
\$80 nonmember

### YOUTH WITH MADISON (AGES 7-14)

Fee: \$30 member  
\$60 nonmember

## SEMI-PRIVATE LESSONS

(2 participants)

### YOUTH & ADULT WITH REINY

Fee: \$30 per member  
\$45 per nonmember

### YOUTH WITH MADISON (AGES 7-14)

Fee: \$20 per member  
\$35 per nonmember

*\*Fees listed are per person per lesson.*

*To request private lessons, please fill out our Private Lesson Registration form found at [https://www.mtrymca.org/adult\\_sports](https://www.mtrymca.org/adult_sports) and email to Barb at [bschmidt@mtrymca.org](mailto:bschmidt@mtrymca.org).*

*Contact Barb at [bschmidt@mtrymca.org](mailto: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 - FREE FOR MEMBERS

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

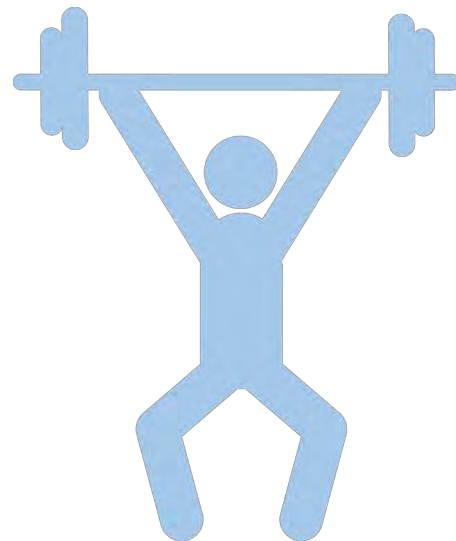
This program is the development and implementation of fitness programming intended for clients that have been released from physical therapy or who suffer from chronic diseases or physical limitations.

## LIVESTRONG AT THE YMCA - A NEW SESSION STARTS IN FALL!

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](mailto:speters@mtrymca.org).

## 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!

June 18 1:30pm - 3:30pm

July 16 1:30pm - 3:30pm

August 20 1:30pm - 3:30pm

Fee: FREE members, \$5 nonmembers

## SUMMER BUCKET LIST CHALLENGE

Grab your friends and family and let's make it a summer to remember with the Y! Free for members and nonmembers. **Registration required.**

1. To register, go to <https://stronglife.org/registration> and complete the form.
2. Get your bucket list at the Y or print the copy that is emailed to you.
3. Complete activities on the bucket list with friends, family, or even fur-babies. Start any time!
4. Check off at least 20 activities and enter for a chance to win \$2,000 by July 31!

## OUTDOOR FITNESS

Our classes will be heading outdoors once again this summer in various locations. Keep an eye on our website and Facebook pages for more information.

## WOMEN ON WEIGHTS: NEXT LEVEL—STARTS JUNE 23 (AGE 18+)

Ready for the NEXT LEVEL? This is an advanced 7-week strength training program with the use of free weights, weight machines, and TRX. This program offers a variety of strength training designed to build muscle, improve strength and enhance overall well-being. Find a place of empowerment in the Lifestyle Center including the weight room. This program is led by our National Accredited Female Certified Personal Trainer. Maximum 4 participants per program session. One STYKU 3D Body Measurement Scan included.

Mondays and Thursdays 8:00am - 9:00am  
\$139 per person | Members Only



# SAILING LESSONS

Participants can choose from two sailing sessions this summer. Session 1 will be held June 16 - July 20 and/or Session 2 will be held July 28 - August 31.

## TILLER TIME (TT)

Committed class for the full summer. Intensive class with a 1 student on 1 instructor class. Meets 3x per week. **Goal:** Student will learn how to confidently sail a sailboat, independently. **Curriculum:** Rigging, starting, stopping, tacking, glybing, docking, anchoring, and more. This is a YMCA sailing class and it will not certify you for ASA or US sailing licensure. Availability depends on person/instructor. Contact Lisa Nething at [lnething@mtrymca.org](mailto:lnething@mtrymca.org) for more information.

## GROUP SAIL (GS)

Group of 3-4 who register for 1 session and schedule a regular weekly sail once per week.

**Goal:** Introduction to sailing whereby students learn in a group setting. **Curriculum:** Instruction in a fun, social setting. **Choose from Session 1 or Session 2 and the following dates and times.**

Sunday: 11:00am - 1:00pm  
3:30pm - 5:30pm  
Monday 3:30pm - 5:30pm  
Wednesday 5:30pm - 7:30pm

Fee: \$229 per person member/nonmember

## OPEN SAIL (OS)

A one-time sail. Groups of 2-4 who want to try it once. **Goal:** A sample of sailing. **Curriculum:** Introduction to sailing whereby student gets a 90-minute sail sampling steering, mainsheet trim and more. **Choose from Session 1 or Session 2 and the following dates and times.**

Sunday 1:30pm - 3:30pm  
Sunday 5:30pm - 7:30pm  
Monday 5:30pm - 7:30pm  
11:00am - 1:00pm  
Wednesday 11:00am - 1:00pm  
3:30pm - 5:30pm

Fee: \$40 for 1 person  
\$60 for 2 people

## HUNTER 140 DINGHY CLASS (AGES 12-18)

No experience necessary. Participants will learn the basics of sailing, weather forecasting, knot tying and safety of the water. Participants meet two times per week for one session.

Monday 1:30pm - 3:30pm  
Wednesday 1:30pm - 3:30pm

Fee: \$309 per person member/nonmember

# 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](mailto: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!**

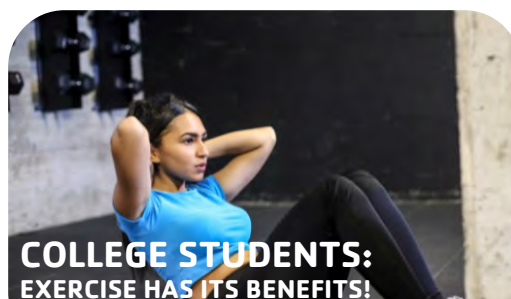
We offer Nationwide Membership because we want to help you reach your health and wellness goals wherever you live, work or travel. This is an essential part of our cause of strengthening communities.

**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](http://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](http://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](mailto: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.

**RenewActive™**  
by UnitedHealthcare

**One Pass™**

**AARP**  
Medicare Supplement Plans  
insured by UnitedHealthcare  
Insurance Company

**Silver&Fit**

**Active&Fit**

**Humana**

**SilverSneakers**



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.  
FOX COMMUNITIES CREDIT UNION  
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  
WISCONSIN STEEL & TUBE WST FAB LLC

## QUESTIONS?

Contact the Y at 920.482.1500 or email [membership@mtrymca.org](mailto: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.

## PART-TIME SWIM INSTRUCTOR

Call Barb Schmidt at  
920.482.1566 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](mailto: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](mailto:speters@mtrymca.org).

5/22/25