



THE Find Your Best Friend PLACE

No Place Like *This Place*™



MANITOWOC-TWO RIVERS YMCA APRIL 2026 NEWSLETTER



IMPACT SPOTLIGHT

Last month, our local delegation traveled to the State Capitol for Youth in Government. Alongside 250 + teens from across Wisconsin, they presented bills, debated legislation, and experienced firsthand how laws are made. Of the 175 legislators who presented bills, 14 made it all the way through the process and were passed. And in a result that has us cheering, 6 of those 14 winning bills came from our very own MTR Y Delegation!

That's nearly half of all passed legislation belonging to our local teens! This remarkable achievement speaks to the depth of preparation, passion, and critical thinking our young people bring to this experience. Thank you to Barb Schmidt for her leadership and to Susan Murtaugh for her sponsorship of this incredible program. We are so proud of our hardworking delegation!

Happy Spring, Y Members,

Now that we've cleared away the mountains of snow (we do write this a few days prior to sending so let's hope that ages well), we've delved into some more spring cleaning and "fix up" around the Y, with more projects on the way.

We have a new cleaning crew in the evenings who are working hard to reset our building each night so we welcome everyone into a clean facility each morning. We're seeing and hearing positive things here as they have learned their way around our large, high-use facility-- and we are so grateful.

Tennis and pickleball folks, the new court floor sweeper arrived this week and has been christened as Kermit (you'll know when you see it). Randy and Kermit spent some quality time together on Tuesday and we have some volunteers who are going to help out so we're able to clean the floors more often (thank you, Steve and Joyce Aerts!). With this, and the less salty shoes coming in, you should see a great improvement to the court floors.

Major project in the main pool this week with a full replacement of our Sand Filter-- thank you for your patience as we needed to shut down the pool for a couple of days and then take another couple of days to get back up to warmer temperatures. Special thank you to our Endowment Board for funding this project.

Schaus installed a new HVAC system above our Lifestyle Center this past week, so bring on the summer heat-- your workouts should stay cool!

Next up, we will be shutting down the upstairs for a week in late August to do a deep dive into some cleaning, painting, and fixing projects that can only be done over the course of back-to-back days without member use (including 24/7), so stay tuned for that. We try to avoid facility shut down, but every 3-4 years or so, it has to be done. More to come on this.

Finally, a few words on our Lifestyle Center: We have noticed and been hearing from you about how busy it is-- and while of course we love that more folks are getting stronger at the Y, we also know that this means tighter spaces, some wait times for machines, and lots of personalities with varying levels of experience. We ask that our members please be mindful of others: keep the language clean, the set times reasonable, and community spirit strong. Those rooms can be a little intimidating for new folks-- please be patient and helpful. And parents, please help us keep these rooms safe by adhering to the age minimums. We'd love to have your teen work with one of our trainers to gain access to these spaces-- email dfuller@mtrymca.org for details here.

We regularly have out-of-town Y members share with us how much they love our Y, and how lucky we are to have such an incredible asset here on the lakeshore--and don't we know it! Thank you for your support and patience as we continually do the work to ensure it stays that way for generations to come.

SPRING PROGRAMS

The Spring and Summer program guide will be available to view online on April 13. Registration for Spring will open on April 20 for members and April 22 for nonmembers. Spring runs from April 26 through June 8.

SUMMER CAMP REGISTRATION

Registration for Y Camp and Energyze are **OPEN!** Click [HERE](#) to register and learn more. Thank you to our Y Camp sponsor, Associated Bank!



3K, 4K, 4K Y ENRICHMENT, 4K Y EXTENDED CARE

YMCA 3K is full; however, you can be added to the waitlist. Please head to <https://www.mtrymca.org/3k-preschool-child-care> to learn more. Email registration@mtrymca.org with questions.

MPSD 4K registration is open. Please head to <https://www.manitowocpublicschools.org/enroll/4-year-old-kindergarten.cfm> to learn more. Questions on 4K should be directed to 920-686-4777.

4K Y Enrichment & 4K Y Extended Care is open. Please head to <https://www.mtrymca.org/4k-y-enrichment-4k-y-extended-care> to learn more. Email registration@mtrymca.org with questions.



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, 2026.

YARN WITH FRIENDS

Come gather at the Y to crochet, knit, or do other needlework. Bring a project of your choice and your own materials and we'll provide the space to share creativity, ideas and tips. Held the third Wednesday of every month from 1:30pm to 3:30pm. **FREE!**

NO SCHOOL? NO PROBLEM!

No school? The Y has you covered!

SOS DAYS (K-5th grade)

SOS Days welcome students to the Y to play games, create, connect with their peers, and make use of the Y facility including swimming and gymnastics as available. The Y has licensed this program to allow families to utilize State Childcare Assistance. **April 22 (1/2 day) and May 20 (1/2 day).** Registration link: <https://bit.ly/48kuNQj>

FAMILY FUN FRIDAY

Spring into fun! Enjoy open swim from 5:00pm to 6:30pm, a spring-inspired obstacle course, parachute games, basketball, and a fun spring craft. Finish the night with a light snack and make some great family memories. **Sponsored by Manitowoc Family Dental.**

Friday, April 17 | 5:00pm-7:00pm

Members: \$5 per family, Nonmembers: \$15 per family



LIVESTRONG® AT THE YMCA

THE NEXT SESSION OF LIVESTRONG AT THE YMCA STARTS MAY 4! Livestrong is a FREE 12-week program designed for cancer survivors looking to regain strength and energy after treatment. Join us for supportive, small-group sessions focused on wellness and recovery. **Thank you to our sponsors Scott and Laurie Mertens.**

Mondays & Wednesdays
9:00 AM – 10:15 AM

For more details, head to <https://www.mtrymca.org/livestrong-ymca>

MUSICAL BINGO

Come join HUMANA at the Y in the Community Room on May 6 from 11am to 12pm and play "Musical Bingo" for a fun twist on a familiar game. There will be familiar songs to "identify" on the Bingo card and possibly an artist or two to guess. After the game is over – you will have the opportunity to sing your favorite tune and have some fun with your friends who are there playing along with you. No musical talent required – just a new fun way to play an old familiar game. **Snacks and fun presented by Humana! FREE (for members only)!**

Humana

FIND US ON:



TECH TIME WITH ADRC

Do you have a question on how to do something on your phone or tablet? Drop in during Tech Time at the Y with the ADRC to meet with staff and get your questions answered! No need to register.

Please note they are not tech support, so they may not be able to answer in-depth or hardware related questions.

April 10 | 9:45am-11:45am



LIFEGUARD CLASSES

Save a life - become a lifeguard! Premium hourly rates available for summer guards! Lifeguard courses are being held at the YMCA in May. Go to <https://www.mtrymca.org/lifeguard-training-certification> to learn more or to register.

EASTER

The Y will be closed on Sunday, April 5 in observance of Easter. Members with 24/7 access are welcome to use the Y anytime.

WE'RE HIRING!

Do work that matters - join the Y team! We have part-time and full-time positions available. Learn more and apply at <https://www.mtrymca.org/careers>.

CPR CLASSES

Several American Red Cross CPR/AED classes are being held at the YMCA with limited spots available. Go to <https://www.mtrymca.org/news/blended-learning-red-cross-cpr-courses> to learn more or to register.

MAH JONGG

Craks, Bams and Dots. Learn to play the American version of the ancient Chinese tile game. Mah Jongg is a challenging game played with tiles where 4 players try to make the tiles match up with a hand on a standard Mah Jongg card. Rules are standardized by the National Mah Jongg League so you can play anywhere you find a group. Participants are encouraged to attend all sessions but MUST attend first session when the game is introduced. YMCA Community Room. \$20 members, \$40 nonmembers.

May 12, May 19, May 26, and June 2 from 1-3pm

MINI-WELLNESS RETREAT

Join us for a relaxing and restorative Mini Wellness Retreat designed to help you unplug, move mindfully, and welcome the refreshing energy of spring. With yoga options, creative and reflective activities, a nourishing snack, a calming closing meditation, and a gift bag to take home, this morning is all about renewal, balance, and caring for yourself. April 19 from 9:15am to 12:30pm. **Thank you to our sponsor, Network Health. Spots are limited — advance registration required. Register online [HERE](#).**

Cost: \$20 per member | \$45 per non-member

SCHEDULE

9:15–9:30 AM

Welcome, centering, gentle warm-up, and breathwork
Location: Studio Y

9:30–10:20 AM

Yoga Session (choose one)

- Chair Yoga with Susan – Studio Y
- Power Yoga with Elizabeth – Harborview Studio

10:30–10:45 AM

Healthy snack + community connect
Location: Community Room

10:45–11:45 AM

Choice Activity (choose one or mix and match!)

- Neurographic Art with Elizabeth – Community Room
- Guided journaling with provided prompts – Community Room or Harborview Studio (for more privacy)
- Group Walk with Susan – outdoors along the beautiful Mariner's Trail (please dress accordingly)
- Sauna

12:00–12:30 PM

Closing meditation and singing bowl experience with Susan
Location: Studio Y

Send off with self-care gift bags to continue your wellness experience at home.

YMCA 175th BIRTHDAY PARTY

Celebrate 175 years of the YMCA with us at the Manitowoc-Two Rivers YMCA! Join us on May 14 from 6–8 PM for a free, family-friendly birthday party filled with fun for all ages. Guests can enjoy cupcakes, a lively dance party, activities for kids of all ages, and more! **Free and open to the public!**

