



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MANITOWOC-TWO RIVERS YMCA

PROGRAM GUIDE

SPRING: APRIL 26 — JUNE 8, 2026 *(unless otherwise noted)*
SUMMER: JUNE 15 — AUGUST 22, 2026



SPRING PROGRAMS & SUMMER CAMPS REGISTRATION:
Members – April 20 | Nonmembers – April 22

SUMMER PROGRAMS REGISTRATION:
Members – June 8 | Nonmembers – June 10

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

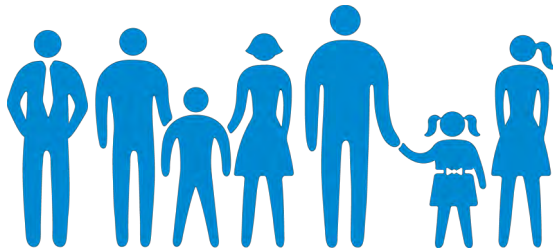
Monday - Thursday: 5:00am - 8:00pm
 Friday: 5:00am - 6:00pm
 Saturday: 6:00am - 1:30pm
 Sunday: 9:00am - 1:30pm

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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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 Learning The Y offers conveniently located, state-licensed early childhood education at Riverview Early Learning Center (summer of 2026!). Our center provides a safe and dependable environment for children to enhance their physical, emotional, intellectual and social growth.

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 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

YMCA™ 360

A 360-DEGREE
DIGITAL EXPERIENCE
FOR MEMBERS ON
MOBILE, TV, AND WEB



WHAT IS YMCA360?

YMCA360 is a member benefit that gives you access to virtual classes that support a healthy mind, body, and spirit. Additionally, members can engage in app features that allows you to customize your health and wellness journey. The things you love about the Y, its people, places, and programs, are all on YMCA 360!

- Livestream and on-demand classes taught by YMCA instructors from around the U.S.
- 3,000+ pieces of content supporting the mind, body, and spirit.
- Fitness classes, sports instructions, nutrition/cooking classes, children's book readings, and so much more!
- Get connected by joining challenges.
- Schedules at the tip of your fingers.

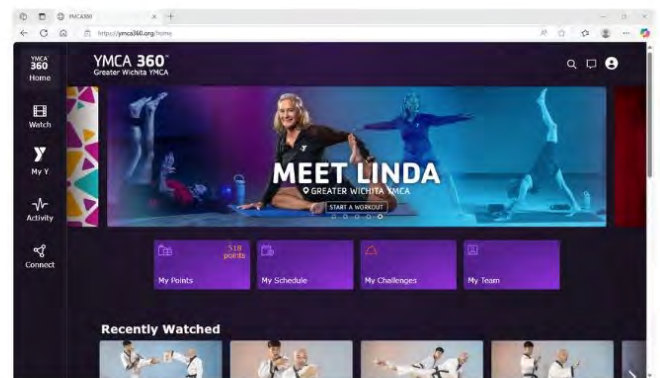
DOWNLOAD THE APP TODAY!



Apple iOS



Google Play





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 = \$40 (members/nonmembers)
- 2 Sessions = \$70 (members)
- 2 Sessions = \$105 (nonmembers)

*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 FOREVERWELL® 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, Zumba®, 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
Brianna Neuser

Vice President
Nick Brisch

Secretary
Sharol Schroeder

Treasurer
Nicole Malueg

Members at Large
Kelsey Beaver
Todd Glover
Holly Murphy
Brooke Sprang
Lee Thennes

HERE FOR YOU: Y STAFF



AQUATICS / YOUTH SPORTS / YOUTH IN GOVERNMENT / GYMNASTICS

Barb Schmidt 920.482.1566 bschmidt@mtrymca.org

TENNIS

Reiny Maier 920.482.1530 rmaier@mtrymca.org

FOREVERWELL® PROGRAMMING

Candy Ruffolo 920.482.1578 cruffolo@mtrymca.org

YOUTH & FAMILY

Lisa Nething 920.482.1561 lnething@mtrymca.org

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

Debbie Fuller 920.482.1570 dfuller@mtrymca.org

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





LEARN. GROW. THRIVE.

YMCA 3K, 4K, & ENRICHMENT CARE OPTIONS

3K OPTIONS*

- 3 Days per Week (M/W/F) 8:15am-11:45am
- 5 Days per Week (Mon-Fri) 8:15am-11:45am (Y Extended Care available for Full Time 3K students 6:30am-6:00pm)

Rates for the 2026-2027 School Year:

- \$50 nonrefundable registration fee
- \$145 per month Monday/Wednesday/Friday
- \$175 per month Monday through Friday

*3K will be open during MPSD No School Days. It will close for MPSD snow days.

4K ENRICHMENT CARE*

Complete your child's full day with FREE YMCA enrichment care (MPSD 4K half of the day and Y Enrichment the other half of the day) from 8:00am to 3:15pm.

Lunch provided at Riverview for full day 4K students.

*Y Extended Care Available (for a fee):
Morning: 6:30 – 8:00 AM
Afternoon: 3:15 – 6:00 PM

4K NO SCHOOL DAYS*

No School? No Problem! Y SOS (School's Out Safari) will be available on all scheduled MPSD No School Days. SOS Days run from 6:30am to 6:00pm for an additional fee.

*If MPSD closes due to inclement weather, the Riverview Early Learning Center will be CLOSED - no MPSD or Y programming on snow days).



Registration is open! Head to www.mtrymca.org for more information or email registration@mtrymca.org.



EARLY LEARNING

LICENSED CARE

Our center, licensed by the State of Wisconsin’s Department of Health and Family Services, nurtures 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.

- 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 the Y at registration@mtrymca.org for more information.



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.



EARLY LEARNING

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, **Y ACHIEVER'S (new!)** 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.*

Y ACHIEVERS

New to the Y this year is Y Achievers! Use the day off school to explore and try something new, build skills, and explore the community! The Y is partnering with local community businesses and content experts to offer this new opportunity to our elementary students to level-up their days off school with unique morning programming. We'll use the afternoons to blow off some steam in the pool, gymnastics center, or gymnasium. Look for themes to include robotics, LEGO, Disc Golf, nutrition, art, and so much more! Care provided 6:30-5:30 daily, with the primary programming between 8:30-3:30.

Fee: \$45/day members, \$55/day nonmembers

- March 30-April 3

SOS DAYS

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.

Fee: \$28/day members, \$38/day nonmembers (full days)
\$14/day members, \$19/day nonmembers (1/2 days)

- March 18 (1/2 day)
- April 22 (1/2 day)
- May 20 (full day)

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

SUMMER CARE

Sponsored by:



Y CAMP

Eligibility: 5-year-olds who will be entering kindergarten through students entering 5th grade this fall
Location: Franklin Elementary School
Dates: **After Care:** June 15—July 2, **Full-Day Camp:** July 6—August 21
Hours: 8:00AM – 4:00PM, M-F (before and after care available for an additional fee)
Registration: **Online registration only—opens on March 2 at 5:00am**

Rates:

For participants ages 5 and 6:

Summer School Weeks: Members: \$60/week, Nonmembers: \$75/week

Full-Day Camp Weeks: Members: \$200/week, Nonmembers: \$255/week

For participants ages 7 and older:

Summer School Weeks: Members: \$55/week, Nonmembers: \$70/week

Full-Day Camp Weeks: Members: \$190/week, Nonmembers: \$245/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 Make Your Mark at 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 15—June 19
- June 22—June 26
- June 28—July 2

Fourth of July Week

- No camp on Friday, July 3

Please email Kenya at ksimon@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 15 through August 20
 Hours: 8:30am - 4:00pm, M-Th
 Registration: **Online registration only—opens on March 2 at 5:00am**

Rates:

- Members: \$135 /week
- Nonmembers: \$155 /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.**

For more information contact Lisa Nething at 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.

SPRING YOUTH SPORTS - REGISTRATION BEGINS APRIL 20

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. Upcoming session dates are March 10 through April 15, April 21 through May 20, May 26 through June 24, and July 14 through August 12.

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 4:30pm—5:00pm
 5:45pm—6:15pm

Fee: \$31 member, \$91 nonmember

ULTIMATE PLAYGROUND SHOWDOWN (AGES 7-9)

Kids will dive into high-energy favorites like Dodgeball and Capture the Flag. This action-packed class builds teamwork, strategy, and sportsmanship while keeping everyone moving.

Wednesday 5:45pm—6:30pm

Fee: \$35 member, \$105 nonmember

VOLLEYBALL BASICS (AGES 8-12)

A beginner-friendly class introducing youth to volleyball fundamentals including serving, passing, setting, and teamwork through fun drills and age-appropriate activities.

Wednesday 7:00pm—7:45pm

Fee: \$35 member, \$105 nonmember

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.

SUMMER YOUTH SPORTS - REGISTRATION BEGINS JUNE 8

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. Upcoming session dates are March 10 through April 15, April 21 through May 20, May 26 through June 24, and July 14 through August 12.

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

MINI SPORTS SAMPLER (AGES 4-6) JUNE 17-JULY 15

A new sport every week! Kids will run, jump, throw, and play their way through soccer, t-ball, basketball, football and kickball.

Wednesday 5:45pm - 6:15pm

Fee: \$25 member, \$65 nonmember

MINI SPORTS SAMPLER (AGES 4-6) JULY 22-AUGUST 19

A new sport every week! Kids will run, jump, throw, and play their way through soccer, t-ball, basketball, football and kickball.

Wednesday 5:45pm - 6:15pm

Fee: \$25 member, \$65 nonmember

JUNIOR SPORTS SAMPLER (AGES 7-9) JUNE 17-JULY 15

A new sport every week! Kids will run, jump, throw, and play their way through soccer, t-ball, basketball, football and kickball.

Wednesday 6:30pm - 7:15pm

Fee: \$25 member, \$65 nonmember

JUNIOR SPORTS SAMPLER (AGES 7-9) JULY 22-AUGUST 19

A new sport every week! Kids will run, jump, throw, and play their way through soccer, t-ball, basketball, football and kickball.

Wednesday 6:30pm - 7:15pm

Fee: \$25 member, \$65 nonmember

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.

YOUTH FITNESS ORIENTATION (AGES 12-15)

Youth ages 12-15 can earn a youth fitness pass (wristband) to workout in the Lifestyle Center. A child must pass the proper use of equipment assessment with a YMCA Personal Trainer to receive the fitness wristband. This does not include the free-weight room (youth ages 12-15 are restricted from the free-weight room).

Fee: \$30 members



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 6 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. Last class before summer is May 13. Class will resume in September.**

Mondays/Wednesdays 10:00am – 11:00am

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



FAMILY FUN FRIDAY (MUST REGISTER BY NOON ON APRIL 16)

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

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



Manitowoc Family Dental, LLC

SPRING SESSION – REGISTRATION BEGINS APRIL 20

TINY HANDS, BIG ART (AGES 4-6)

NEW! Big creativity for little hands! This class is designed just for young artists to explore colors, textures, and simple art techniques while creating fun spring-themed projects to take home each week.

Thursday 4:00pm – 4:30pm

Fee: \$31 members, \$91 nonmembers

MOTHER'S DAY EVENT | PANCAKES & PAJAMAS (MUST REGISTER BY NOON ON MAY 8)

Celebrate Mother's Day early with your short stack! Enjoy a morning full of pancakes, games, and a craft. Bring your mom/grandma/aunt, or other female who is special to you! You are encouraged to dress in your pajamas. **Registration is open!**

Saturday, May 9 | 9:30-11:00am

Fee: \$10 per couple/\$5 each additional child member

\$20 per couple/\$5 each additional child nonmember

SUMMER SESSION – REGISTRATION BEGINS JUNE 8

THINGS WITH WINGS ART CLASS (AGES 4-6) JUNE 18-JULY 16

Let creativity take flight in this new art class. Kids will explore art through fun, hands-on projects inspired by butterflies, bugs, and more. Each week brings a new winged creation using a variety of materials and techniques.

Thursday 4:00pm – 4:30pm

Fee: \$25 members, \$65 nonmembers

NINJAZONE® | REGISTER



NINJAZONE® is a fusion of obstacle course training, gymnastics, parkour, and character building. Made possible by a gift from US Bank.

SPRING NINJAZONE CLASSES—REGISTRATION OPENS APRIL 20

NINJA JR (AGES 5-7)

Ninja Jr. classes are the building blocks of athleticism. Classes include the development of coordination and confidence, all while having fun and learning awesome ninja moves! Strength and agility are put to the test through obstacle courses, gymnastics, and martial arts techniques that incorporate flips, rolls, jumps, kicks and freestyle movement. Ninjas advance through levels based on their skills and knowledge of core values.

Monday	4:30pm - 5:20pm
Wednesday	5:30pm - 6:20pm
Thursday	5:30pm - 6:20pm
	6:30pm - 7:20pm
Saturday	10:00am - 10:50am
Sunday	10:20am - 11:10am (parents—enjoy Zumba® at 10:30am!)
Fee:	\$49 member, \$100 nonmember

NINJA WARRIOR JR (AGES 8-10)

Strength and agility are put to the test through obstacle courses, gymnastics, and martial arts techniques that incorporate flips, rolls, jumps, kicks and freestyle movement. Ninjas advance through levels based on their skills and knowledge of core values.

Monday	5:30pm - 6:20pm
Wednesday	4:30pm - 5:20pm
Saturday	11:00am - 11:50am
Sunday	11:20am - 12:10pm
Fee:	\$49 member, \$100 nonmember

NINJAZONE CLOTHING PACK

To ensure safety and promote unity, uniforms are required for all NinjaZone classes. Ninjas must wear their NinjaZone shirts and headbands. Socks are required at all times while in class. Shorts or pants that allow participants to move freely (no jeans, buttons, strings or jewelry on clothing). Uniforms can be purchased and will be handed out at the first class. **One-time purchase.**

Fee:	\$27
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NINJAZONE® | REGISTER



NINJAZONE® is a fusion of obstacle course training, gymnastics, parkour, and character building. Made possible by a gift from US Bank.

SUMMER NINJAZONE CLASSES – REGISTRATION OPENS JUNE 8

NO CLASS WEEK OF JULY 20TH

NINJA JR (AGES 5-7)

Ninja Jr. classes are the building blocks of athleticism. Classes include the development of coordination and confidence, all while having fun and learning awesome ninja moves! Strength and agility are put to the test through obstacle courses, gymnastics, and martial arts techniques that incorporate flips, rolls, jumps, kicks and freestyle movement. Ninjas advance through levels based on their skills and knowledge of core values.

Monday 4:30pm - 5:20pm
 Wednesday 5:30pm - 6:20pm
 Thursday 4:30pm - 5:20pm
 Fee: \$55 member, \$120 nonmember

NINJA WARRIOR JR (AGES 8-10)

Strength and agility are put to the test through obstacle courses, gymnastics, and martial arts techniques that incorporate flips, rolls, jumps, kicks and freestyle movement. Ninjas advance through levels based on their skills and knowledge of core values.

Monday 5:30pm - 6:20pm
 Wednesday 4:30pm - 5:20pm
 Thursday 5:30pm - 6:20pm
 Fee: \$55 member, \$120 nonmember

NINJAZONE CLOTHING PACK

To ensure safety and promote unity, uniforms are required for all NinjaZone classes. Ninjas must wear their NinjaZone shirts and headbands. Socks are required at all times while in class. Shorts or pants that allow participants to move freely (no jeans, buttons, strings or jewelry on clothing). Uniforms can be purchased and will be handed out at the first class. **One-time purchase.**

Fee: \$27



NINJAZONE® | REGISTER



NINJAZONE SUMMER CAMPS – REGISTRATION OPENS APRIL 20

Campers spend their days climbing, swinging, running, jumping, rolling, flipping and stepping up to challenges that make them feel strong, capable and unstoppable. Every day is full of movement, games, and skill-building that keeps the energy high from start to finish. Kids leave sweaty, proud, and already talking about coming back. If you are looking for a summer camp that feels like an adventure and builds real confidence along the way, this is it.

Must sign up for camp at least two weeks prior to start date. Must wear shorts, t-shirt, socks, and tennis shoes. No jeans, crocs, sandals or flip flops. Please bring a water bottle. **\$14 camp t-shirt is optional.** A light snack will be given each day. Daily camp will include themed days around the theme week, Ninja instruction, themed daily crafts, games and mini open gym sessions.

Shipwrecked Ninja Camp

Welcome aboard Ninja crew! This week we'll sail the seven seas on a mission for hidden treasure. Expect pirate games, daring obstacle challenges, and Ninja training fit for the bravest buccaneers.

- Ages 8-10: June 15—June 18 12:30pm-4:00pm. Fee: \$110 members, \$190 nonmembers
- Ages 5-7: June 22—June 25 12:30pm-3:00pm. Fee: \$80 members, \$160 nonmembers
- Ages 5-7: July 27—July 30 9:00am-11:30am. Fee: \$80 members, \$160 nonmembers
- Ages 8-10: July 27—July 30 12:30pm-4:00pm. Fee: \$110 members, \$190 nonmembers

ZooBaloo Ninja Camp

Let's go WILD!! Swing through the jungle and stomp across the arctic as we explore animals from all over the world in this fun-filled camp week!

- Ages 5-7: June 29—July 2 12:30pm-3:00pm. Fee: \$80 members, \$160 nonmembers

Space Odyssey Ninja Camp

3...2....1 BLAST-OFF! Suit up and launch into the Ninja-verse for a week of space missions, Ninja challenges, and out-of-this-world fun!!

- Ages 5-7: July 6—July 9 9:00am-11:30am. Fee: \$80 members, \$160 nonmembers
- Ages 8-10: July 6—July 9 12:30pm-4:00pm. Fee: \$110 members, \$190 nonmembers

Game On Ninja Camp

Get ready to jump into all your favorite games in real time. With crafts and activities inspired by classic throwbacks and exciting new-age games, you're guaranteed a day packed with nonstop fun.

- Ages 5-7: July 13—July 16 9:00am-11:30am. Fee: \$80 members, \$160 nonmembers
- Ages 8-10: July 13—July 16 12:30pm-4:00pm. Fee: \$110 members, \$190 nonmembers

Ninja Olympics Ninja Camp

Let the Olympic fun begin! Campers will jump, flip, throw, and race their way through a week full of exciting Olympic sports from gymnastics to shot-put and everything in between!

- Ages 5-7: August 3—August 6 9:00am-11:30am. Fee: \$80 members, \$160 nonmembers
- Ages 8-10: August 3—August 6 12:30pm-4:00pm. Fee: \$110 members, \$190 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!

SPRING SWIM LESSONS

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 9:55am—10:25am
4:30pm—5:00pm
FEE: \$35 member, \$72 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 9:15am—9:45am
5:10pm—5:40pm
5:50pm—6:20pm
FEE: \$35 member, \$72 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.

Sunday 11:00am—11:30am
12:20pm—12:50pm
2:00pm—2:30pm
2:40pm—3:10pm
Wednesday 4:30pm—5:00pm
5:10pm—5:40pm
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!

SPRING SWIM LESSONS

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.

Sunday	11:00am—11:30am 11:40am—12:10pm 12:20pm—12:50pm 3:20pm—3:50pm
Wednesday	5:10pm—5:40pm 5:50pm—6:20pm
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.

Sunday	3:20pm—3:50pm
Wednesday	5:50pm—6:20pm
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)

SPRING SWIM LESSONS

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.

Sunday	11:40am—12:10pm 1:20pm—1:50pm 2:00pm—2:30pm 2:40pm—3:10pm
Wednesday	5:10pm—5:40pm 5:50pm—6:20pm 6:25pm—6:55pm
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.

Sunday	11:40am—12:10pm 12:20pm—12:50pm 1:20pm—1:50pm 2:00pm—2:30pm
Wednesday	4:30pm—5:00pm
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.

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.

SPRING YOUTH SWIM LESSONS

REGISTER

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

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.

Sunday 11:00am—11:30am
12:20pm—12:50pm
Wednesday 4:30pm—5:00pm
FEE: \$35 member, \$95 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.

Sunday 11:00am—11:30am
11:40am—12:10pm
1:20pm—1:50pm
FEE: \$35 member, \$95 nonmember

HOMESCHOOL SWIM LESSONS

SPRING HOMESCHOOL LEVEL 2S/3S (AGES 6-12)

Students work on body position and control on basic swim strokes. They will learn the float-swim-float sequence and treading water for a period of time.

Thursday 10:20—10:50am
FEE: \$35 member, \$95 nonmember

ADULT SWIM LESSONS

Spring adult only swim lessons. Learn basic swim skills or brush up on ones you already know.

Wednesday 10:00am—10:45am
Fee: \$45 member, \$145 nonmember

SUMMER SWIM LESSONS

Summer swim lessons will be offered June 15–July 31 on:

- Tuesdays | 3:30–7:00 PM
- Thursdays | 3:30–7:00 PM

All lessons are 30 minutes and all levels will be available.

Private and Aqua Ability lessons will be offered in August.

Specific days and times for each level will be listed in the Summer Program Guide, available June 1.

Registration Dates for Summer Swim Lessons:

- Members: June 8
- Nonmembers: June 10



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.



REGISTRATION OPENS ON APRIL 20 FOR INTRO TO SWIM TEAM AND SUMMER SWIM TEAM SESSIONS

INTRO TO SWIM TEAM (AGE 7-13) JULY 6 THROUGH AUGUST 18

Our summer introduction to swim team is perfect for swimmers ready to build on their skills in a fun, team-focused environment. Participants will work on stroke technique,

endurance, and basic competitive skills while developing confidence and teamwork. *Swimmers must have completed at least one session of level 5 swim lessons (or equivalent).*

Tuesday 4:30pm - 5:00pm
 Fee: \$40 member, \$75 nonmember

MORNING SWIM TEAM WITH JEN JUNE 16 THROUGH JULY 30

Silver and Gold Manta Ray Swim Team levels or with permission of head coach. Contact Emily at eschmidt@mtrymca.org with questions.

Tuesdays & Thursdays 6:00am - 7:30am
 Fee: \$70 team member, \$150 non team member

SUMMER SWIM TEAM (AGES 6-10) *MUST HAVE 6 TO RUN EACH SESSION

Our summer swim team offers a dynamic training environment for swimmers looking to improve performance and refine technique. With experienced coaching, structured practices, and competitive meets if there is enough interest. Athletes will build endurance, strength, and race strategy—all while being part of a motivated and supportive team. For ages 10 and under or those new to swim team. **Must have been on the 25/26 Manta Rays team or have coaches approval.**

Practices will be held on Mondays and Wednesdays from 5:30pm to 6:00pm during the following sessions. Choose one or more!

- June 15 - June 25
- July 6 - July 15
- July 20 - July 29
- August 3 - August 13

Fee: \$10 per session member, \$35 per session nonmember

SUMMER SWIM TEAM (AGES 11+) *MUST HAVE 10 TO RUN EACH SESSION

Our summer swim team offers a dynamic training environment for swimmers looking to improve performance and refine technique. With experienced coaching, structured practices, and competitive meets if there is enough interest. Athletes will build endurance, strength, and race strategy—all while being part of a motivated and supportive team. **Must have been on the 25/26 Manta Rays team or have coaches approval.**

Practices will be held on Mondays and Wednesdays from 4:30pm to 5:30pm during the following sessions. Choose one or more!

- June 15 - June 25
- July 6 - July 15
- July 20 - July 29
- August 3 - August 13

Fee: \$20 per session member, \$50 per session nonmember

LIFEGUARD COURSES

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 5 PARTICIPANTS IN ORDER TO RUN THE COURSE.***

TESTING DATES: April 23 from 4:00 to 5:00pm

CLASSES

(must be signed up by April 23)

- May 22 4:00pm - 8:00pm
- May 23 9:00am - 5:00pm
- May 24 9:00am - 5:00pm

FEE: \$180 members & nonmembers

LIFEGUARD RECERTIFICATION BLENDED LEARNING 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 5 PARTICIPANTS IN ORDER TO RUN THE COURSE.***

Saturday, April 25 9:00am—5:00pm (must register by April 23)

FEE: \$100 members, \$180 nonmembers



PRESCHOOL GYMNASTICS | REGISTER

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

PARENT VIEWING: SUNDAY, MAY 31 THROUGH SATURDAY, JUNE 6

**SPRING GYMNASTICS LESSONS | 6 WEEK SESSION STARTING APRIL 26
REGISTRATION OPENS APRIL 20 FOR MEMBERS**

PARENT TUMBLE BUGS (2.5 - 3 YEARS)

This fun and active class is designed for our littlest gymnasts and their grown-ups! Parents and toddlers work together to explore basic motor skills, coordination, balance, and social interaction through age-appropriate gymnastics activities. With guidance from our instructors, children develop confidence while learning to roll, jump, climb, and swing in a safe environment. It's the perfect way to bond, burn energy, and build early movement foundations!

Sunday 11:30am - 12:15pm
Saturday 8:00am - 8:45am
Fee: \$43 member, \$108 nonmember

KINDERGYMNASTICS (4 - 5 YEARS)

This class introduces the fundamentals of gymnastics in a fun, structured environment. Children develop strength, coordination, balance, and flexibility through age-appropriate skills on bars, beam, floor, and vault. Our coaches focus on building confidence, listening skills, and body awareness, all while encouraging a love for movement!

Saturday 8:45am - 9:30am
 9:30am - 10:15am
Fee: \$48 member, \$112 nonmember (Saturday 8:45am)
 \$55 member, \$130 nonmember (Saturday 9:30am)

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



PRESCHOOL GYMNASTICS | REGISTER

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

PARENT VIEWING: JULY 6 THROUGH JULY 10 & AUGUST 3 THROUGH AUGUST 7

SUMMER GYMNASTICS LESSONS | 8 WEEK SESSION STARTING JUNE 15 REGISTRATION OPENS JUNE 8 FOR MEMBERS

PARENT TUMBLE BUGS (2.5 - 3 YEARS)

This fun and active class is designed for our littlest gymnasts and their grown-ups! Parents and toddlers work together to explore basic motor skills, coordination, balance, and social interaction through age-appropriate gymnastics activities. With guidance from our instructors, children develop confidence while learning to roll, jump, climb, and swing in a safe environment. It's the perfect way to bond, burn energy, and build early movement foundations!

Monday 9:00am - 9:45am
 Tuesday 8:00am - 8:45am
 Wednesday 4:00pm - 4:45pm
 Fee: \$56 member, \$125 nonmember

KINDERGYMNASTICS (4 - 5 YEARS)

This class introduces the fundamentals of gymnastics in a fun, structured environment. Children develop strength, coordination, balance, and flexibility through age-appropriate skills on bars, beam, floor, and vault. Our coaches focus on building confidence, listening skills, and body awareness, all while encouraging a love for movement!

Monday 10:00am - 10:45am
 3:00pm - 3:45pm
 Tuesday 9:00am - 9:45am
 Fee: \$64 member, \$130 nonmember

SUMMER KINDERGYMNASTICS MINI CAMP | AUGUST 13 REGISTRATION OPENS APRIL 20 FOR MEMBERS

KINDERGYMNASTICS MINI CAMP (4 - 5 YEARS)

For any 4-5 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. **Theme is PURPLE.**

Fee includes a t-shirt. **REGISTER BY JULY 1.**
 Thursday, August 13 | 9:00am - 11:00am
 Fee: \$30 member, \$60 nonmember

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

PROGRESSIVE GYMNASTICS

REGISTER

Our Progressive and Advanced Gymnastics Programs are designed on progressions. We 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 Barb at bschmidt@mtrymca.org if you are unsure where your child should be placed in our program.

PARENT VIEWING: SUNDAY, MAY 31 THROUGH SATURDAY, JUNE 6

SPRING GYMNASTICS LESSONS | 6 WEEK SESSION STARTING APRIL 26 REGISTRATION OPENS APRIL 20 FOR MEMBERS

LEVEL 1 - BEGINNER (5 YEARS AND UP)

Level 1 is the perfect starting point for beginner gymnasts with little or no prior experience. This class focuses on building a strong foundation in basic gymnastics skills on all four apparatus: floor, beam, bars, and vault. Athletes will learn proper technique, improve strength and flexibility, and develop coordination and confidence in a supportive, skill-based environment.

Sunday 3:00pm - 4:00pm
4:00pm - 5:00pm
Monday 5:30pm - 6:30pm (No class 5/25/26. Makeup class on 6/8/26)
Saturday 10:30am - 11:30am
Fee: \$52 member, \$116 nonmember

LEVEL 1 - DIRECTOR RECOMMENDED

This class is designed for gymnasts who have passed Level 1 and are now moved into a more focused skill development environment. Level 1 Director Recommended introduces essential gymnastics techniques on the floor, beam, bars, and vault, with a special emphasis on strength, flexibility, and coordination. Athletes in this class will work at their own pace while mastering fundamental skills and building confidence.

Wednesday 4:45pm - 5:45pm
Saturday 11:45am - 12:45pm
Fee: \$52 member, \$116 nonmember

LEVEL 2 - ADVANCED BEGINNER (5 YEARS AND UP)

Level 2 is for gymnasts who have mastered the Level 1 skills and are ready to take their training to the next level. This class focuses on refining technique and increasing strength, flexibility, and agility across all apparatus: floor, beam, bars, and vault. Gymnasts will work on more advanced movements, such as cartwheels, handstands, backbends, and jumps, while developing greater body awareness and control.

Sunday 1:45pm - 2:45pm
Monday 6:30pm - 7:30pm (No class 5/25/26. Makeup class on 6/8/26)
Tuesday 4:30pm - 5:30pm
Wednesday 6:45pm - 7:45pm
Fee: \$52 member, \$116 nonmember

LEVEL 2 - DIRECTOR RECOMMENDED

This class is for gymnasts who have been recommended for the class after Level 2. Level 2 Director Recommended focuses on refining fundamental techniques and advancing to more complex skills across all apparatus: floor, beam, bars, and vault. Athletes will work on improving strength, flexibility, and balance while learning intermediate skills.

Sunday 12:30pm - 1:30pm
Thursday 4:30pm - 5:30pm
Fee: \$52 member, \$116 nonmember

PROGRESSIVE GYMNASTICS

REGISTER

Our Progressive and Advanced Gymnastics Programs are designed on progressions. We 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 Barb at bschmidt@mtrymca.org if you are unsure where your child should be placed in our program.

PARENT VIEWING: JULY 6 THROUGH JULY 10

SUMMER GYMNASTICS LESSONS | 4 WEEK SESSION STARTING JUNE 15 REGISTRATION OPENS JUNE 8 FOR MEMBERS

LEVEL 1 - BEGINNER (5 YEARS AND UP)

Level 1 is the perfect starting point for beginner gymnasts with little or no prior experience. This class focuses on building a strong foundation in basic gymnastics skills on all four apparatus: floor, beam, bars, and vault. Athletes will learn proper technique, improve strength and flexibility, and develop coordination and confidence in a supportive, skill-based environment.

Monday 1:45pm - 2:45pm
Wednesday 2:45pm - 3:45pm
Fee: \$36 member, \$80 nonmember

PARENT VIEWING: AUGUST 3 THROUGH AUGUST 7

SUMMER GYMNASTICS LESSONS | 4 WEEK SESSION STARTING JULY 13 REGISTRATION OPENS JUNE 8 FOR MEMBERS

LEVEL 1 - BEGINNER (5 YEARS AND UP)

Level 1 is the perfect starting point for beginner gymnasts with little or no prior experience. This class focuses on building a strong foundation in basic gymnastics skills on all four apparatus: floor, beam, bars, and vault. Athletes will learn proper technique, improve strength and flexibility, and develop coordination and confidence in a supportive, skill-based environment.

Monday 11:00am - 12:00pm
Wednesday 9:00am - 10:00am
Fee: \$36 member, \$80 nonmember

PARENT VIEWING: JULY 6 THROUGH JULY 10 & AUGUST 3 THROUGH AUGUST 7

SUMMER GYMNASTICS LESSONS | 8 WEEK SESSION STARTING JUNE 15 REGISTRATION OPENS JUNE 8 FOR MEMBERS

LEVEL 1 - BEGINNER (5 YEARS AND UP)

Level 1 is the perfect starting point for beginner gymnasts with little or no prior experience. This class focuses on building a strong foundation in basic gymnastics skills on all four apparatus: floor, beam, bars, and vault. Athletes will learn proper technique, improve strength and flexibility, and develop coordination and confidence in a supportive, skill-based environment.

Wednesday 5:00pm - 6:00pm
Thursday 2:00pm - 3:00pm
Fee: \$72 member, \$140 nonmember

PROGRESSIVE GYMNASTICS

REGISTER

Our Progressive and Advanced Gymnastics Programs are designed on progressions. We 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 Barb at bschmidt@mtrymca.org if you are unsure where your child should be placed in our program.

PARENT VIEWING: JULY 6 THROUGH JULY 10

SUMMER GYMNASTICS LESSONS | 4 WEEK SESSION STARTING JUNE 17 REGISTRATION OPENS JUNE 8 FOR MEMBERS

LEVEL 2 - ADVANCED BEGINNER (5 YEARS AND UP)

Level 2 is for gymnasts who have mastered the Level 1 skills and are ready to take their training to the next level. This class focuses on refining technique and increasing strength, flexibility, and agility across all apparatus: floor, beam, bars, and vault. Gymnasts will work on more advanced movements, such as cartwheels, handstands, back-bends, and jumps, while developing greater body awareness and control.

Wednesday 1:30pm - 2:30pm

Fee: \$36 member, \$80 nonmember

PARENT VIEWING: AUGUST 3 THROUGH AUGUST 7

SUMMER GYMNASTICS LESSONS | 4 WEEK SESSION STARTING JULY 15 REGISTRATION OPENS JUNE 8 FOR MEMBERS

LEVEL 2 - ADVANCED BEGINNER (5 YEARS AND UP)

Level 2 is for gymnasts who have mastered the Level 1 skills and are ready to take their training to the next level. This class focuses on refining technique and increasing strength, flexibility, and agility across all apparatus: floor, beam, bars, and vault. Gymnasts will work on more advanced movements, such as cartwheels, handstands, back-bends, and jumps, while developing greater body awareness and control.

Wednesday 10:00am - 11:00am

Fee: \$36 member, \$80 nonmember

PARENT VIEWING: JULY 6 THROUGH JULY 10 & AUGUST 3 THROUGH AUGUST 7

SUMMER GYMNASTICS LESSONS | 8 WEEK SESSION STARTING JUNE 15 REGISTRATION OPENS JUNE 8 FOR MEMBERS

LEVEL 2 - ADVANCED BEGINNER (5 YEARS AND UP)

Level 2 is for gymnasts who have mastered the Level 1 skills and are ready to take their training to the next level. This class focuses on refining technique and increasing strength, flexibility, and agility across all apparatus: floor, beam, bars, and vault. Gymnasts will work on more advanced movements, such as cartwheels, handstands, back-bends, and jumps, while developing greater body awareness and control.

Monday 4:00pm - 5:00pm

Thursday 3:00pm - 4:00pm

Fee: \$72 member, \$140 nonmember

PROGRESSIVE GYMNASTICS

REGISTER

Our Progressive and Advanced Gymnastics Programs are designed on progressions. We 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 Barb at bschmidt@mtrymca.org if you are unsure where your child should be placed in our program.

SUMMER PROGRESSIVE CAMP | AUGUST 10, 11 AND 12

REGISTRATION OPENS ON APRIL 20 FOR MEMBERS

PROGRESSIVE GYMNASTICS CAMP (LEVELS 1-2)

For any level 1 or 2 progressive gymnast. This camp will meet Monday through Wednesday. Fee includes a T-shirt. **REGISTER BY JULY 1.**

Monday Theme: Safari Day (bring in a stuffed animal)

Tuesday Theme: 80's Fitness Instructor Day

Wednesday Theme: Hawaiian/Luau Day

Monday - Wednesday 8:30am - 12:30pm

Fee: \$110 member, \$175 nonmember

SUMMER COMPETITIVE CAMP | AUGUST 10, 11, 12 AND 13

REGISTRATION OPENS ON APRIL 20 FOR MEMBERS

COMPETITIVE GYMNASTICS CAMP (PRE-TEAM, LEVELS 3+, HIGH SCHOOL)

For any pre-team, level 3+, or high school gymnasts. This camp will meet Monday through Thursday. Fee includes a T-shirt. **REGISTER BY JULY 1.**

Monday Theme: Safari Day (bring in a stuffed animal)

Tuesday Theme: Retro Sweat Session Day (80's style) with a Zumba Warm-Up

Wednesday Theme: Hawaiian Day with a Swimming Cooldown

Thursday Theme: Twin Day

Monday - Thursday 4:00pm - 8:00pm (3:00pm start on Wednesday)

Fee: \$150 member, \$215 nonmember

ADVANCED GYMNASTICS

Our Progressive and Advanced Gymnastics Programs are designed on progressions. We 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 Barb at bschmidt@mtrymca.org if you are unsure where your child should be placed in our program.

PARENT VIEWING: SUNDAY, MAY 31 THROUGH SATURDAY, JUNE 6

SPRING GYMNASTICS LESSONS | 6 WEEK SESSION STARTING APRIL 27 REGISTRATION OPENS APRIL 20 FOR MEMBERS

LEVEL 3 - NON COMPETITION (5 YEARS AND UP)

Non-Competition: Level 3 Non-Competition is designed for gymnasts who are ready to focus on more advanced skills. This class builds on the foundation of Level 2 and introduces new and more complex skills on floor, beam, bars, and vault. Athletes will continue to develop strength, flexibility, and technique, while working on perfecting their skills and preparing to begin competing.

Monday 6:15pm - 7:45pm (No class 5/25/26. Makeup class on 6/8/26)
Fee: \$64 member, \$134 nonmember

PRE-TEAM (5 YEARS AND UP)

Pre-team is designed for gymnasts who are ready to focus on more advanced skills and dive deeper into being ready to compete. This class builds on the foundation of Level 3 Non-Competition and introduces new and more complex skills on floor, beam, bars, and vault, along with beginning to learn the routines. Athletes will continue to develop strength, flexibility, and technique, while working on perfecting their skills and preparing to begin competing. **Approval is required to join this class. You must sign up in person.**

Tuesday and Thursday 4:30pm - 5:30pm
Fee: \$78 member, \$160 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. **A minimum of 5 participants must be registered one business day before the class starts.**

SPRING TENNIS LESSONS | 6 WEEK SESSION STARTS APRIL 26 REGISTRATION OPENS APRIL 20 FOR MEMBERS SIX WEEK SESSION

BEGINNER TENNIS (AGES 7+) *12 max per session

Child must be 6 years of age and have a parent/guardian in attendance during lessons if under age 10. This class will teach the basics of tennis (basic tennis skills, footwork and playing doubles).

Sunday 1:00pm—2:25pm
*Fee: \$68 members, \$130 nonmembers

INTERMEDIATE (AGES 10+) *12 max per session

Must be able to keep ball in play. Learn rallying, approaches, singles & doubles play.

Wednesday 4:00pm - 5:30pm
*Fee: \$80 members, \$160 nonmembers

SUMMER TENNIS LESSONS | 7 WEEK SESSION STARTS JUNE 17 REGISTRATION OPENS JUNE 8 FOR MEMBERS SEVEN WEEK SESSION

BEGINNER TENNIS (AGES 7+) *12 max per session

Child must be 6 years of age and have a parent/guardian in attendance during lessons if under age 10. This class will teach the basics of tennis (basic tennis skills, footwork and playing doubles).

Wednesday 1:00pm—2:30pm
*Fee: \$100 members, \$175 nonmembers

INTERMEDIATE (AGES 11+) *12 max per session

Preparation for Jr High or High School players. Will include tennis matches, review of basics, improving serves and playing singles and doubles.

Wednesday 2:30pm—4:00pm
*Fee: \$100 members, \$175 nonmembers

***Participants will be charged a \$20 late fee if fees are not paid by the first day of class.**

PRIVATE LESSONS

YOUTH & ADULT WITH REINY

Fee: \$50 member
\$80 nonmember

SEMI-PRIVATE LESSONS

(2 participants)

YOUTH & ADULT WITH REINY

Fee: \$30 per member
\$45 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 and email to Barb at bschmidt@mtrymca.org.

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. All abilities and ages are welcome.

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)

Monday 10:00am-12:00pm (court 2 & 3)

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 north & 3 both sides)

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

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



PRIVATE LESSONS

YOUTH & ADULT WITH JODY

Fee: \$30 member per hour
\$55 nonmember per hour

To request private lessons, please fill out our Private Lesson Registration form found at https://www.mtrymca.org/adult_sports and email to Barb at bschmidt@mtrymca.org.

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

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

ADULT HEALTHY LIVING

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.

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

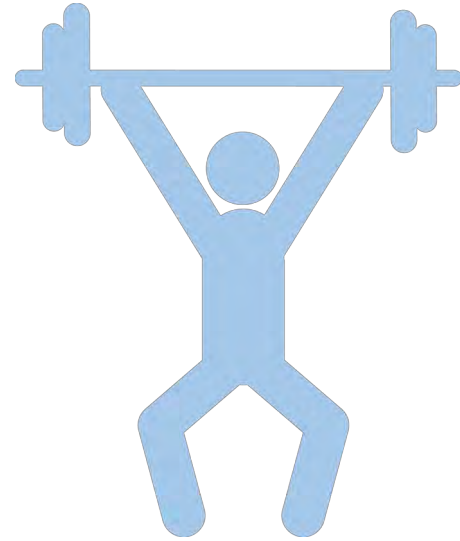
This program is the development and implementation of fitness programming intended for clients that have been released from physical therapy or who suffer from chronic diseases or physical limitations.

LIVESTRONG AT THE YMCA - NEXT SESSION STARTS MAY 4!

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

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.

BLENDED LEARNING CPR/AED FOR ADULT/PEDIATRIC

The American Red Cross CPR/AED 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. 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.

Full Course

June 6 9:00am - 5:00pm (register by May 12)

Fee: \$80 members, \$80 nonmembers

MUSICAL BINGO WITH HUMANA-WEDNESDAY, MAY 6 11:00AM-12:00PM

Come join HUMANA at the Y 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!**

LEARN TO PLAY MAH JONGG! STARTS MAY 12

Craks, Bams and Dots, oh my! Learn to play the American version of the ancient Chinese tile game, Mah Jongg. The game is enjoying an increase in popularity, and it takes some time and effort to learn the basic rules of the game to enjoy it. Mah Jongg is a challenging game played with tiles where four 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. Participants are encouraged to be available for all sessions but **MUST** be available for the first class where the game is introduced. A mini lesson is given at the beginning of the subsequent classes and all individuals actually play the game with help from the instructor while learning. Limited to 8 people. Class is four weeks. Includes official National Mah Jongg card.

Tuesday 1:00 - 3:00pm

Fee: \$20 member, \$40 nonmembers

YMCA 175TH BIRTHDAY PARTY—EVERYONE IS INVITED!

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!**

WOMEN ON WEIGHTS: SPECIAL EDITION (AGE 18+) 7 WEEK SESSION BEGINS JUNE 15

This is an advanced Special Edition strength-training program which will focus on the use of kettlebells and TRX along with free weights and weight machines. 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 Trainer. Mondays & Thursdays 8:00am - 9:00am

\$139 per person | Members Only

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.

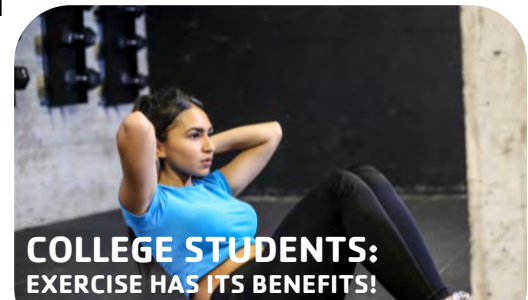


IT'S EASY TO TAKE ADVANTAGE OF THIS VALUABLE BENEFIT:

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
 ASSOCIATED BANK
 AURORA HEALTH CARE
 BANK FIRST
 BAYCARE
 BELGIOIOSO CHEESE
 BELLIN HEALTH
 BRAUN BUILDING
 CELLCOM/NSIGHT
 CHERMAKE
 CLARITY CARE
 CP FEEDS
 DCENTRIQ
 DRAMM CORPORATION
 EXCELLERATE
 EXPERA SPECIALTY
 FAITH TECHNOLOGIES
 FEDERAL MOGUL/TENNECO
 FESTIVAL FOODS
 FOCUS PROPERTY MANAGEMENT
 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
 SP GROUP PACKAGING SOLUTIONS
 SUMMIT CLINICAL SERVICES
 TOWSLEYS
 WISCONSIN STEEL & TUBE WST FAB LLC

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

SWIM INSTRUCTOR & SWIM TEAM COACHES

Call Barb Schmidt at 920.482.1566 for details.

AQUA ABILITY SWIM INSTRUCTOR

Call Barb Schmidt at 920.482.1566 for details.

SCHOOL-AGE CHILD CARE COUNSELOR

Call Kenya Simon at 920.482.1539 for details.

Y CAMP COUNSELOR

Call Kenya Simon at 920.482.1539 for details.

WELLNESS LEAD

Call Lisa Hollen at 920.482.1525 for details.

FOR MORE INFORMATION ABOUT OPEN POSITIONS VISIT [MTRYMCA.ORG/CAREERS](https://mtrymca.org/careers).

WELLNESS LEAD

Call Lisa Hollen at 920.482.1525 for details.

MAINTENANCE ASSISTANT

Call Lisa Hollen at 920.482.1525 for details.

TRX INSTRUCTOR

Call Lisa Hollen at 920.482.1525 for details.

LIFEGUARDS

Call Barb Schmidt at 920.482.1566 for details.

GYMNASTICS INSTRUCTORS & TEAM COACHES

Call Barb Schmidt at 920.482.1566 for details.

NINJAZONE® COACH

Call Barb Schmidt at 920.482.1566 for details.

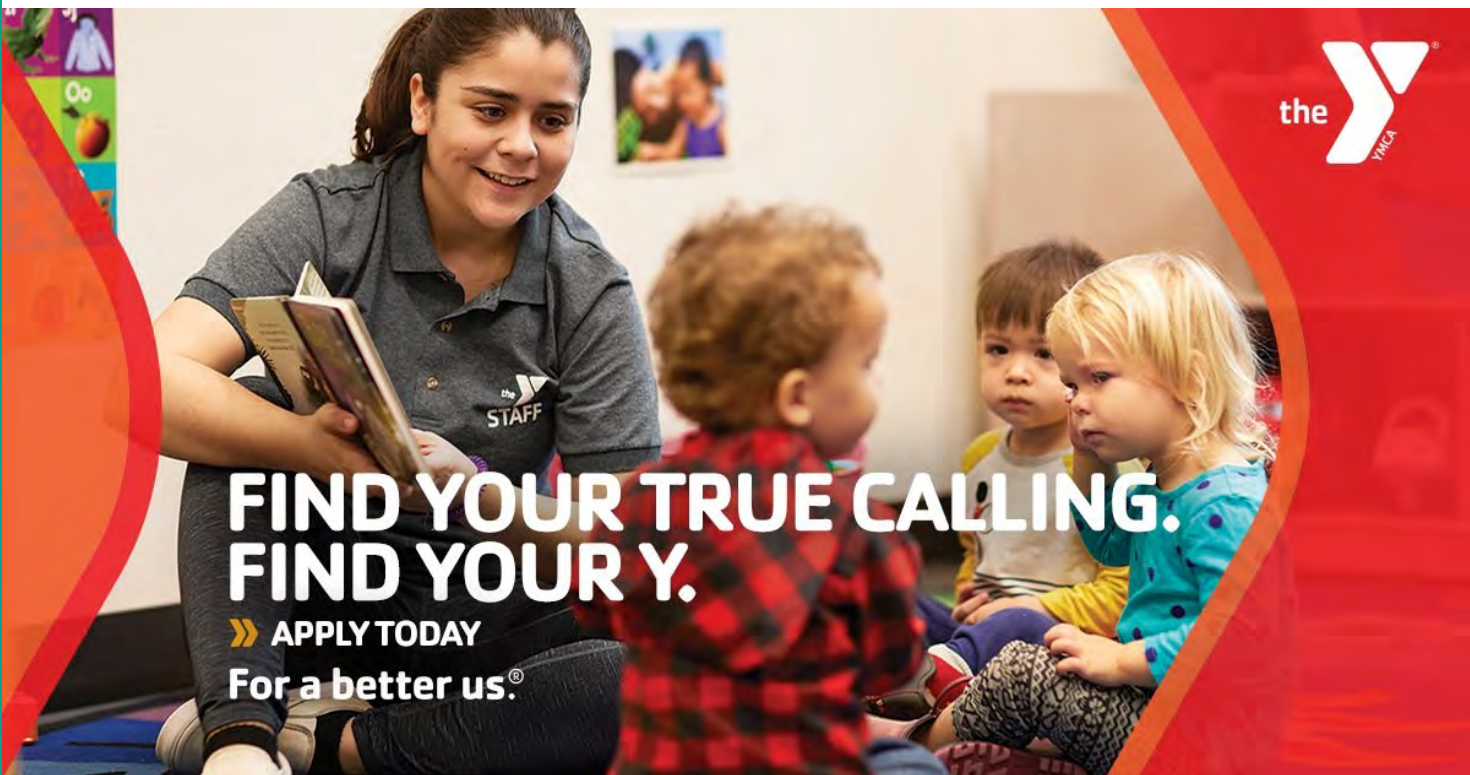
4K ENRICHMENT LEAD TEACHER

Call Mary Sue Yindra at 920.482.1515

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.

04/09/2026