



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**MANITOWOC-TWO RIVERS YMCA**

**PROGRAM GUIDE**

**WINTER 2: February 25 – April 14, 2024**



**REGISTRATION: Members – February 19**  
**Nonmembers – February 21**

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



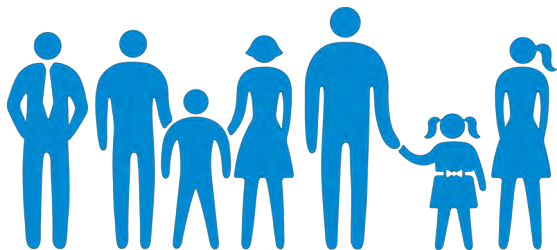
## BUILDING HOURS & HOLIDAYS

### SEPTEMBER - MAY

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



### 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...](#)



### 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!***

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

## FACILITIES

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

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

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

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

**Child Watch** We provide safe, affordable, care for children 6 months to 8 years while parents participate in Y programs and activities. Current hours are Monday - Thursday from 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**

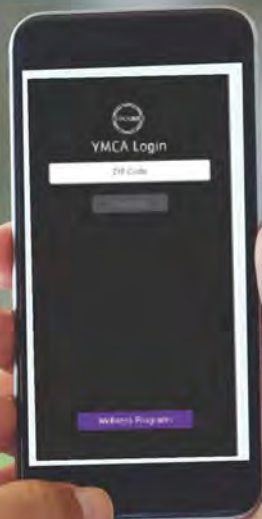
MANITOWOC-TWO RIVERS YMCA

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

# A NEW WAY TO CONNECT TO THE Y!



## Download the YMCA360 app!



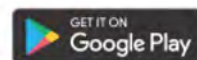
### FEATURES:

- 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



## Styku 3D Body Scanner



### 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.



Styku  
SHAPE YOUR FUTURE



## PRICING

1 Session	\$50	4 Sessions	\$125
2 Sessions	\$75	6 Sessions	\$150
3 Sessions	\$110	*Pair STYKU with a personal training package for BEST VALUE	

For more information, contact Gina Wotruba at [gwotruba@mtrymca.org](mailto:gwotruba@mtrymca.org)

## MEMBERSHIP BENEFITS

# WHY THE Y? ALL THIS + MORE!

Members get priority registration AND preferred pricing on programs, lessons, childcare, Y B.R.E.A.K., 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 B.R.E.A.K., Energyze, Childcare, Youth Sports, Swim Lessons & more!

**MEMBERS  
GET PRIORITY  
REGISTRATION!**

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### 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  
**Michael Yeh**  
**Kelsey Beaver**  
**Brianna Neuser**  
**James Feil**

## HERE FOR YOU: Y STAFF



### AQUATICS & 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

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### DIRECTOR OF SOCIAL/EMOTIONAL LEARNING Y BREAK

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

### SACC & NO SCHOOL DAYS

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

### EARLY CHILDHOOD EDUCATION (CHILDCARE)

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### WELLNESS

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### 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 - \$20/month  
2 children - \$30/month  
3+ children - \$40/month

### **Day Pass (available to members and nonmembers)**

1 child - \$5  
2 children - \$6  
3+ children - \$8

## **HOURS:**

### **Monday - Thursday**

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

### **Saturday**

7:30am - 10:30am



# 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.

February 15-16

March 25-29

April 26

Contact Kenya Simon for more information at [ksimon@mtrymca.org](mailto:ksimon@mtrymca.org) or 920.374.8624.



## HELP CHANGE LIVES IN OUR COMMUNITY!

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

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

## ANNUAL CAMPAIGN

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



# YOUTH SPORTS | REGISTER

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

## TAE KWON DO (AGES 5 & UP) - STUDIO Y

Tae Kwon Do will improve your coordination, strength, and overall level of confidence in addition to being a great way to develop discipline, honesty, and respect. In Tae Kwon Do, you will learn Olympic style sparring, forms, board breaking and techniques. We encourage families of all ages and abilities to join Tae Kwon Do together. It is a great way to bond and motivate each other to reach your goals. If you were in any form of martial arts, we will take you at your current belt level. Winter 2 session dates are March 5 through April 10. Spring session dates are April 23 through May 22 and May 28 through June 26.

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!

Wednesday 5:30-6:00pm

Fee: \$30 member, \$45 nonmember

## BASKETBALL

Work on basics while having fun! Drills to help you develop your skills to allow you to have fun playing games.

Tuesday 5:30-6:00pm (ages 4-6)

6:15-7:00pm (ages 7-9)

Fee: \$30 member, \$45 nonmember

## SPORTS 101 (AGES 7-9)

An assortment of sports and games for older children. They will learn the different rules and fundamentals with each given sport/activity that will vary week to week.

Wednesday 6:15-7:00pm

Fee: \$30 member, \$45 nonmember

## MARINER'S FOOTBALL CAMP (AGES 6-12) - REGISTER BY JANUARY 31!

Youth Football Camp instructed by the Manitowoc County Mariners Football Team under the direction of head coach Brent Luebke will be at the YMCA! Register by January 31<sup>st</sup> to receive a commemorative t-shirt! To learn more about the Manitowoc County Mariners check out their website: [www.marinersfootballmc.com](http://www.marinersfootballmc.com).

February 11 1:00-3:00pm

Fee: \$10 member, \$20 nonmember



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

# TEEN | REGISTER

## TEEN ZONE

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

## TEEN GYM TIME

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

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

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

Thursday, February 29	Pizza & Board Games	Register by February 28
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Thursday, March 14	Sports & Smoothies	Register by March 13
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Thursday, April 18	Bingo & Banana Splits	Register by April 17
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Fee: \$7 members, \$15 nonmembers

## 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, February 24 - 9:00am to 4:00pm	Register by February 23
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Saturday, April 6 - 9:00am to 4:00pm	Register by April 5
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Fee: \$60 members, \$75 nonmembers



# 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.

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

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

## STROLLER STRONG - THURSDAYS 10:00-10:45AM (REGISTRATION NOT REQUIRED)

This fitness class is designed for caregivers (or expecting moms!) of all fitness levels. Drop in anytime. This interval-based class incorporates aerobics, strength training, and core exercises for a total body workout. Stroller Strong will help you get fit while spending quality time with the children in your lives! Please bring your own stroller and a yoga mat.

## FATHER DAUGHTER DANCE - TIES & TIARAS (REGISTER BY FEBRUARY 3)

What better way for Dad, or the adult male in a girl's life, to celebrate than with a night out. Night includes dancing, photo boot fun, meal, keepsakes, and DJ. Professional photos for an additional fee.

Pre-registration is required.

Saturday, February 10, 2024 | 6:00pm - 9:00pm

Knox's Silver Valley Banquet Hall

Fee: \$75 per couple January 19 through February 3 plus \$42 for each additional child

## FAMILY FUN FRIDAY (REGISTER BY FEBRUARY 29)

Help us celebrate Dr. Seuss's birthday! Oh, The Places You'll Go obstacle course, One Fish Two fish snacks, crafts inspired by other favorite books, and special pool time.

Friday, March 1 4:00-6:00pm

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

## STORY TIME WITH THE MANITOWOC PUBLIC LIBRARY AT THE Y

Miss Sharon from Manitowoc Public Library will lead a lively story time, which will be followed by the Y's new Wiggles and Giggles playtime! All are welcome to this event, Y membership not required.

Monday, April 8 9:30am-10:00am is story time followed by Wiggles & Giggles from 10:00am to 11:00am.

## FAMILY BINGO - REGISTER BY MARCH 6<sup>TH</sup>

Bring the family to the Y and enjoy a few games of BINGO and fun! We will have BINGO cards and prizes.

Thursday, March 7 6:00-7:00pm

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

## FAMILY FUN FRIDAY (REGISTER BY APRIL 4<sup>TH</sup>)

Family Mission Impossible. Decode clues to lead you through the YMCA to complete challenges. Also includes Pitz Family Fun Center and open basketball.

Friday, April 5 4:00-6:00pm

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

# YOUTH SWIM LESSONS | REGISTER

**Fee: \$38 member, \$77 nonmember**

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

## PARENT/CHILD SWIM (6-36 MONTHS)

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

Monday 9:30 - 10:00am  
5:30 - 6:00pm

## PARENT/TOT SWIM (AGE 3 ONLY)

Learn the basics of preschool level classes before entering the class without a parent.

Monday 6:10 - 6:40pm  
6:50 - 7:20pm  
Thursday 9:45 - 10:15am

## HOME SCHOOL SWIM LESSONS (5YRS & OLDER)

We provide a safe environment in which children can learn & practice swimming skills and socialize with others. This class is a perfect opportunity for home school families.

**Level 25:** Students work on body position and control on basic swim strokes. Learn the swim float swim sequence and treading water for a period of time.

Thursday 10:20 - 10:50am

## PRIVATE LESSONS

We offer private and semi-private swim lessons for those ages 8 and older that have previously been in progressive swim lessons. Day and time is scheduled by you and the instructor. Instructors will be working with participants in a one-on-one setting. Registration forms can be found ONLINE or are available at the front desk. Contact the Aquatics Director at 920.482.1566 or [bschmidt@mtrymca.org](mailto:bschmidt@mtrymca.org) for more information.

FEE: \$30 per half-hour member, \$55 per half-hour nonmember

**Swim instructors needed! Must be comfortable in water and be able to swim. We will take care of training you the rest!**  
**Contact Barb at [bschmidt@mtrymca.org](mailto:bschmidt@mtrymca.org).**

# 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.

## SWIM TEAM (AGES 5 TO 18)

This competitive program offers children and teens an opportunity to work with trained coaches to improve swimming skills, endurance, and promote a healthy lifestyle. Swimmers must have passed level 5 swim lessons and must be able to demonstrate the following skills:

- Swim 25-yard freestyle, demonstrating breathing to the side and good body position
- Swim 25-yard backstroke, demonstrating good body position
- Swim 25-yard breaststroke or butterfly
- Demonstrate the fundamentals of a forward dive from the edge of the pool

New members of swim team, MUST contact Emily for placement at [eschmidt@mtrymca.org](mailto:eschmidt@mtrymca.org). Fee is determined by the practice group. Financial Assistance is available.



**SIGN UP ANYTIME – FEES WILL BE PRORATED!**

# PRESCHOOL GYMNASTICS | REGISTER

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

## 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.

Sunday 11:30am - 12:15pm

Fee: \$44 member, \$132 nonmember

## KINDERGYMNASTICS (4 - 5 YEARS)

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

Saturday 8:45 - 9:30am

9:45 - 10:30am

Fee: \$49 member, \$147 nonmember



# PROGRESSIVE GYMNASTICS

## REGISTER

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

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

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

Saturday 10:45 - 11:45am  
12:00 - 1:00pm

Sunday 3:00 - 4:00pm  
4:00 - 5:00pm

Fee: \$54 member, \$162 nonmember

### LEVEL 1 - DIRECTOR RECOMMENDED

Sunday 1:45 - 2:45pm

Monday 5:30 - 6:30pm

Wednesday 4:30 - 5:30pm

Fee: \$58 member, \$174 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.

Sunday 12:30 - 1:30pm

Wednesday 5:30 - 6:30pm

Fee: \$62 member, \$186 nonmember

### LEVEL 2 - DIRECTOR RECOMMENDED

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

Director approval required.

Monday 4:30 - 5:30pm

Fee: \$62 member, \$186 nonmember

# 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.

## 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: \$77 member

## OUR GYMNASTICS PROGRAM IS ONE TO FLIP FOR!

We teach kids to tumble, run, jump and twist through progressive skill development. We offer a wide range of classes to best fit your child's needs, from parent child classes through advanced skill instruction.



# TENNIS | REGISTER

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.

## BEGINNER WITH PARENT (AGES 7-8)

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

Sunday 12:00 - 1:00pm (ADVANCED BEGINNER)

1:00 - 2:00pm (BEGINNER)

Fee: \$50 member, \$70 nonmember

## INTERMEDIATE 1 (AGES 9 - 16)

Students will be taught the major strokes associated with tennis (forehand, backhand, serve, and volley). Students will also be taught both no-ad and regular scoring and game strategy.

Sunday 2:00 - 3:00pm

Fee: \$50 member, \$70 nonmember

## ADULT BEGINNERS

Must have 4 registered to run this class.

Tuesday 6:00 - 7:00PM

Fee: \$70 member, \$75 nonmember

## MONTHLY LESSONS

### HIGH SCHOOL OR ADVANCED

Monday 4:00 - 5:30pm

Fee: \$60 member, \$75 nonmember

### ADVANCED BEGINNER

Wednesday 4:00 - 5:15pm

Fee: \$40 per month, \$55 nonmember

### INTERMEDIATE

Thursday 4:00 - 5:30pm

Fee: \$60 per month, \$75 nonmember

## JUNIOR DOUBLES TENNIS LEAGUE

### SUNDAYS STARTING IN FEBRUARY

Open to youth in high school and younger. Participants must have their own tennis racquet as well as know how to keep score and be able to serve and keep a rally going.

Lower Intermediate 3:00 - 4:00pm

Intermediate 4:00 - 5:00pm

Advanced 5:00 - 6:00pm

Fee: \$35

**You can reserve a court for FREE for your personal matches or playing time.**

**Get a group of friends together and get a great workout while you play!**

**Courts may be reserved by calling Membership Services at 920.482.1500.**



## REGISTRATION

All registrations must be made with the front desk, in-person or by calling 920.482.1500. Payment for monthly lessons can be made by setting up a recurring transaction to occur every month until you contact the front desk to discontinue (credit card or bank account must be on file) OR by contacting the front desk by the 25th of the month prior to the lesson.

# 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: \$20 member, \$35 nonmember

## DROP-IN PICKLEBALL

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

Monday/Wednesday 8:00 - 10:00am (For players above level 3.0)

Tuesday/Friday 9:30 - 11:30am (Beginner to level 3.0)

Tuesday/Thursday 1:00 - 2:30pm (Beginners only)

Wednesday 10:00 - 12:00pm (ALL LEVELS)

Sunday 9:00 - 11:00am (ALL LEVELS)

Mon/Wed/Thurs 5:30 - 7:45pm (Beginner to level 3.0)

Fee: FREE



**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

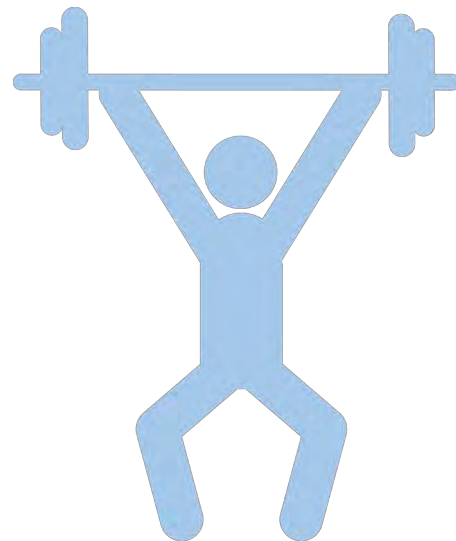
Our massage therapy services are one of our best kept secrets at our Y. Whether you need relaxation or stress-relief, deep tissue, or even prenatal massage, we're here for you. Stop at the Membership Services desk or call the Y to schedule your massage appointment.

## PERSONAL WELLNESS 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! For more information or questions, please contact Membership Services at 920.482.1500 or sign-up at the Membership Services desk.



**MAKES A  
GREAT GIFT!**



Your fitness journey is a lifelong endeavor, and our certified personal trainers are here to help you achieve all of your goals along the way.

## CERTIFIED PERSONAL TRAINING

Contact Membership Services for current pricing or to schedule an appointment.

# ADULT HEALTHY LIVING

## SILVER SNEAKERS VALENTINES PARTY

We will play some games, but most of all enjoy each other's company. \$5 per person includes soup from Harmony Cafe. Please bring a side dish or snack. Register at front desk.  
Wednesday, February 14 11:00am - 1:30pm

## 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 Gina Wotruba at [gwotruba@mtrymca.org](mailto:gwotruba@mtrymca.org) 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).

## COOK WITH LOVE FOR YOUR COMMUNITY

Can you spare a few hours on February 28th from 12:00pm to 4:30pm to cook for your community? Ingredients and recipe will be provided - and a separate group of volunteers will do the serving. Please contact Stephanie Peters at [speters@mtrymca.org](mailto:speters@mtrymca.org).

## RESET & RECHARGE 2024

Registration is OPEN for the 2024 Reset & Recharge Program! Are you ready to take your health and wellness to a new level this year?

Join us for an 8-week accountability program to help you kick start your 2024 health habits! Each participant will receive **2 complimentary Styku 3D body scans**; one to provide a baseline (must be completed prior to January 29), and one to compare results after 8 weeks. Once you register, Gina will contact you to set up your first scan.

Each week of the program will include an activity, a challenge, pro-tips, and prizes! Program runs from January 29 through March 22. \$50 for members only. Register online, by stopping at the Y, or by calling the front desk at 920.482.1500. Register online: <https://www.mtrymca.org/news/reset-recharge-2024>

## THROWBACK FITNESS CLASSES

Join Danielle (instructor since 2011) at 9:15am for Dance Fitness and Donielle (instructor since 2015) at 10:05am for R.I.P.P.E.D. as they bring you back to some of the routines and music that started it all! Registration is not required. Free for members. Day pass fees apply to nonmembers.  
Sunday, February 18, 2024

# 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 1:00-2:15pm

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!**

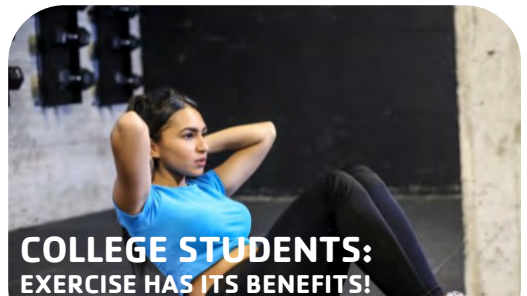
We offer Nationwide Membership because we want to help you reach your health and wellness goals wherever you live, work or travel. This is an essential part of our cause of strengthening communities.

**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.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  
CLARITY CARE  
CP FEEDS  
DCENTRIQ  
DRAMM CORPORATION  
EXCELLERATE  
EXPERA SPECIALTY  
FAITH TECHNOLOGIES  
FEDERAL MOGUL/TENNECO  
FESTIVAL FOODS  
FOREFRONT DERMATOLOGY  
FORMRITE

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

## 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 more details.

## SUBSTITUTE TEACHER

Call Mary Sue Yindra at 920.482.1515 for details.

## PART-TIME FRONT DESK/MEMBERSHIP

Call Lisa Hollen at 920.482.1525 for more details.

## SCHOOL AGE CHILD CARE TEACHER (BEFORE & AFTER SCHOOL)

Call Kenya Simon at  
920.482.1539 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).

01/26/2024