



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MANITOWOC-TWO RIVERS YMCA

FEBRUARY 2024 MEMBER NEWSLETTER

Hello, Y Members, and Happy February,

Among all the new members, new year's resolutions (still going strong, right?!), wellness accountability challenges, Wiggles 'n Giggles, new class launches, and new youth sports programs, we have a unique teen program quietly happening in the background that deserves a moment in the spotlight: ***Youth in Government***.

This program is designed for 7-12th grade students who want to dig in and really understand how a democratic republic works and, better yet, how to use their smarts, creativity, and voice to make it better. Delegations are comprised of legislators, members of the judiciary, and a media corps— and each participant chooses which of these roles they want to take on. They work with mentors and YIG coaches to write and advocate for bills, research a current case and debate both sides, and effectively and objectively report all the goings-on through a variety of media platforms. Then (the real kicker!), they learn to respectfully debate with grace, active listening, and diplomacy. They learn that changing one's mind is a sign of growth, that compromise is an art— and that both are critical to the democratic process and neither is a sign of weakness or defeat. If only this program was a pre-req for all elected offices...

In about a month, our local delegation will join 100 other kids from around the state and take over our state capitol to run a legislative session with an elected youth Governor in charge of the proceedings. The adults sit back and watch the magic unfold— a weekend that never fails to be one of the highlights of my year.

These kids! They are whip smart and incredibly gracious. They are passionate and humble; hilarious and inspiring. Every year, I come away from this program with renewed faith in what is absolutely a bright future. More importantly, every year the kids come away with feedback like "This changed my life" and "I found my voice." We hear "I found out that I'm a leader" and "I gained so much confidence and made such good friends."

As a member of the Y, you make programs like this possible. Thank you— you are investing in our future leaders, and they are doing us all proud.

IMPACT SPOTLIGHT

Congratulations to Carla Simon, whose training at the Y helped her recently become the 4th person in the world with autism to complete an Ironman!

She finished the competition, held in Tempe Arizona, in 15 hours and 40 minutes. Carla says the Y did more than just help her become fit; it helped her have fun and "make social connections, which can be hard thing for people like me with autism."

Way to go, Carla!



TEEN NIGHTS

Have your teen (ages 11-15) come to the Y from 5:30pm—7:00pm for TEEN NIGHTS to have fun with friends or make new friends! \$7 for members, \$15 nonmembers

February 29 Pizza & Board Games (Register by February 28)
March 14 Sports & Smoothies (Register by March 13)
April 18 BINGO & Banana Splits (Register by April 17)

STROLLER STRONG

Join us for a new class at the Y - Stroller Strong! This interval-based class incorporates aerobics, strength training, and core exercises for a total body workout. Stroller Strong will help participants get fit while spending quality time with the children in their lives. Every Thursday at 10am.

BEERNTSEN SCHOLARSHIP

Your local YMCA has the tremendous honor of awarding five local high school seniors with a \$3000 college scholarship. Thanks to the Richard and Ione Beerntsen Scholarship Fund set up specifically for this purpose, a panel of Y volunteers gets together each spring to review the applications and send the checks to schools across the country on behalf of our local students.

Go to mtrymca.org to download the application. Applications due by March 31, 2024.



WINTER 2

The Winter 2 program guide is NOW AVAILABLE ONLINE by clicking [HERE](http://www.mtrymca.org) or heading to www.mtrymca.org and choose Program Guide under Programs and Classes.

Winter 2 begins on February 25 and runs through April 14. Member registration begins February 19. Nonmember registration begins February 21.

BABYSITTING CLASS

The American Red Cross Babysitting Class (ages 11-14) includes topics of basic child care, bottle feeding, child behavior, safety and more. Please bring a bag lunch - there will be a 30 minute break. Register by February 23.

Saturday, February 24 - 9:00am to 4:00pm
Fee: \$60 members, \$75 nonmembers

FIND US ON:



STORY TIME AT THE Y

Celebrate National Library Week and get your little ones' wiggles and giggles out with this collaborative story time event at the Manitowoc-Two Rivers YMCA. 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!

Monday, April 8 from 9:30am-1:00am.

FAMILY FUN FRIDAY

Help us celebrate Dr. Seuss's birthday! Activities include a Oh, The Places You'll Go obstacle course, One Fish Two Fish snacks, and crafts inspired by other favorite books. Also includes special pool time. March 1 4:00-6:00pm.

Register by February 29. \$5/family for members, \$15/family for nonmembers.

FAMILY BINGO

Bring the family to the Y and enjoy a few games of BINGO, music, and fun! FREE for members, \$5 per family for nonmembers.

March 7 6:00-7:00pm

FATHER DAUGHTER DANCE

Registration for the Father Daughter Dance ends on February 3. The event, which will include dancing, photo booth fun, meal, keepsakes, and a DJ, will take place on February 10 from 6:00-9:00pm at Knox's Silver Valley Banquet Hall. Thank you to Fox Communities Credit Union for sponsoring this event!

2024 ANNUAL CAMPAIGN

The 2024 Annual Campaign kicks off this month!

This is the time of year when our community pulls together to ensure that Y memberships, programs, child care, and education are accessible to every member in our community, regardless of their ability to pay. Every gift makes a difference - please consider donating today!

<https://www.mtrymca.org/annual-campaign>

SUNDAY FITNESS CLASSES

Two Sunday fitness classes will be held in February. Join us February 11 for an all-Taylor Swift BARRE Class at 9:30am and again on February 18 for a THROWBACK day - Dance Fitness at 9:15am and RIPPED at 10:05am.

