



STAY CONNECTED

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MANITOWOC-TWO RIVERS YMCA APRIL 2024 MEMBER NEWSLETTER

Greetings, Y Members,

Later this month, our Y will join hundreds of Ys across the country to celebrate a cornerstone of our mission: healthy kids! **Healthy Kids Day** is a longstanding Y tradition complete with food trucks, games, bounce houses, crafts, community health partners and all-around family fun. A huge shout out to **Lakeside Foods** for being our title sponsor; we couldn't pull it off without their generous support.

It will be a festive day with a very important underlying message: **our Y Community is here to wrap around our young families to help kids thrive.** Of course, we have programs like early childhood care, prepping kids for school and allowing parents to work. We have swim lessons and gymnastics teams, youth sports and Youth in Government. We have Summer Camp, Wiggles 'n Giggles, Child Watch, Family Nights and Teen Nights... there is no shortage of "stuff to do."

But the real impact comes in the layers beneath the program guide: when a child learns to swim, he builds **confidence**; when she competes on a gymnastics team, she learns **valuable life skills** that can be applied far beyond the mat. Kids who can identify a caring, non-parent adult are **less likely to engage in dangerous behaviors**—cue the camp counselors, coaches, instructors, and teachers. All of this happens at our Y, and thanks to our donors and sponsors, *it happens for all kids.*

We are going to blink and these young kids are going to be our community's employees, civic leaders, decision-makers, and parents. Together, we invest in their health so they have a **happy, healthy childhood today** and they are **happy, healthy adults tomorrow**—strong in spirit, mind, and body because they grew up at the Y. Happy Healthy Kids Day!

P.S. If you haven't had a chance to donate to this year's campaign, **ensuring Y access for all kids, [please click here and invest in Healthy Kids!](#)**

IMPACT SPOTLIGHT

Joe Siebold's inspiring journey epitomizes the spirit of the Y. Fueled by a desire for change in 1983, Joe quit drinking and smoking, and pursued cycling cross-country to raise money for charity.

Through unwavering determination, Joe achieved extraordinary milestones, conquering 100,000 miles on his bike and raising nearly \$30,000 for the American Lung Association and the Manitowoc County Salvation Army. He overcame challenges including inclement weather, a harrowing hit-and-run accident and a mid-journey medical emergency.

Despite starting in his fifties, Joe was able to bike over 6,700 miles a year for 15 years!

Joe Siebold serves as a beacon of hope and inspiration to all who dare to dream, reminding us that it's never too late to change our lives and make a difference in the world.

Way to go, Joe!



FAMILY FUN FRIDAY

Join us for **Family Mission Impossible** on April 5 from 4:00pm to 6:00pm. Decode clues to lead you through the YMCA to complete challenges. Also includes Pitz Family Fun Center, and Open Gym/Basketball. *Register by April 4.*

\$5/family for members
\$15/family for nonmembers

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 April 5.

Saturday, April 6 - 9:00am to 4:00pm
Fee: \$60 members, \$75 nonmembers



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 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!
Monday, April 8 from 9:30am-11:00am.

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.

April 18 BINGO & Banana Splits (Register by April 17)
May 14 Pizza & Gym Games (Register by May 13)

FAMILY BINGO

Bring the family to the Y on April 30 from 6:00pm to 7:00pm and enjoy a variety of different themed BINGO cards. We will have BINGO cards and prizes! Register by April 29.

FREE for members, \$5 per family for nonmembers

SPRING PROGRAMS

The Spring program guide is NOW AVAILABLE! The Spring program session runs from April 21 through June 8. Registration opens on April 8 for members and April 10 for nonmembers. Head to <https://www.mtrymca.org/program-guide> to view the guide.

PANCAKES & PAJAMAS

Celebrate Mother's Day early with your short stack! Join us on May 4 from 9:30am to 11:00am for 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. Register by May 1 to take part in this event!

Members: \$10 per couple/\$5 each additional child
Nonmembers: \$20 per couple/\$5 each additional child

SUMMER CARE

Looking for summer care for your children? Registration is NOW OPEN for Y Camp (formerly Y B.R.E.A.K. - for children ages 5 through entering 5th grade) and ENERGYZE (for students entering 6th through 8th grade). Head to <https://www.mtrymca.org/summer-day-camps> for more information. Thank you to Americollect for your generous sponsorship of Y CAMP!

HEALTHY KIDS DAY

Saturday, April 20th is Healthy Kids Day at our local Y-- a day we celebrate by giving all children in our community an opportunity to participate.

SCHEDULE OF EVENTS:

- 9:00am - 9:25am Mindful Walk Outdoors
- 9:30am - 12:00pm Family Swim
- 9:30am - 12:00pm Open Gym Games
- 10:00am - 11:00am Gymnastics Showcase
- 10:15am - 10:45am Family Laugh Yoga

Feel free to visit the food trucks, fire truck, and squad car outside then head inside the YMCA for a healthy snack with Grow It Forward and explore other indoor fun!

Thank you to our local sponsor, Lakeside Foods!

