



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MANITOWOC-TWO RIVERS YMCA MAY 2024 MEMBER NEWSLETTER

Happy May, Y Members,

Parents & caregivers, a PSA: next week is Teacher Appreciation Week and the school's reminder is currently crumpled at the bottom of the backpack and will be presented to you with great urgency at 9pm on Sunday night.

We love **Teacher Appreciation Week** because our Y Early Childhood Education (ECE) teachers are our kiddos' first outside- of-the-home teachers, and they are, in the truest sense of the phrase, changing lives for the better every single day.

Did you know that, depending on which study you read, 80-90% of the human brain develops within the first 5 years of life? Wherever that percentage actually falls, it's safe to say that from a human development standpoint, **Early Childhood Education is the most important stage of the educational journey: laying the groundwork for all that will come next**, and the extent to which our children will be willing, able, and hungry for the learning that happens in our K-12 system and beyond.

We celebrate our ECE Teachers who are planting the seeds of educational growth with letters and numbers, read-aloud time, free play, and artistic expression. We are so grateful that they are teaching our youngest how to name emotions and use the tools they are learning to regulate them. (Ask a 2nd, 8th or 11th grade teacher how important this is; heck, ask some employers!) They are teaching about healthy food and modeling active living habits. They are teaching young humans how to be kind and communicative— how to thrive in a social setting. They are teaching them how to be willing and able lifelong learners...

Our Early Childhood Ed teachers are trained professionals in a field that has for too long been undervalued due to our limited understanding of childhood brain development. What a tremendous opportunity we have now that we know better to invest (strategically, wisely, heavily) in the stage of life upon which all else grows... Teachers of all ages, we salute you and appreciate you so much. ECE Teachers, you are where it all begins. Have a great week of teaching and learning, and thank you!

IMPACT SPOTLIGHT

About a year ago, Yvonne decided it was time to take control of her health. Faced with weight-related health issues, she embarked on a program of diet, exercise, and medical treatment.

Yvonne joined a water aerobics class at the Y, where she quickly forged friendships and found support for her health goals. Shedding 110 pounds, she not only transformed her physical health but also triumphed over diabetes, high blood pressure, and high cholesterol.

For Yvonne, the journey has gone beyond just physical transformation; she has reclaimed her life in its entirety – mind, body, and spirit. In her words, "I came to the Y hoping to lose a few pounds, and in doing so I gained a whole new family."

We are happy you are here, Yvonne!



PANCAKES & PAJAMAS

Celebrate Mother's Day on Saturday, May 4 from 9:30am to 11:00am 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. **Register by May 1** by calling the front desk at 920.482.1500 or go online: <https://bit.ly/423SBmN>.

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

FREE FITNESS CLASSES

Bring a friend or coworker to the Y on Wednesday, May 15 for National Employee Health and Fitness Day where **all our group exercise classes that day are FREE!** For a complete list of classes, click [HERE](#).

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 May 30.**

Saturday, June 1 - 9:00am to 4:00pm
Fee: \$60 members, \$75 nonmembers

PARENTS VS KIDS DODGEBALL

Catch some fun! Join us for this one-time **Parent vs Kids Dodgeball** event. Parents are welcome to battle the kids while playing several variations of this school yard favorite. **REGISTER BY JUNE 3!**

Tuesday, June 4

4-6 year olds: 5:30pm TO 6:00pm
7-9 year olds: 6:15pm TO 7:00pm

FREE for members
\$5 per family for nonmembers

HIGH SCHOOL SENIORS

A special thank you to our graduating seniors....

Ella (Aquatics), Porter (Aquatics), Drew (Aquatics), Sophia (Aquatics), Winona (Child Watch), Anastasia (Child Watch), Ava (Gymnastics), Liz (Gymnastics), Olivia (Gymnastics) - **THANK YOU** for all you have done for our Y and congratulations on your upcoming graduation.

Congratulations to all high school seniors as they approach the end of their high school careers.

FAMILY FUN FRIDAY

Join us for **Family Fun Friday - Carnival Fun** on May 10 from 4:00pm to 6:00pm. The festivities will include carnival games, prizes, food, and more. **Register by May 9.**

\$5 members, \$15 per family for nonmembers

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! Join us on May 14 for **Pizza & Gym Games!** Must register by May 13.

\$7 for members, \$15 nonmembers

FOOD TRUCKS

Join us for lunch in the Y parking lot this summer! We will have various food trucks from 11am to 1pm every Monday! The schedule for June is below:

June 3: Vue's Thai Street Food
June 10: No Pork On Your Fork
June 17: La Tacoyota
June 24: Vue's Thai Street Food

SUMMER PROGRAMS

Our summer program session will run from June 16 through August 3 with a full line-up of swimming lessons (over 55 classes to choose from), swim team, gymnastics and much more! Watch for the program guide to go live on May 20.

OUTDOOR FITNESS

Join us this summer for outdoor fitness classes on the **rooftop of the Maritime Museum!** Our first class will be held on June 15... stay tuned for more details.

SUMMER DAY CAMPS

Registration for Y Camp and Energyze are **OPEN!** Click [HERE](#) to register.

In addition...we are hiring for both. Age 18+, high school degree, enjoys kiddos, and has positive, fun energy. We'll train the rest. Drop them a text and tell them to email Lisa or Kenya today!

lnothing@mtrymca.org
ksimon@mtrymca.org

FIND US ON:



BEERNTSEN SCHOLARSHIP

Over thirty years ago, generous donors and volunteers Tom and Penny Beerntsen (perhaps you've heard of the candy? :) saw an opportunity to help kids thrive after they leave our Y and our community: through scholarships for higher education. They did a series of fundraisers to establish an Endowment in honor of his parents Richard and Ione that set a vision to use the earnings and principle of that fund to **award \$1,000 to 10 local graduating seniors each year** to help them fly off and realize their full potential... After last year's awards, the volunteer committee determined that the cost of education is such that a higher award would be appropriate. Tom and Penny agreed to raising the award to **\$3,000 for five graduating seniors**.

This past Wednesday, our volunteer team came together to review the many deserving applicants and select our five winners. Congratulations to:

Lincoln High School:

- Nadia Kakatsch
- Olivia Minikel

Manitowoc Lutheran High School:

- Malachi Hulse

Two Rivers High School:

- Sophia Allington
- Addison Bauknecht

Thanks to the passion and vision of incredibly dedicated and generous volunteers more than three decades ago, the legacy lives on thanks to Y leadership and our Volunteer Scholarship Committee:

- John Crubaugh
- Bob Ziegelbauer
- Lindy DeNamur
- Dennis Tienor
- Kerry Trask
- Biff Hansen

If you see these folks, thank them for allowing us to continue this amazing work of sending kids onward and upward in their young lives.



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