



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MANITOWOC-TWO RIVERS YMCA

## APRIL 2025 MEMBER NEWSLETTER

Happy April, Y Members,

April arrives with its promise of more sunshine and warming temps, and we show up in April with a promise of our own: to double-down and continuously improve our efforts to keep children safe. April is **Child Abuse Prevention and Safety Month** and at the Y there is no greater priority.

When it comes to child abuse prevention and safety, it's tempting to relegate it to someone else's job: parents, teachers, coaches; police and politicians—and yes, they all play a crucial role. This month, we invite you to see yourself as part of this important community web we all create together and **KNOW. SEE. RESPOND.**

These three words are the rallying cry for the Five Days of Action on April 21-25.

**KNOW** what [prevention can look like and what questions to ask of](#) the organizations where your children spend time.

**SEE** the red flags of someone with malicious intent. The image of the creepy stranger lurking on the playground is rarely accurate: 90% of child abusers know their victim—[we need to know what to look for.](#)

**RESPOND** with validation of the child's experience and reporting to authorities.

[See this website for great age-appropriate guidance](#) on how to have conversations, help kids set boundaries, and teach yourself and the children in your lives to trust their intuition and seek help immediately when things aren't right.

There is nothing we do here at the Y that is more important than this work— and while April is the time we talk about it the most, we work year-round to ensure that our children are safe. We do bi-annual **"Know Your Score!"** (child abuse & prevention) assessment and set improvement plans based on the results. We have a **Certified Praesidium Guardian** on our staff team, dedicated to leading our child safety efforts and ensuring it never takes second seat to any other work. We launch, this month, a dedicated, deep dive into becoming **Praesidium Accredited**— a year-long process that audits every facet of our organization to ensure the highest commitment to our children's safety. Finally, we ask you all to be vigilant: **Know. See. Respond.** Together, we create a stronger safety net that prevents, stops, and immediately responds to abuse of the youngest among us who rely on us to do this work. Thank you for recognizing Child Abuse Prevention and Safety Month with us.

### IMPACT SPOTLIGHT

For some, the Y is about lifting weights or swimming laps. For others, it's a place to connect. Every morning, a group of familiar faces gathers—not just to exercise, but to enjoy conversation, companionship, and a warm cup of coffee.

These members, each with their own story, have built friendships that span decades. They've watched kids in gymnastics, waved to preschoolers on their way to class, and cheered on racquetball players at noon. It's the little moments—the chance to say hello, to talk about life, to feel seen—that make all the difference.

"The Y brings people together," Roger shares. "You can work out anywhere, but it's the friendships here that make it special." At the Y, everyone is welcome—young and old, from all walks of life. It's a place where a simple morning routine turns into something more: a sense of belonging, a community, and, as John puts it, a reason to "feel pretty darn good."



## 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! FREE for members, \$7 nonmembers.

- April 15 Tie Dye Pillow Cases & Pizza (Register by 4/14)  
May 13 DIY Plastic Cup Greenhouses & Ice Cream Sundaes (Register by 5/12)  
June 10 Gym Games & Pizza (Register by 6/19)

## \$3,000 SCHOLARSHIPS

The YMCA is thrilled to award *five* graduating local high school seniors with a **\$3,000 college scholarship** — thanks to the Richard & Lone Beerntsen Scholarship Fund. Each spring, a team of passionate Y volunteers carefully reviews applications and sends scholarship checks to colleges nationwide on behalf of our amazing local students. Deadline: **April 3, 2025**

**Know a senior who deserves this?**

Apply now at [mtrymca.org](https://www.mtrymca.org)

## SUMMER CARE

Looking for summer care for your children? Registration is **OPEN** for Y Camp (for children ages 5 through entering 5th grade) and ENERGYZE (for students entering 6th through 8th grade). Go to <https://www.mtrymca.org/summer-day-camps> for more information. Thank you to our sponsor, Americollect!



## 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.

Saturday, April 12 – 9:00am to 4:00pm (register by 4/11)  
Fee: \$65 members, \$80 nonmembers

Saturday, June 7 – 9:00am to 2:00pm (register by 6/6)  
Fee: \$75 members, \$140 nonmembers

## YARN WITH FRIENDS

Come gather at the Y to crochet, knit, or do other needlework. Bring a project of your choice and your own materials and we'll provide the space to share creativity, ideas and tips.

April 30 1:30pm – 3:30pm  
May 14 1:30pm – 3:30pm  
Fee: FREE for members, \$5 nonmembers

## LIVESTRONG AT THE YMCA

LIVESTRONG, a FREE 12-week program designed for cancer survivors who have recently become de-conditioned or chronically fatigued from their treatment and/or disease starts April 21. Go to <https://www.mtrymca.org/livestrong-ymca> to learn more! Thank you to our sponsors **Scott and Laurie Mertens**.

## APRIL FITNESS

Join us for these specialty fitness classes in the month of April:

- April 5: Join us for the launch of new Group Fight content at 7:45am and Group Power content at 9:00am. **\*Must reserve your spot in YMCA360 for Group Power.**
- April 25: Cycling Pop-Up ft. Kendrick Lamar with Becky at 4:45pm

## SPRING PROGRAMS

The Spring program guide is NOW AVAILABLE! The Spring program session runs from April 27 through June 16. Registration opens on April 14 for members and April 16 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 10 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 9 to take part in this event!

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

## HEALTHY KIDS DAY

Saturday, May 3 9am to 12pm is Healthy Kids Day at our local Y-- a day we celebrate by giving all children in our community an opportunity to participate in events such as Dance for Kids, Laugh Yoga, Family Swim, Tae Kwon Do and MORE!. Thank you to our local sponsor, Lakeside Foods!



## HELP FEED LOCAL KIDS

Help prepare and package healthy snacks for children in our afterschool programs. No cooking experience needed – just a willingness to help on Mondays from 10am to 11am. Contact Steph Peters for more information at [speters@mtrymca.org](mailto:speters@mtrymca.org) or 920.482.1521.

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## YOUTH SPORTS

Get your child moving, learning, and having fun with our exciting youth sports programs this season!

**Kindersports (Ages 4-6)** A fun introduction to sports fundamentals, movement, and teamwork!

Mondays & Thursdays | 5:30-6:00 PM

\$35 members | \$95 nonmembers

**Sports of All Sorts (Ages 7-9)** Explore different sports, build confidence, and develop athletic skills.

Thursdays | 6:15-7:00 PM

\$40 members | \$110 nonmembers

**Soccer (Ages 4-6)** Learn the basics of soccer, including game structure and rules.

Mondays | 6:15-6:45 PM

\$35 members | \$95 nonmembers

**Youth Football (Ages 8-12)** Develop football skills with drills, instruction, and games led by **Marcos Alfaro**, coach of the Manitowoc Mariners!

Wednesdays | 5:00-5:45 PM

\$40 members | \$110 nonmembers

Spring registration opens April 14 for members & April 16 for nonmembers! Sign up at the YMCA Membership Services Desk or visit <https://www.mtrymca.org/program-guide>.

## YOUTH TRIATHLON TRAINING (AGES 7-13 BY DECEMBER 31, 2025)

The Youth Triathlon Training program is an 11-week training course designed to prepare young athletes for the **Mark Ernest Memorial Kids Triathlon** in Door County on July 12, 2025. This program will focus on building endurance, technique, and confidence in the three triathlon disciplines: swimming, biking, and running. Our goal is to create a supportive and fun environment where participants can develop their skills and enjoy the journey leading up to race day.

### Program Details:

**All Parent Meeting—Wednesday, April 23rd at 5:30pm.** Meet the coaches, learn about the triathlon, training and rules of the program.

- **Duration:** 11 weeks
- **Dates:** April 28, 2025 through July 12, 2025 (race day)
- **Location:** Various training locations including the YMCA pool, pigeon lake, running trails, and safe biking routes.
- **Ages:** Open to youth participants (ages 7-13 by December 31, 2025)
- **Program Fee:** \$50 per participant (additional triathlon fee is required - sign up on your own at [www.doorcountyyriathlon.com](http://www.doorcountyyriathlon.com) )
- **Included in Fee:**
  - Guided training sessions
  - Coaching from experienced triathletes and swim teach coaches
  - Triathlon t-shirt for race day

### Training Focus Areas:

- **Swimming:** Techniques, endurance building, and open-water preparation (will need goggles and swimsuit—swim cap will be provided).
- **Biking:** Safety, efficiency and endurance for race conditions (will need bike, shoes, helmet. Must transport own bikes to YMCA on select days).
- **Running:** Pacing strategies, endurance, and transition practice (will need to provide tennis shoes).
- **Transitions:** Practicing smooth transitions between swim, bike, and run.

### Coaching & Support:

Participants will receive expert guidance from our Swim Team Coach and experienced triathlon athletes who will share insights on training, race-day preparation, and strategies for a successful race experience.

### Race Day Details:

Participants will represent our program by wearing their provided **Youth Triathlon Training** t-shirt during the **Mark Ernest Memorial Kids Triathlon**. Families will be required to transport their children to the triathlon and encouraged to attend and cheer on their young athletes as they put their hard work into action!

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# YMCA Early Childhood Education

## 3-Year Old Preschool & Child Care Program

Experienced Early Childhood Ed teachers with age-appropriate curriculum based on school readiness and socio-emotional learning, PLUS swimming and gymnastics on Tuesdays and Thursdays!



**Must be 3 years old by September 1**

**Follows MPSD's elementary school calendar**

### LOCATION

Manitowoc-  
Two Rivers YMCA

### DAYS/TIMES

8:30am-11:15am

Choose from:

- Mon/Wed/Fri
- Monday - Friday

### MONTHLY COST

3-day \$135  
5-Day \$165

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