



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## MANITOWOC-TWO RIVERS YMCA

### MAY 2025 MEMBER NEWSLETTER

Happy May Day, Y Members,

We are here to build strong kids, and step one on their hierarchy of needs is ensuring that they live, learn and play in a community where they *feel* safe and they *are* safe. Last month, we shared our *Five Days of Action*, designed to raise awareness and improve prevention and response efforts when it comes to child abuse. We are reminded by recent events in our region that hyper-vigilance, age-appropriate conversations with our kids, validating kids' experiences, and immediate reporting of cause for concern are all so important. While it may only be once a year that you hear about our work on child abuse prevention, know it is always in the work plans and policies, in the trainings and on the agendas, and a top priority year-round.

Next up on that list is helping children thrive as healthy, young humans. **Healthy Kids Day** is this weekend—a free community event that celebrates, well, Healthy Kids! (We got really creative with that name). **Lakeside Foods** is our generous sponsor again this year, allowing us to open our doors to the whole community as we educate and celebrate what it means to give kids every possible advantage when it comes to their spirit, mind, body, & health. It's another one of those days that celebrates in one event the year-round work to which we are so committed.

And here's the part that makes this work all the more powerful: **we do it together**. Lakeside Foods sponsors the celebration, your membership builds our foundation of community year-round, your individual donations allow us to open that community to ALL; your work, volunteerism, friendships with one another, support and kindness to strangers in our hallways, and overall Y spirit are what make the Y community. It is within that community that we are able to build programs that create safe environments, nurture healthy kids, and support young families (and so much more).

You show up in ways that inspire those of us lucky enough to work here all the time, but this last week was memorable. **Bank First** offered a generous \$5,000 match challenge to round out our annual campaign and withing *days* of announcing this, we're at 175% of goal. This strikes me as particularly awesome as it comes at a time when people are not daring to peek at their 401Ks and uncertainty about the economy looms. What you have shown is that you are certain about one thing: taking care of one another is a value we all share.

Thank you for helping us build safe, strong, healthy kids.

### IMPACT SPOTLIGHT

At 88 years old, Carolyn considers the YMCA her second home. She comes four times a week—swimming, walking laps, and staying active with the help of her Y community. "I schedule things around the Y," she says. "It's very important in my life."

Carolyn loves to travel and just returned from South America. This summer, she's heading to Hawaii to visit family. "I wouldn't be able to go on these trips and do all that I do if it weren't for the Y," she says. "And the people here are so nice."

With the Y by her side, Carolyn is proving every day that age is no limit to adventure!



## 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

## SUMMER DAY CAMPS

Registration for Y Camp and Energyze are **OPEN!** Click [HERE](#) to register. Thank you to our sponsor, Americollect!

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

[ksimon@mtrymca.org](mailto:ksimon@mtrymca.org)

**americollect**  
ridiculously nice

## 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 June 6.**

Saturday, June 7 - 9:00am to 2:00pm  
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.

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

## HIGH SCHOOL SENIORS

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

Ellie (Child Watch) and Sam (Child Watch) - **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.

## 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.

May 13 DIY Plastic Cup Greenhouses & Ice Cream Sundaes (**Register by 5/12**)

June 10 Gym Games & Pizza (**Register by 6/19**)

## 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! **FREE for everyone in the community.** Thank you to our local sponsor, Lakeside Foods!



## CINCO DE MAYO ZUMBA

Come celebrate Mexican-American culture on Cinco de Mayo! Join us for an energetic Zumba class at 6:30pm followed by snacks in the Community Room catered by El Tequila. **FREE for members**—please reserve your spot in the YMCA360 app.

## FREE FITNESS CLASSES

Bring a friend or coworker to the Y on Wednesday, May 21 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](#).

## COFFEE TRUCK

Join us at the Watering Hole Mobile Coffee Bar at the Y on Tuesdays from 7-10 AM this summer, starting the first week of June!



## SUMMER PROGRAMS

Our summer program session will run from June 22 (June 15 for Gymnastics) through August 9 with a full line-up of swimming lessons, gymnastics and much more! Watch for the program guide to go live on May 26.

## OUTDOOR FITNESS

Join us this summer for outdoor fitness classes! Stay tuned for more details.

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## 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:

- **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.doorcountyytriathlon.com](http://www.doorcountyytriathlon.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!

FIND US ON:

