



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## MANITOWOC-TWO RIVERS YMCA

### JUNE 2025 MEMBER NEWSLETTER

Happy June, Y Members,

On my walk through the Y this morning, I was reminded of an early rendition of the Y logo—the classic Spirit, Mind, Body triangle. It is profound in its simplicity and, although it was originally coined in 1891, it still resonates.

Many years prior to the use of this logo, a young man named George Williams looked around the streets of 1844 London and saw that people could use a little help navigating this human experience. **Spirits** needed lifting, **minds** craved challenge, and **bodies** hungered for strength. He started a bible study and physical activity club and called it the **YMCA**.



### IMPACT SPOTLIGHT

Carrie knows how to make healthy living fun! As a dietitian, group fitness instructor, and Master of Public Health student, she brought energy, expertise, and a big heart to her volunteer role with the Y's Food Program.

Carrie created and led a hands-on nutrition education series for kids in our After School Care program, filled with games, food activities, and creative ways to explore healthy habits. Her playful, approachable style made the lessons memorable—and left kids excited to learn more.

The impact she made will last far beyond snack time. Thank you, Carrie, for helping our kids grow strong in spirit, mind, and body!



Fast forward to the Wisconsin lakeshore in 2025: a group of friends playing a competitive basketball game in the Salutz Gym, morning regulars working out the daily crossword and Sudoku puzzles, and a group of kiddos in our Early Childhood Ed program using Inside Out-themed props to help them express the name and sensation of their feelings. Here's Joy, Sadness, Disgust and Anger... (If you have not seen these movies, go ahead and do that now; we'll wait).



Mr. George Williams of Industrial Age England would recognize scant few things about our built environment today—(Samuel Morse used his morse code electric telegraph for the first time in 1844, and now, Starlink!)—but he *would* recognize that we humans still strive and struggle to be healthy in **spirit, mind, and body**. He would therefore, be thrilled to see the Y still at work.



With a loneliness epidemic declared, mental health concerns soaring across generations, and rampant, preventable metabolic disease, we have our work cut out for us today. It's good work; ensuring that each generation will thrive and reach their full potential throughout the course of a lifetime. Thank you for being a member of this legacy organization; we're all stronger—in spirit, mind and body—together!



## SUMMER DAY CAMPS

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

June 18 1:30pm – 3:30pm  
Fee: FREE for members, \$5 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! FREE for members, \$7 nonmembers.

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

## COFFEE TRUCK

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



## SUMMER PROGRAMS

Our summer program session will run from June 22 (June 15 for Aquatics, Gymnastics & Tennis) through August 9 with a full line-up of swimming lessons, gymnastics and much more! Registration opens on June 9 for members and June 11 for nonmembers. Check out the program guide by clicking [HERE](#).

## GYMNASTICS CAMPS

Registration for Summer Gymnastics Camps is **NOW OPEN.** Camps run August 4–August 8.

To register, click [HERE](#).

## OUTDOOR FITNESS

**FREE TO THE PUBLIC!** Join us for fitness and fun OUTDOORS this Summer!

- June 4: POUND at the Park in Central Park, TR at 5:00pm
- June 6: Family Fun Friday: Dance & Yoga in the Park in Central Park, TR at 5:15pm followed by an ice cream social at Cool City Brewing
- June 18: POUND at the Park in Central Park, TR at 5:00pm followed by a 30 minute yoga/stretch cooldown and appetizers at Cool City Brewing
- June 21: Yin Yoga at 8am, Zumba at 9am, and social hour with refreshments and snacks at 10am on the rooftop of the Maritime Museum
- June 21: Summer Solstice Yoga in the Park in Central Park, TR at 4:00pm followed by refreshments in the park

## SUMMER BUCKET LIST

**FREE TO EVERYONE IN THE COMMUNITY!** Grab your friends and family and let's make it a summer to remember with the Y! Here's how it works:

1. Go to <https://stronglife.org/summer> to sign up
2. Get your bucket list at the Y or print a copy that is sent to you
3. Complete activities on the bucket list with friends, family, or even fur-babies
4. Check off at least 20 activities and submit it by July 31 for a chance to win \$2,000

## SUMMER HOURS

Beginning the week of Monday, June 9, the YMCA will observe our **summer hours** on the weekends and will be **closing at 1:30pm** Saturdays and Sundays.

We will be **closed** on Friday, **July 4** to allow our employees to have off on the Fourth of July.

Anyone who has purchased a FOB for **24/7 access** will be able to utilize the second floor of the Y anytime the building is closed. To request a FOB, stop in at Membership Services. Please allow up to three business days to receive your FOB.

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## BEERNTSEN SCHOLARSHIP

Over thirty years ago, generous donors and volunteers Tom and Penny Beerntsen 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 \$3,000 to five local graduating seniors each year** to help them fly off and realize their full potential.

Our volunteer team recently came together to review the many deserving applicants and select our five winners. Congratulations to:

### **Lincoln High School:**

- Annika Strazny (University of Wisconsin-Madison)

### **Manitowoc Lutheran High School:**

- Logan Brooks (Marquette University, Milwaukee)

### **Kiel High School:**

- Sydney August (University of Wisconsin-Parkside)

### **Mishicot High School**

- Nolan Sand (Concordia University)

### **Valders High School**

- Hadley Jensen (University of Wisconsin-Green Bay)



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## SUMMER SAILING LESSONS

Participants can choose from two sailing sessions this summer. Session 1 will be held June 16 – July 20 and/or Session 2 will be held July 28 – August 31.

### TILLER TIME (TT)

Committed class for the full summer. Intensive class with a 1 student on 1 instructor class. Meets 3x per week.

**Goal:** Student will learn how to confidently sail a sailboat, independently. **Curriculum:** Rigging, starting, stopping, tacking, glybing, docking, anchoring, and more. This is a YMCA sailing class and it will not certify you for ASA or US sailing licensure. Availability depends on person/instructor. Contact Lisa Nething at [lnething@mtrymca.org](mailto:lnething@mtrymca.org) for more information.

### GROUP SAIL (GS)

Group of 3-4 who register for 1 session and schedule a regular weekly sail once per week.

**Goal:** Introduction to sailing whereby students learn in a group setting. **Curriculum:** Instruction in a fun, social setting. **Choose from Session 1 or Session 2 and the following dates and times.**

Sunday: 11:00am – 1:00pm  
3:30pm – 5:30pm  
Monday 3:30pm – 5:30pm  
Wednesday 5:30pm – 7:30pm  
Fee: \$229 per person member/nonmember

### OPEN SAIL (OS)

A one-time sail. Groups of 2-4 who want to try it once. **Goal:** A sample of sailing. **Curriculum:** Introduction to sailing whereby student gets a 90-minute sail sampling steering, mainsheet trim and more. **Choose from Session 1 or Session 2 and the following dates and times.**

Sunday 1:30pm – 3:30pm  
Sunday 5:30pm – 7:30pm  
Monday 5:30pm – 7:30pm  
11:00am – 1:00pm  
Wednesday 11:00am – 1:00pm  
3:30pm – 5:30pm  
Fee: \$40 for 1 person  
\$60 for 2 people

### HUNTER 140 DINGHY CLASS (AGES 12-18)

No experience necessary. Participants will learn the basics of sailing, weather forecasting, knot tying and safety of the water. Participants meet two times per week for one session.

Monday 1:30pm – 3:30pm  
Wednesday 1:30pm – 3:30pm  
Fee: \$309 per person member/nonmember



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FULLY LICENSED CARE

# BEFORE & AFTER SCHOOL

**NOW  
HIRING!**



**HAVE FUN &  
BE ACTIVE  
BEFORE & AFTER SCHOOL!**

## RATES FOR 2025/2026:

- 1-3 days/week: \$137/month per AM or PM session
- 4-5 days/week: \$153/month per AM or PM session

**Registration will open  
Monday, July 7 online at  
[mtrymca.org](https://mtrymca.org). Spots are given  
on a first-come, first-served  
basis.**

## DISCOVER THE DIFFERENCE IN OUR AFTER SCHOOL PROGRAM:

We've designed our program to be more than just aftercare — it's a place where kids can thrive, because they deserve something special after school.

- Swimming with American Red Cross certified lifeguards
- Nutritious, healthy snacks to fuel growing minds and bodies
- Access to YMCA facilities, giving kids a safe, active environment to explore and enjoy



YouTube

