



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

MANITOWOC-TWO RIVERS YMCA

## PROGRAM GUIDE

**FALL 1: SEPTEMBER 7 - OCTOBER 25, 2025\***  
*\*unless otherwise noted*



**REGISTRATION: Members – August 25**  
**Nonmembers – August 27**

phone: 920.482.1500 web: [www.mtrymca.org](http://www.mtrymca.org) email: [membership@mtrymca.org](mailto:membership@mtrymca.org)



## BUILDING HOURS & HOLIDAYS

### SEPTEMBER - JUNE

Monday - Thursday: 5:00am - 8:00pm  
 Friday: 5:00am - 6:00pm  
 Saturday: 6:00am - 6:00pm  
 Sunday: 9:00am - 6:00pm

### JUNE - AUGUST

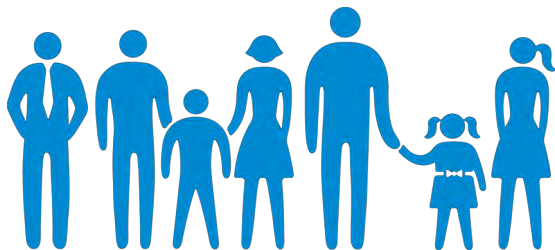
Monday - Thursday: 5:00am - 8:00pm  
 Friday: 5:00am - 6:00pm  
 Saturday: 6:00am - 1:30pm  
 Sunday: 9:00am - 1:30pm

### HOLIDAY EXCEPTIONS\*

We will be closed for the following holidays:

New Year's Day  
 Easter  
 Memorial Day  
 4th of July  
 Labor Day  
 Thanksgiving Day  
 Christmas Eve (closing at noon)  
 Christmas Day  
 New Year's Eve (closing at 3:00pm)

***\*ALWAYS OPEN FOR MEMBERS WITH 24 HOUR FITNESS ACCESS!***



### STAY CONNECTED

INTERNET

 Visit our website for all you need to know.

PHONE

MAIN: 920.482.1500

NEWS

 Stay informed with our monthly newsletter.

MOBILE

 Stay connected on the go with our mobile app.

SOCIAL

 Get social! "Like" and "Follow" us...



### Y News

Facility Info .....	3
Membership Benefits .....	7
Registration .....	7
Staff .....	8
Nationwide Membership .....	34
Membership for All .....	35
Discounted Memberships .....	36
Corporate Memberships .....	37
Employment .....	38

### Youth Development

Child Watch .....	9
Early Childhood Education .....	10
Youth Sports .....	14
Teen .....	15
Youth in Government .....	16
Family .....	17
Aquatics .....	18
Gymnastics .....	25

### Healthy Living

Tennis .....	28
Pickleball .....	29
Adult Healthy Living .....	30
Rock Steady Boxing .....	33

### Social Responsibility

Annual Campaign .....	39
Endowment .....	40

### TABLE OF CONTENTS



Watch for this icon, and for underlined text, for interactive links that will take you right to where the action is. Register with the click of a button, email staff, learn more about our programs & more!

## FACILITIES

**As a member of the YMCA, you receive several benefits including savings on your favorite activities! We strive for a clean, safe environment and take pride in providing state-of-the-art and well-maintained equipment.**

**24/7 Fitness** 24 hour access is available to all adult members ages 19+ who purchase a FOB and pay a \$3 per month fee. 24 hour access allows entry into the building any time it is closed. [24/7 access](#) includes access to the gyms, lifestyle center, weight room, walking track and public restrooms.

**Aquatic Center** The main pool is 25 yards, has six lanes, and maintains an average temperature of 83°. The instructional pool is 25 yards and is used for therapy, swimming lessons, fitness classes, and family and open swim. The average temperature of the instructional pool is 86°. The whirlpool is available for those ages 18 and older.

**Early Childhood Education (ECE) Center** The Y offers conveniently located, state-licensed early childhood education at the YMCA. Our center provides a safe and dependable environment for children to enhance their physical, emotional, intellectual and social growth. Members receive discounted rates.

**Child Watch** We provide safe, affordable, care for children 6 months to 8 years while parents participate in Y programs and activities. Current hours are Monday - Thursday from 8:30am to 11:30 am and 4:30pm - 7:30pm and Saturdays from 7:30am to 10:30am.

**Gymnasiums** The Prevea Gym and Salutz Gym are available for play any time class is not in session. Please check the [app](#) for availability.

**Gymnastics Center** Includes uneven parallel bars, vault tables, spring floor, balance beams, and foam training pit. Group lessons are available.

**Harborview Studio** From Yoga to Youth Sports, enjoy on-demand and livestream classes with [YMCA360](#) InStudio. Available any time a class is not being held.

**Lifestyle Center** We offer elliptical cross-trainers, treadmills, incline trainers, stairmasters, stationary bicycles, circuit equipment and free weights. Staff are available by appointment at no charge for orientation and questions regarding the use of equipment. Children ages 16 years and older are welcome to use the Lifestyle Center. Children ages 12-15 years may use the Lifestyle Center with a parent or guardian or by making an appointment with Membership Services for a Youth Fitness Orientation.

**Locker Room Facilities** Our men's and women's locker rooms offer shower and locker service and the use of our saunas. Our Community Locker Room offers private shower areas for parents with small children or individuals with special needs as well as lockers for general use.

**Pitz Family Fun Center** Families can spend quality time together climbing the play structure or creating art and/or reading a book.

**Racquetball Court** Two racquetball courts are available and can be reserved any time the Y is open by visiting the Membership Services desk.

**Tennis Center** The Tennis Center is home to three indoor Tennis courts and six Pickleball courts. We offer group and individual lessons for both sports. Courts can be reserved by members. Check the [app](#) for drop-in play times.

**Track** Ten laps around the track on the 2nd floor equals one mile. Walking only, please. Strollers and wheelchairs are welcome!

**Teen Zone** Gathering space for teens and members of all ages. The space features a TV lounge, pool table, air hockey, and other activities. Equipment is available to borrow from the Membership Services desk.

**FAMILY. FRIENDS. FITNESS. FUN.**



### OUR MISSION:

TO PUT CHRISTIAN PRINCIPLES INTO PRACTICE THROUGH PROGRAMS THAT BUILD HEALTHY SPIRIT, MIND AND BODY FOR ALL.

### YOUTH POLICIES

**CHILDREN UNDER THE AGE OF 12** must always be under direct supervision of a parent/guardian age 16+ unless enrolled in a staff supervised program or activity. Members: Child Watch is available for supervision of children 6 months through 8 years old. The parent/guardian must remain in the building.





# IN OUR LIFESTYLE CENTER

FIND OUT  
MORE...



DO WHAT YOU  
LOVE, ON YOUR  
**SCHEDULE**

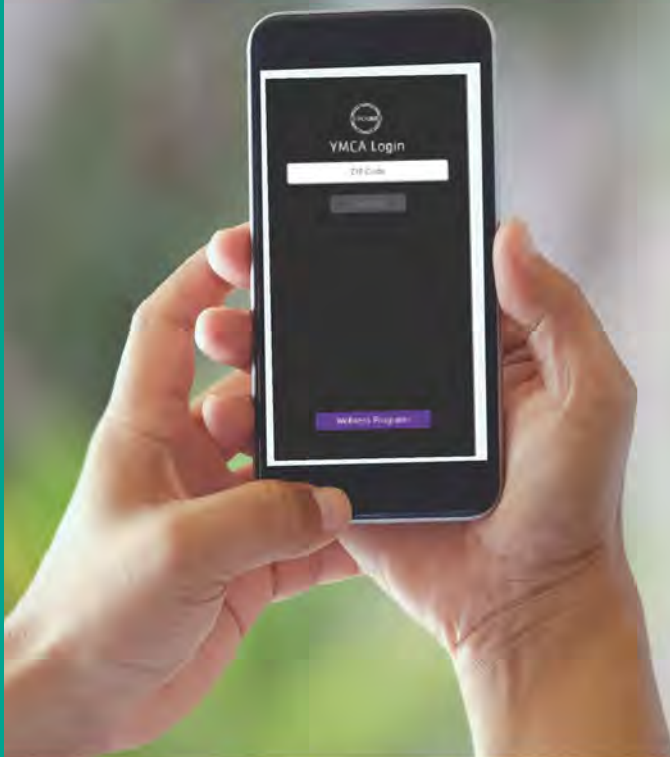
MANITOWOC-TWO RIVERS YMCA

[www.mtrymca.org](http://www.mtrymca.org)

# A NEW WAY TO CONNECT TO THE Y!



## Download the YMCA360 app!



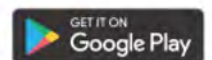
### FEATURES:

- Browse group exercise and pool classes/schedules
- Get facility status (closings, class changes)
- Find Programs and Events
- Access On Demand classes and activities
- Scan Your membership card



### HOW TO GET OUR MOBILE APP:

- Search "YMCA360" in the App Store or Google Play
- Download & open the app
- Type in your zip code
- Select Manitowoc-Two Rivers YMCA
- Enter the email address associated with your membership
- Retrieve the 6-digit code sent to your email address
- Enable notifications







## WHAT IS 3D BODY SCANNING?

### YOUR 3D BODY SHAPE

Styku recreates your body in 3D and shows you how your shape is changing over time.

### FAST & NON-INVASIVE

Uses harmless infrared light. Completely private. Takes only 35 seconds.

### DATA THAT MAKES SENSE

Extracts waist, hip, thigh, body fat%, and more with medical-grade precision.

### TRACK PROGRESS

See fat loss, calories burned and activity levels over time.

### PRICING

1 Session = \$40  
2 Sessions = \$70

\*pair Styku with a personal training package for BEST VALUE



## MEMBERSHIP BENEFITS

# WHY THE Y? ALL THIS + MORE!

Members get priority registration AND preferred pricing on programs, lessons, childcare, Y Camp, Energyze, & more.

- Nationwide Membership: Members can visit any participating Y in the United States and Puerto Rico through membership at their home Y, at no additional cost
- Complete Lifestyle Center featuring cardio, circuit and free weight equipment
- 3D Styku Body Scan to get a baseline assessment which includes a body composition check
- FREE Active Older Adult Programming
- Free court time for all racquet sports is included with your Y Membership
- Discounted memberships for military personnel and for those families in need of financial assistance
- FREE Towel Service
- Rock Steady Boxing Group or Personal Training: Fight back against Parkinson's disease
- 24/7 Fitness: Members ages 19+ can use the walking track, gyms, and Lifestyle Center 24 hours a day, 365 days a year when they sign up for 24/7 access
- Massage: Our massage therapy services are one of our best kept secrets at the Y
- Personal Training: One-on-one training to help you reach your wellness goals
- Small Group Personal Training: Form a group of 2-4 people with the benefit of one-on-one training
- YMCA360: From Yoga to Youth Sports, enjoy on-demand and livestream classes on-the-go
- FREE Group Exercise Classes: Over 50 classes per week including Body Sculpt, Group Power, Cycling, Cardio Kickboxing, Dance Fitness, Yoga, and MORE
- FREE use of indoor running/walking tracks
- FREE use of Y facilities throughout available program areas including Lap and Open Swim
- On-site childcare while you're here



## REGISTRATION

**Members get PRIORITY REGISTRATION + REDUCED FEES**

for all Y programming including Y Camp, Energyze, Childcare, Youth Sports, Swim Lessons & more!

**MEMBERS  
GET PRIORITY  
REGISTRATION!**

### ACTIVITY REGISTRATION

Activity and class information is published in this guide. Many adult and youth activities are held on a session basis and have a specific start and end date, unless otherwise noted. Registration can be completed at [www.mtrymca.org](http://www.mtrymca.org), in person at the front desk, or over the phone. Visa, Discover, and MasterCard are accepted.

**YMCA MEMBERS** enjoy priority registration on all Y programs! For registration or online account assistance, please contact the Y directly at 920.482.1500. Membership Services is open any time the Y is open to assist you.



**Racquet sport  
court time is  
included in your  
Y membership.**

HERE  
FOR YOU  
THEN.

HERE  
FOR YOU  
NOW.

HERE  
FOR YOU  
ALWAYS.

## YOUR YMCA BOARD OF DIRECTORS

The YMCA is led by a vibrant, committed volunteer Board of Directors. These community leaders bring new perspectives and connections to the work and mission of the YMCA.

President/Board  
Chair  
**Todd Glover**

Vice President  
**Sharol Schroeder**

Secretary  
**Nick Brisch**

Treasurer  
**Nicole Malueg**

Members at Large  
**Kelsey Beaver**  
**Holly Murphy**  
**Brianna Neuser**  
**Brooke Sprang**  
**Lee Thennes**  
**Michael Yeh**

## HERE FOR YOU: Y STAFF



### AQUATICS / YOUTH SPORTS / YOUTH IN GOVERNMENT / GYMNASTICS

Barb Schmidt 920.482.1566 [bschmidt@mtrymca.org](mailto:bschmidt@mtrymca.org)

### TENNIS

Reiny Maier 920.482.1530 [rmaier@mtrymca.org](mailto:rmaier@mtrymca.org)

### ACTIVE OLDER ADULTS

Candy Ruffolo 920.482.1578 [cruffolo@mtrymca.org](mailto:cruffolo@mtrymca.org)

### YOUTH & FAMILY

Lisa Nething 920.482.1561 [lnething@mtrymca.org](mailto:lnething@mtrymca.org)

### DIRECTOR OF SOCIAL/EMOTIONAL LEARNING

Kali Hentges 920.482.1527 [khentges@mtrymca.org](mailto:khentges@mtrymca.org)

### SCHOOL AGE CHILD CARE

Kenya Simon 920.482.1539 [ksimon@mtrymca.org](mailto:ksimon@mtrymca.org)

### EARLY CHILDHOOD EDUCATION (CHILDCARE)

Mary Sue Yindra 920.482.1515 [myindra@mtrymca.org](mailto:myindra@mtrymca.org)

### WELLNESS

Elizabeth Griesbach 920.482.1520 [egriesbach@mtrymca.org](mailto:egriesbach@mtrymca.org)

### SPECIALTY WELLNESS

Debbie Fuller 920.482.1570 [dfuller@mtrymca.org](mailto:dfuller@mtrymca.org)

### HUMAN RESOURCES & MEMBERSHIP

Lisa Hollen 920.482.1525 [lhollen@mtrymca.org](mailto:lhollen@mtrymca.org)

### FACILITY

Kurt Duzeski 920.482.1518 [kduzeski@mtrymca.org](mailto:kduzeski@mtrymca.org)

### DIRECTOR OF COMMUNITY ENGAGEMENT

Stephanie Peters 920.482.1521 [speters@mtrymca.org](mailto:speters@mtrymca.org)

### CEO

Julie Grossman 920.482.1512 [jgrossman@mtrymca.org](mailto:jgrossman@mtrymca.org)



**COMMUNITY  
STARTS HERE.**



# CHILD WATCH

**WE'LL CARE FOR YOUR  
KIDS WHILE YOU  
WORKOUT**

**AGES  
6 months to  
8 years**

Staff will care for children while parents experience other Y activities in the building or while utilizing Maritime Trail.

## **FEE (purchase at front desk prior to drop-off):**

Unlimited Monthly Pass (members only)

1 child - \$25/month  
2 children - \$35/month  
3+ children - \$45/month

Day Pass (available to members and nonmembers)

1 child - \$5  
2 children - \$6  
3+ children - \$10

## **HOURS:**

Monday - Thursday

8:30am - 11:30am  
4:30pm - 7:30pm

Saturday

7:30am - 10:30am





# Early Childhood Education

## 2-YEAR OLD OPENINGS!

Our Early Childhood Education Center, licensed by the State of Wisconsin Department of Health and Family Services, offers a warm and engaging place for your child to grow, learn, and thrive.



**ENROLL TODAY!**

## 3-Year Old Preschool & Child Care Program

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

**Follows MPSD's elementary school calendar**

### LOCATION

Manitowoc-Two Rivers YMCA

### DAYS/TIMES

8:30-11:15am

Choose from:

- Mon/Wed/Fri
- Monday - Friday

### MONTHLY COST

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





# FULLY LICENSED CARE BEFORE & AFTER SCHOOL



**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](http://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



# EARLY CHILDHOOD EDUCATION

(FORMERLY KNOWN AS CHILDCARE)

## LICENSED CARE

Our center, licensed by the State of Wisconsin's Department of Health and Family Services, nurture the whole child. We provide developmentally age-appropriate programs, which are committed to nurturing individual differences and encouraging the social, intellectual, physical, mental and spiritual growth of the child. USDA approved meals, including breakfast, lunch and afternoon snacks are provided. Swimming lessons, gymnastics and other youth sports are offered throughout the year for children three to six years old.

- One-time registration fee per family of \$40.
- Multi-child discount of \$10 per week for families that have youth or family memberships and attend full weeks.
- Tuition is based on your contracted days.
- All weeks will be charged regardless of attendance.
- Tuition is due by noon each Friday (unless another agreement is in place with the Director) to continue receiving care.

Contact Mary Sue Yindra at 920.482.1515 or [myindra@mtrymca.org](mailto:myindra@mtrymca.org) for more information.



## HELP CHANGE LIVES IN OUR COMMUNITY!

Donate to the Annual Campaign to support high-quality, nurturing child care for families with need. For more information on the Annual Campaign, or to make a donation, please contact Stephanie Peters at 920.482.1521.

**YOU CAN ALSO MAKE A  
DONATION TO THE MANITOWOC  
-TWO RIVERS Y ANNUAL  
CAMPAIGN ONLINE NOW BY  
CLICKING HERE**

## ANNUAL CAMPAIGN

We're more than a place.  
We're a cause.





# EARLY CHILDHOOD EDUCATION

(FORMERLY KNOWN AS CHILDCARE)

SCHOOL-AGE CARE | [REGISTER](#)

If you need care for your elementary school age child(ren), we have programs to help! The Manitowoc-Two Rivers YMCA offers our SCHOOL-AGE CHILD CARE programs for children in grades K-5 including our **before and after school** care program, **Y ACHIEVER'S (new)** and our **SCHOOL'S OUT SAFARI (SOS)** program when children have off from school.

Registration required 48 hours prior to program or by noon the Friday before for Mondays and is non-refundable. *Supported by The West Foundation.*

## Y ACHIEVERS

New to the Y this year is Y Achievers! Use the day off school to explore and try something new, build skills, and explore the community! The Y is partnering with local community businesses and content experts to offer this new opportunity to our elementary students to level-up their days off school with unique morning programming. We'll use the afternoons to blow off some steam in the pool, gymnastics center, or gymnasium. Look for themes to include robotics, LEGO, Disc Golf, nutrition, art, and so much more! Care provided 6:30-5:30 daily, with the primary programming between 8:30-3:30.

Fee: \$45/day members, \$55/day nonmembers

- November 7
- December 22-23
- December 29-30
- January 2
- January 23
- March 30-April 3

## SOS DAYS

SOS Days welcome students to the Y to play games, create, connect with their peers, and make use of the Y facility including swimming and gymnastics as available. The Y has licensed this program to allow families to utilize State Childcare Assistance.

Fee: \$28/day members, \$38/day nonmembers (full days)  
\$14/day members, \$19/day nonmembers (1/2 days)

- September 24 (full day)
- October 22 (1/2 day)
- November 19 (1/2 day)
- December 17 (full day)
- January 21 (1/2 day)
- February 18 (1/2 day)
- March 18 (1/2 day)
- April 22 (1/2 day)
- May 20 (full day)

Contact Kenya Simon for more information at [ksimon@mtrymca.org](mailto:ksimon@mtrymca.org) or 920.482.1539.

# YOUTH SPORTS | REGISTER

Our Youth Sports programs build young athletes by giving them a foundation for a lifetime. Our caring and experienced coaches know how to keep your child safe while having a blast learning a new sport! Whether it's improving their skills and coordination, or building the positive relationships that lead to good sportsmanship and teamwork, participating in sports at the Y is about building the whole child, from the inside out.

## TAE KWON DO (AGES 5 & UP)

Tae Kwon Do will improve your coordination, strength, and overall level of confidence in addition to being a great way to develop discipline, honesty, and respect. In Tae Kwon Do, you will learn Olympic style sparring, forms, board breaking and techniques. We encourage families of all ages and abilities to join Tae Kwon Do together. It is a great way to bond and motivate each other to reach your goals. If you were in any form of martial arts, we will take you at your current belt level. Fall session dates are September 2 through October 1 and October 7 through November 5.

Tuesday & Wednesday 6:30 – 7:30pm

Fee: \$53 per person  
 \$40 per person if 2 in same family  
 \$32 per person if 3 or more in same family

## KINDERSPORTS (AGES 4-6)

An assortment of sports, teaching the fundamentals of movement and sport, encouraging confidence-building, healthy living, and fun!

Sunday 12:00pm – 12:30pm

Monday 3:45pm – 4:15pm

5:30pm – 6:00pm

Fee: \$35 member, \$95 nonmember

## FLAG FOOTBALL (AGES 7-9)

Introduction to the basic skills of catching, throwing, running, kicking and receiving. Develop understanding of the basic rules of football to help them grow toward games. Learn common drills and skills of playing flag football. Proper running, catching and basic plays of the game.

Sunday 12:45 – 1:30pm

Fee: \$40 member, \$110 nonmember



**Become a Youth Sports Coach and make a difference in our community.**



# TEEN | REGISTER

## TEEN ZONE

The Teen Zone is open for use with equipment available to borrow from the front desk. No registration required.

## TEEN GYM TIME

The south half of Prevea Gym is reserved for teens to have a place of their own Mondays through Fridays from 3:15pm to 5:00pm. No registration required.

## YOUTH FITNESS ORIENTATION (AGES 12-15)

Youth ages 12-15 can earn a youth fitness pass (wristband) to workout in the Lifestyle Center. A child must pass the proper use of equipment assessment with a YMCA Personal Trainer to receive the fitness wristband. This does not include the free-weight room (youth ages 12-15 are restricted from the free-weight room).

Fee: \$30 members

## ENERGYZE UP (6TH GRADE - 8TH GRADE)

Looking for a safe, active, and engaging place for your middle schooler when school's out? The Y has you covered with ENERGYZE UP, a brand-new program just for 6th - 8th graders! Give your child a day full of fun with gym time, art & crafts, and group activities. Teens must bring their own lunch. Register today - spots are limited.

October 6 9:00am - 4:00pm Register by noon on October 3

Fee: \$25 member, \$40 nonmember



# YOUTH IN GOVERNMENT

## WHAT IS YOUTH IN GOVERNMENT?

Youth in Government (YIG) is a hands-on civic learning program where students in grades 7-12 become state legislators, lawyers, justices, the media, or cabinet members and spend three days running a model government in the Wisconsin State Capitol.

## WHY SHOULD YOU PARTICIPATE IN YIG?

- Discuss and advocate for issues that are important to you.
- Learn to organize your ideas clearly and persuasively.
- Meet students from different racial, cultural, economic, and political backgrounds.
- Build self-confidence and improve your public speaking skills.
- Gain skills that set you apart in job interviews or on college applications.

The YIG conference is an experience like no other. You will spend three days with other young people who are interested in government and our society, exploring ideas, making new friends, and building the skills to take action.

## TIME COMMITMENT

Youth In Government runs from October through March. The delegation meets bi-monthly at the Manitowoc-Two Rivers YMCA. All students who participate in Youth In Government must attend a majority of the meetings. **YMCA informational meeting to be held on Wednesday, October 22 and 6:00pm. Open to all Manitowoc County youth in grades 7-12.**

## MORE INFORMATION

If you would like to learn more visit [www.ymcayouthvoice.org](http://www.ymcayouthvoice.org) or click [HERE](#). Contact Barb Schmidt at 920.482.1566 with any questions.



**"I have learned more than I ever thought I would about some issues people find vital to address. Youth In Government meant the opening of my eyes to new opinions and experiences."**

# FAMILY | REGISTER

Family time at the Y is about giving families as a unit, and as individuals, the opportunities to deepen relationships, develop new skills and interests, improve their health and well-being, & connect to the community.

## WIGGLES & GIGGLES (REGISTRATION NOT REQUIRED – FOR AGES 1 WEEK TO 6 YEARS)

Drop in anytime. No need to register. For children and their caregivers: Wiggles & Giggles is for children to run, jump, and play! There are playing tunnels, scooters, balls, music and more! Caregivers must stay with child during the class. **SPONSORED BY BMO BANK.**

Mondays/Wednesdays 10:00am – 11:00am

Fee: Free for members, day pass fee applies for nonmembers



## FAMILY SWIM

Be sure to watch the app for Family Swim times!

Fee: Free for members, day pass fee applies for nonmembers

## FAMILY FUN SATURDAY

Fall into fun! Jump into the season with fall inspired crafts, games, snacks, and good times.

**SPONSORED BY MANITOWOC FAMILY DENTAL.**

Saturday, October 4 1:00pm – 3:00pm Register by October 3

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



Manitowoc Family Dental, LLC



# YOUTH SWIM LESSONS | [REGISTER](#)

We do everything we can to help our students learn to swim in a safe, values-driven environment. Please contact the [Aquatics Director](#) if you are unsure where to place your child—we can help!

## PARENT/CHILD SWIM (6–36 MONTHS)

Introduces infants and toddlers to the aquatic environment and focuses on exploring body positions, blowing bubbles, and fundamental safety.

Monday 9:55am – 10:25am  
 Thursday 5:00pm – 5:30pm  
 FEE: \$35 member, \$95 nonmember

## PARENT/TOT SWIM (AGE 3 ONLY)

Learn the basics of preschool level classes, become comfortable in the water on back, face in the water and basic safety skills. Must display consistency in skills and ability to have instructor give direct instruction to child to pass into the Preschool 1 class as a three-year old.

Monday 9:15am – 9:45am  
 Thursday 5:40pm – 6:10pm  
 6:20pm – 6:50pm  
 FEE: \$35 member, \$95 nonmember

## PRESCHOOL LEVEL 1 SWIM LESSONS (4–5 YEARS) NO PARENT

Preschoolers develop comfort with underwater exploration and learn to perform basic self-rescue skills with assistance. Preschool Swim Stage 1 is for students who aren't yet comfortable going under water voluntarily. Your child will learn to bob to submerge in the water, front and back glide to the wall for five feet with help, front and back float for 10 seconds with help, roll from back to front and front to back with help, jump, push, turn, grab with help, swim, float, swim 10 feet with help, exit the water.

Sunday 11:00am – 11:30am  
 12:20pm – 12:50pm  
 1:30pm – 2:00pm  
 FEE: \$40 member, \$110 nonmember

**THE FOLLOWING 1P CLASSES RUN FOR SIX WEEKS RATHER THAN SEVEN FROM THE WEEK OF SEPTEMBER 7 THROUGH THE WEEK OF OCTOBER 12.**

Tuesday 4:30pm – 5:00pm  
 5:50pm – 6:20pm  
 6:25pm – 6:55pm  
 Thursday 7:00pm – 7:30pm  
 FEE: \$35 member, \$95 nonmember

All members and nonmembers must either scan their membership card or check-in with front desk staff upon arrival for each lesson.

# YOUTH SWIM LESSONS | [REGISTER](#)

We do everything we can to help our students learn to swim in a safe, values-driven environment. Please contact the [Aquatics Director](#) if you are unsure where to place your child—we can help!

## **PRESCHOOL LEVEL 2 SWIM LESSONS (4–5 YEARS) NO PARENT**

Preschoolers entering this level should be able to go under water voluntarily. Students focus on body position and control, directional change, and forward movement in the water while continuing to practice how to safely exit if they would fall into a body of water. Preschool Swim Stage 2 is for students who aren't yet able to do a front and back float on their own. In Water Movement, your child will submerge to look at an object on the bottom of the pool, front and back glide to the wall for five feet, front and back float for 10 seconds, roll from back to front and front to back, jump, push, turn, grab, swim, float, swim five yards, tread water near the wall for 10 seconds, exit the water.

Sunday 11:40am – 12:10pm  
2:50pm – 3:20pm  
3:30pm – 4:00pm  
FEE: \$40 member, \$110 nonmember

**THE FOLLOWING 2P CLASSES RUN FOR SIX WEEKS RATHER THAN SEVEN FROM THE WEEK OF SEPTEMBER 7 THROUGH THE WEEK OF OCTOBER 12.**

Tuesday 5:10pm – 5:40pm  
5:50pm – 6:20pm  
FEE: \$35 member, \$95 nonmember

## **PRESCHOOL LEVEL 3 SWIM LESSONS (4–5 YEARS) NO PARENT**

Preschoolers entering this level should be able to front and back float independently. Students learn to swim to safety from a longer distance. They are introduced to rhythmic breathing and integrated arm and leg action. Preschool Swim Stage 3 is for students who aren't yet able to swim 10–15 yards on their front and back. In Water Stamina, your child will retrieve an object in chest-deep water, swim on their front and back for 10 yards, roll from back to front and front to back, jump, push, turn, grab 10 yards, swim, float, swim 15 yards, tread water for 30 seconds, exit the water.

Sunday 11:40am – 12:10pm  
FEE: \$40 member, \$110 nonmember

**THE FOLLOWING 3P CLASS RUNS FOR SIX WEEKS RATHER THAN SEVEN FROM THE WEEK OF SEPTEMBER 7 THROUGH THE WEEK OF OCTOBER 12.**

Tuesday 5:50pm – 6:20pm  
FEE: \$35 member, \$95 nonmember

**All members and nonmembers must either scan their membership card or check-in with front desk staff upon arrival for each lesson.**

# YOUTH SWIM LESSONS

## REGISTER

**SCHOOL AGE SWIM LESSONS (6 YEARS & UP OR HAVE PASSED ALL PRESCHOOL LEVELS BY AGE 5)**

**LEVEL 2 Prerequisites:** Submerge independently, front and back flat independently for 10 seconds, front and back glide with flotation for 5 feet, roll assisted, jump in the pool independently, swim 10 feet using the swim-float-swim sequence, intro to tread water for 10 seconds.

Sunday 11:00am - 11:30am  
12:20pm - 12:50pm  
2:10pm - 2:40pm  
FEE: \$40 member, \$110 nonmember

**THE FOLLOWING 25 CLASSES RUN FOR SIX WEEKS RATHER THAN SEVEN FROM THE WEEK OF SEPTEMBER 7 THROUGH THE WEEK OF OCTOBER 12.**

Tuesday 5:10pm - 5:40pm  
6:25pm - 6:55pm  
FEE: \$35 member, \$95 nonmember

**LEVEL 3 Prerequisites:** Submerge and look at object, front and back float independently for 10 seconds, front and back glide for 15 feet, coordinated front crawl for 15 feet, finning and kicking on back for 15 feet, jump in pool independently, roll from front to back and back to front without help, tread water for 10 seconds, swim 15 feet using the swim-float-swim sequence.

Sunday 11:00am - 11:30am  
1:30pm - 2:00pm  
2:10pm - 2:40pm  
FEE: \$40 member, \$110 nonmember

**THE FOLLOWING 35 CLASSES RUN FOR SIX WEEKS RATHER THAN SEVEN FROM THE WEEK OF SEPTEMBER 7 THROUGH THE WEEK OF OCTOBER 12.**

Tuesday 4:30pm - 5:00pm  
5:10pm - 5:40pm  
FEE: \$35 member, \$95 nonmember

**With your donation of \$55, kids with need will have access to our life-saving swim lessons.**



### ANNUAL CAMPAIGN

We're more than a place.  
We're a cause.

**GIVE TO THE Y AND HELP CHANGE LIVES IN OUR COMMUNITY!**

You can make a donation to the Y Annual Campaign at <https://www.mtrymca.org/give>.

For more information on the Annual Campaign or to make a donation, please contact Stephanie Peters at 920.482.1521 or [speters@mtrymca.org](mailto:speters@mtrymca.org).

**All members and nonmembers must either scan their membership card or check-in with front desk staff upon arrival for each lesson.**



# YOUTH SWIM LESSONS

## REGISTER

**SCHOOL AGE SWIM LESSONS (6 YEARS & UP OR HAVE PASSED ALL PRESCHOOL LEVELS BY AGE 5)**

**LEVEL 4 Prerequisites:** Retrieve object from chest-deep water, rotary breathing with floatation for 25 yards, front crawl with rhythmic breathing for 15 yards with overarm stroke, back crawl for 15 yards, tread water for one minute, jump in deep water and swim 25 yards using the swim-float-swim sequence.

Sunday 11:40am - 12:10pm  
12:20pm - 12:50pm  
2:50pm - 3:20pm  
FEE: \$40 member, \$110 nonmember

**THE FOLLOWING 45 CLASS RUNS FOR SIX WEEKS RATHER THAN SEVEN FROM THE WEEK OF SEPTEMBER 7 THROUGH THE WEEK OF OCTOBER 12.**

Tuesday 6:25pm - 6:55pm  
FEE: \$35 member, \$95 nonmember

**LEVEL 5/6 Prerequisites:** Front crawl with rotary breathing for 25 yards, back crawl for 25 yards, elementary backstroke for 25 yards, tread water for 2 minutes, introduction to breaststroke kick for 15 yards, endurance swim for 50 yards, sitting and kneeling dives. Level 5 and 6 are combined.

Sunday 11:00am - 11:30am  
11:40am - 12:10pm  
12:20pm - 12:50pm  
FEE: \$40 member, \$110 nonmember

# HOMESCHOOL SWIM LESSONS

## **HOMESCHOOL LEVEL 2S/3S (AGES 6-12)**

Students work on body position and control on basic swim strokes. They will learn the float-swim-float sequence and treading water for a period of time. Class runs from September 11 through October 16.

Thursday 10:20 - 10:50am  
FEE: \$35 member, \$95 nonmember

# ADULT SWIM LESSONS

A swim class just for adults who want to learn to swim, or improve on basic skills.

Wednesday 10:00am - 10:45am  
5:00pm - 5:45pm  
Fee: \$48 member, \$129 nonmember

# MANTA RAYS SWIM TEAM

Becoming a member of the YMCA Swim Team means fun, fitness, and teamwork. The YMCA swim team is a developmental swim program run by trained coaches to improve swimmers' competitive skills and endurance through progression rather than intense competition at an early age. The YMCA swim team promotes healthy lifestyles while embracing the five core values of caring, honesty, respect, inclusion, and responsibility.



## SWIM TEAM (AGES 6 TO 18)

This competitive program offers children and teens an opportunity to work with trained coaches to improve swimming skills, endurance, and promote a healthy lifestyle. Swimmers must have passed level 5 swim lessons and must be able to

demonstrate the following skills:

- Swim 25-yard freestyle, demonstrating breathing to the side and good body position
- Swim 25-yard backstroke, demonstrating good body position
- Swim 25-yard breaststroke or butterfly
- Demonstrate the fundamentals of a forward dive from the edge of the pool

## WHAT YOU WILL NEED:

- Goggles
- One Piece Swimsuit
- Water Bottle
- Swim Cap (optional but highly recommended)

New members of swim team MUST contact Emily for placement at [eschmidt@mtrymca.org](mailto:eschmidt@mtrymca.org). Fee is determined by the practice group. Financial assistance is available.

## SESSION DATES:

- September 29 - November 16
- November 17 - January 11
- January 12 - March 15
- March 16 - March 22 (State Swimmers Only)

**MANDATORY PARENT MEETING: SEPTEMBER 22 AT 6PM IN THE COMMUNITY ROOM**





# INTRO TO SWIM TEAM

## INTRO TO SWIM TEAM (6 YEARS & UP)

Wondering what it is like on swim team? Currently on swim team and just need to refine mechanics? Join Intro to Swim Team. Improve on stroke mechanics, turns, starts, and learn how to dive off the blocks. Must have passed at least 1 session of level 5 swim lessons and be able to swim 25 yards consecutively of freestyle and back stroke. Must also have knowledge of breast stroke and butterfly components. **DUE TO HIGH DEMAND...LIMITED TO TWO INTRO SESSIONS PER SWIMMER OR BY DIRECTOR'S APPROVAL.**

Sunday 3:30 - 4:15pm

Fee: \$50 member, \$116 nonmember



# LIFEGUARD COURSES

## LIFEGUARD COURSE (AGES 15 AND UP)

This class provides the necessary entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide professional level care of breathing and cardiac emergencies, injuries, and sudden illness until emergency medical services (EMS) personnel take over. The course fee includes certification in lifeguard training, first aid professional level CPR, and AED. ***MUST HAVE 5 PARTICIPANTS IN ORDER TO RUN THE COURSE.***

**TESTING DATES:** August 22 from 4:00 to 5:00pm  
December 18 from 4:00 to 5:00pm  
April 23 from 4:00 to 5:00pm

### CLASSES *(must be signed up by August 22):*

- September 19 4:00pm - 8:00pm
- September 20 9:00am - 5:00pm
- September 21 9:00am - 5:00pm

OR

### *(must be signed up by December 18)*

- January 16 4:00pm - 8:00pm
- January 17 9:00am - 5:00pm
- January 18 9:00am - 5:00pm

OR

### *(must be signed up by April 23)*

- May 15 4:00pm - 8:00pm
- May 16 9:00am - 5:00pm
- May 17 9:00am - 5:00pm

**FEE:** \$180 members & nonmembers





# PRESCHOOL GYMNASTICS | REGISTER

OUR PRESCHOOL GYMNASTICS PROGRAM WILL FOLLOW THE AGE GUIDELINES WITHIN THE PROGRAM TITLE/DESCRIPTION.

**PARENT VIEWING WEEK WILL BE THE WEEK OF OCTOBER 12 THROUGH THE 18.**

## PARENT TUMBLE BUGS (2.5 - 3 YEARS)

This fun and active class is designed for our littlest gymnasts and their grown-ups! Parents and toddlers work together to explore basic motor skills, coordination, balance, and social interaction through age-appropriate gymnastics activities. With guidance from our instructors, children develop confidence while learning to roll, jump, climb, and swing in a safe environment. It's the perfect way to bond, burn energy, and build early movement foundations!

Sunday 11:30am - 12:15am  
 Saturday 8:00am - 8:45am  
 Fee: \$50 member, \$125 nonmember

## KINDERGYMNASTICS (4 - 5 YEARS)

This class introduces the fundamentals of gymnastics in a fun, structured environment. Children develop strength, coordination, balance, and flexibility through age-appropriate skills on bars, beam, floor, and vault. Our coaches focus on building confidence, listening skills, and body awareness, all while encouraging a love for movement!

Saturday 8:45am - 9:30am  
 9:30am - 10:15am  
 Fee: \$55 member, \$130 nonmember



# PROGRESSIVE GYMNASTICS

## REGISTER

Our Progressive and Advanced Gymnastics Programs are designed on progressions. We will notify you when your child is ready to progress onto the next level/class. The current progression is Level 1, Level 1 Director Recommended, Level 2, Level 2 Director Recommended, Level 3 Non Competitive, asked to join competitive team. Please contact Barb at [bschmidt@mtrymca.org](mailto:bschmidt@mtrymca.org) if you are unsure where your child should be placed in our program.

**PARENT VIEWING WEEK WILL BE THE WEEK OF OCTOBER 12 THROUGH THE 18.**

### LEVEL 1 - BEGINNER (5 YEARS AND UP)

Level 1 is the perfect starting point for beginner gymnasts with little or no prior experience. This class focuses on building a strong foundation in basic gymnastics skills on all four apparatus: floor, beam, bars, and vault. Athletes will learn proper technique, improve strength and flexibility, and develop coordination and confidence in a supportive, skill-based environment.

Sunday 3:00pm - 4:00pm  
4:00pm - 5:00pm  
Saturday 10:30am - 11:30am  
Fee: \$60 member, \$135 nonmember

### LEVEL 1 - DIRECTOR RECOMMENDED

This class is designed for gymnasts who have passed Level 1 and are now moved into a more focused skill development environment. Level 1 Director Recommended introduces essential gymnastics techniques on the floor, beam, bars, and vault, with a special emphasis on strength, flexibility, and coordination. Athletes in this class will work at their own pace while mastering fundamental skills and building confidence.

Wednesday 4:45pm - 5:45pm  
Saturday 11:45am - 12:45pm  
Fee: \$60 member, \$135 nonmember

### LEVEL 2 - ADVANCED BEGINNER (5 YEARS AND UP)

Level 2 is for gymnasts who have mastered the Level 1 skills and are ready to take their training to the next level. This class focuses on refining technique and increasing strength, flexibility, and agility across all apparatus: floor, beam, bars, and vault. Gymnasts will work on more advanced movements, such as cartwheels, handstands, back-bends, and jumps, while developing greater body awareness and control.

Sunday 1:45pm - 2:45pm  
Tuesday 4:30pm - 5:30pm  
Wednesday 6:45pm - 7:45pm  
Fee: \$60 member, \$135 nonmember

### LEVEL 2 - DIRECTOR RECOMMENDED

This class is for gymnasts who have been recommended for the class after Level 2. Level 2 Director Recommended focuses on refining fundamental techniques and advancing to more complex skills across all apparatus: floor, beam, bars, and vault. Athletes will work on improving strength, flexibility, and balance while learning intermediate skills.

Sunday 12:30pm - 1:30pm  
Thursday 4:30pm - 5:30pm  
Fee: \$60 member, \$135 nonmember

**All members and nonmembers must either scan their membership card or check-in with front desk staff upon arrival for each lesson.**

# ADVANCED GYMNASTICS

Our Progressive and Advanced Gymnastics Programs are designed on progressions. We will notify you when your child is ready to progress onto the next level/class. The current progression is Level 1, Level 1 Director Recommended, Level 2, Level 2 Director Recommended, Level 3 Non Competitive, asked to join competitive team. Please contact Barb at [bschmidt@mtrymca.org](mailto:bschmidt@mtrymca.org) if you are unsure where your child should be placed in our program.

**PARENT VIEWING WEEK WILL BE THE WEEK OF OCTOBER 12 THROUGH THE 18.**

## HIGH SCHOOL GYMNASTICS

Designed for gymnasts who are interested in or are currently participating on a high school gymnastics team.

Tuesday & Thursday 4:00pm - 5:30pm  
 Fee: \$225 member, \$300 nonmember

## LEVEL 3 - NON COMPETITIVE I (5 YEARS AND UP)

Non-Competition: Level 3 Non-Competition is designed for gymnasts who are ready to focus on more advanced skills. This class builds on the foundation of Level 2 and introduces new and more complex skills on floor, beam, bars, and vault. Athletes will continue to develop strength, flexibility, and technique, while working on perfecting their skills and preparing to begin competing.

Monday 6:15pm - 7:45pm  
 Fee: \$75 member, \$155 nonmember





# TENNIS

The Manitowoc-Two Rivers YMCA has the only indoor tennis facility in the county. Our YMCA is home to three indoor tennis courts where members of the Y have a variety of options available to them. We offer lessons, leagues, and programs for all ages and abilities.

## BEGINNER TENNIS (AGES 7+) \*10 max per session

Child must be 7 years of age and have a parent/guardian in attendance during lessons. This class will teach the basics of tennis (fronthead, backhand, volleying, and serving).

Sunday 12:45pm - 2:00pm  
Fee: \$75 member, \$140 nonmember

## INTERMEDIATE (AGES 9+) \*10 max per session

This class will teach the advanced basics of tennis (fronthead, backhand, volleying and serving). **Must have Tennis Director approval.**

Sunday 2:00pm - 3:00pm  
Fee: \$75 member, \$140 nonmember

## PARENT AND YOUTH LESSONS \*10 max per session

Parents assist youth in class while learning the basics of the game. Kids must be at least 10 years old and have played or taken some lessons.

Wednesday 5:30pm - 6:30pm  
Fee: \$90 member, \$150 nonmember

## JUNIOR INTERMEDIATE (AGES 9+) \*10 max per session

Emphasis will be on developing solid ground strokes and serve and integrating them into singles and doubles play. **Must have Tennis Director approval.**

Wednesday 4:00pm - 5:15pm  
Fee: \$85 member, \$150 nonmember

## ADVANCED JUNIORS (AGES 12+) \*10 max per session

Advanced tennis program with an emphasis on drills, strategy, single and double play. **Those under 12 must have Tennis Director approval.**

Monday 4:00pm - 5:30pm  
Fee: \$100 member, \$190 nonmember

## PRIVATE LESSONS

### YOUTH & ADULT WITH REINY

Fee: \$50 member  
\$80 nonmember

## SEMI-PRIVATE LESSONS

(2 participants)

### YOUTH & ADULT WITH REINY

Fee: \$30 per member  
\$45 per nonmember

*\*Fees listed are per person per lesson.*

*To request private lessons, please fill out our Private Lesson Registration form found at <https://www.mtrymca.org/adultsports> and email to Barb at [bschmidt@mtrymca.org](mailto:bschmidt@mtrymca.org).*

*Contact Barb at [bschmidt@mtrymca.org](mailto:bschmidt@mtrymca.org) for more information.*

# PICKLEBALL | REGISTER

A fun sport that combines elements of tennis, badminton, and ping-pong. It is played on a tennis court with a low net. All abilities and ages are welcome.

## INTRO TO PICKLEBALL (AGES 16 AND UP)

Come learn how to play the fastest growing sport in America, Pickleball! This class is for anyone who is interested in learning more about the game and how to play.

Tuesday 1:00 - 2:00pm

Thursday 6:00 - 7:00pm

Fee: \$40 member, \$110 nonmember

## HOMESCHOOL INTRO TO PICKLEBALL (AGES 16 AND UP)

Come learn how to play the fastest growing sport in America, Pickleball! This class is for anyone who is interested in learning more about the game and how to play.

Thursday 11:00am - 12:00pm

Fee: \$40 member, \$110 nonmember

## DROP-IN PICKLEBALL - FREE FOR MEMBERS!

We now have drop-in times reserved for Pickleball players!

### Beginners Only

Tuesday & Thursday 1:00-2:30pm (courts 2 & 3 both sides)

### 3.0 and Below (Beginner - Intermediate)

Monday 10:00am-12:00pm (court 2 & 3)

Tuesday & Friday 9:30-11:30am (ALL COURTS)

Monday & Wednesday 5:30-7:45pm (court 3 both sides)

### Above 3.0 (Intermediate - Advanced)

Monday & Wednesday 8:00-10:00am (courts 2 & 3 both sides)

Friday 7:30-9:30am (courts 2 & 3 both sides)

### All Levels

Sunday 9:00-11:00am (courts 2 & 3 both sides)

Tuesday 5:30-7:45pm (courts 2 & 3 both sides)

Wednesday 10:00-12:00pm (courts 2 & 3 both sides)

Thursday 5:30-7:45pm (court 3 both sides)



## PRIVATE LESSONS

### YOUTH & ADULT WITH JODY

Fee: \$30 member per hour  
\$55 nonmember per hour

*To request private lessons, please fill out our Private Lesson Registration form found at <https://www.mtrymca.org/adultsports> and email to Barb at [bschmidt@mtrymca.org](mailto:bschmidt@mtrymca.org).*

*Contact Barb at [bschmidt@mtrymca.org](mailto:bschmidt@mtrymca.org) for more information.*

**Drop-in Pickleball  
is FREE for YMCA  
members!**

# ADULT HEALTHY LIVING

## STYKU 3D BODY SCANNING

Styku 3D Body Scanning is now available for Manitowoc-Two Rivers YMCA members! Styku allows you to visualize your body shape in 3D, set personalized goals, and track your progress with data that makes sense and is fast and non-invasive. Contact Membership Services for more information.

## MASSAGE

Our massage therapy services are one of our best kept secrets at our Y. Whether you need relaxation or stress-relief, deep tissue, or even prenatal massage, we're here for you. Stop at the Membership Services desk or call the Y to schedule your massage appointment.

## PERSONAL TRAINING (YOUTH & ADULT)

One-on-one training to reach your wellness goals. Whether it is weight loss, muscular strength/flexibility, injury prevention, or post rehabilitation; a Y personal trainer will help you attain your goals.

## SMALL GROUP TRAINING

**CREATE YOUR OWN SMALL GROUP EXERCISE CLASS** with the benefit of individualized attention. Classes are limited to a minimum of two participants and a maximum of four participants. Create your own focus, create your own group, and **SAVE** while succeeding!

## POST-REHAB EXERCISE PROGRAM

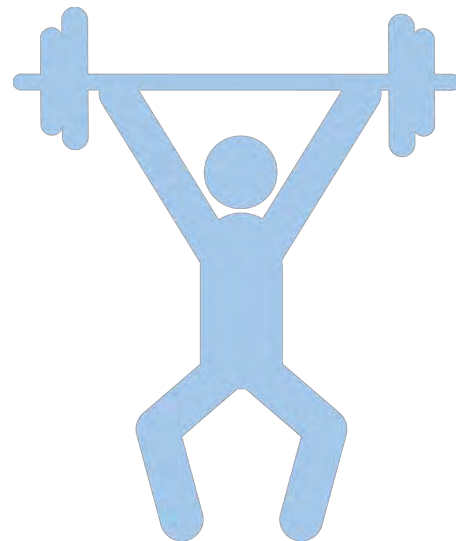
This program is the development and implementation of fitness programming intended for clients that have been released from physical therapy or who suffer from chronic diseases or physical limitations.

## LIVESTRONG AT THE YMCA - A NEW SESSION STARTS SEPTEMBER 15!

A 12-week program designed for cancer survivors who have recently become de-conditioned or chronically fatigued from their treatment and/or disease. To get more information, click [HERE](#) to fill out the Livestrong Interest Form.

FEE: FREE

Thank you to our generous sponsors, Scott and Laurie Mertens!



## CERTIFIED PERSONAL TRAINING

To schedule your personal training session, stop at the Membership Services desk or click [HERE](#) to fill out the Personal Training Interest form.



# ADULT HEALTHY LIVING

## COMPLIMENTARY SCREENING

Having aches and pains? Stop in for a complimentary screening with an ATI Doctor of Physical Therapy. The screens are about 15 minutes in length. Sign up at the front desk!  
2nd Monday of every month 8am–11am, YMCA Community Room

## RETURNED PEACE CORPS VOLUNTEERS

Are you a Returned Peace Corps Volunteer interested in connecting with other RPCVs? Please contact Stephanie Peters at [speters@mtrymca.org](mailto:speters@mtrymca.org).

## INTUITIVE EATING SUPPORT GROUP + BOOK CLUB | SEPTEMBER 18 THROUGH DECEMBER 18

Rediscover the joy of eating – no guilt, no rules. Join Elizabeth for a weekly support group centered around the work of Evelyn Tribole, MS, RDN and Elyse Resch, MS, RDN, authors of Intuitive Eating: A Revolutionary Anti-Diet Approach and The Intuitive Eating Workbook. Each week, we will work our way through the ten core principles of intuitive eating, as described in the books, engage in group discussions related to the books as well as our own personal goals, accomplishments, and struggles, and, complete sections of the corresponding workbook. There will be weekly meetings on Thursday evenings from 6:15–7:15 PM and a special post-holiday check-in session on January 15, 2026, 6:15–7:15 PM.  
Fee: \$90 member, \$150 nonmember (both books included)

## HOLISTIC STRATEGIES FOR BONE DENSITY SEMINAR AND WORKSHOP

Join Raquel and Elizabeth for a two-part workshop centered on holistic strategies to support bone density and reduce fracture risk. This event is designed especially for pre- and post-menopausal women as well as all seniors—men and women alike—who are looking to maintain or improve bone health through lifestyle education and mindful movement.

### Event Schedule:

12:00–12:45 PM – Educational Seminar (Community Room)

An engaging educational session covering holistic approaches to bone health, lifestyle, and evidence-based prevention strategies. Snacks and refreshments will be provided.

12:45–1:30 PM – Supportive Yoga Workshop (Harborview Studio)

A specifically designed 12-posture yoga sequence designed by Dr. Loren Fishman, a medical doctor, specifically shown to help stimulate bone growth and improve stability. Note: This is a floor-based practice, adaptable to a chair, or may be observed by workshop participants. Please bring a yoga mat if you'd like to participate in the floor-based practice.

Fee: \$15 members, \$25 nonmembers.

## GLOW NIGHT

Get spooky at GLOW NIGHT – a high-energy dance party and fitness extravaganza just for adults! Join us out in the parking lot from 7–9 pm on Friday, October 24. In case of a frightful forecast, we will bring the party into Studio Y. Glow sticks will be provided. Come dressed in whatever festive, funky, or freaky costume you feel like getting down in!

Friday, October 24 7:00pm – 9:00pm

Fee: \$16 members, \$22 nonmembers

# ADULT HEALTHY LIVING

## HEALTHY MINDS PROGRAM LAUNCH PARTY

Kick off our brand-new Healthy Minds Program with a day designed to refresh and restore. Sample a variety of NEW mind-body classes and services offered at the YMCA during four sessions, allowing you to personalize your experience and choose what best supports your wellness journey. Breakfast and lunch from Panera will be provided. Enhance your day with a 10-minute chair massage (limited availability). Take breaks whenever you need to relax in the sauna or quiet reflection space. You'll leave with a clearer mind—and a self-care package to carry the calm home with you!

Saturday, October 4 | 8:30am - 2:00pm

Fee: Members: \$45 no massage, \$55 with massage  
Nonmembers: \$90 no massage, \$100 with massage

## WELCOMING WEEK - SEPTEMBER 15 THROUGH SEPTEMBER 19

A national celebration where everyone belongs! Join us as we connect, share stories, and celebrate the cultures that make our Y community special.

### Schedule Highlights:

All Week

- Youth Art Display (welcoming-themed art brightens our hallways.)
- Guess the Flags Game (test your world knowledge and win a prize!)

### Monday, September 15 | 6:30pm | Studio Y

Zumba Latin Dance Class (move, smile and shake it—no dance experience needed)

### Tuesday, September 16 | 3:30pm | Harborview Studio

YMCA360 Latin Dance (a fun, cardio dance party—join in!)

### Wednesday, September 17 | Community Room

- 9:00am Storytime with Manitowoc Public Library
- 11:00am International Presentation with MIRA *Learn about Manitowoc's sister city connection with Kamogawa, Japan!*

### Thursday, September 18 | 3:30pm | Harborview Studio

YMCA360 Latin Dance (dance your way through Welcoming Week!)

## BLENDED LEARNING CPR/AED FOR THE PROFESSIONAL RESCUER

The American Red Cross CPR/AED for the Professional Rescuers program is designed to help participants recognize and respond appropriately to cardiac and breathing emergencies. The courses in this program teach participants the knowledge and skills needed to give immediate care to an injured or ill person when minutes matter, and to decide whether advanced medical care is needed. This class is taught in a blended learning format and the online portion (accessed via mobile, desktop or tablet) must be completed prior to attending the instructor-led skills session.

### Recertification Course (last day to register is March 24)

April 18 | 9:00am to 5:00pm

Fee: \$100

### Full Course

- October 18 9:00am - 5:00pm (register by September 23)
- December 13 9:00am - 5:00pm (register by November 18)
- February 7 9:00am - 5:00pm (register by January 13)
- April 11 9:00am - 5:00pm (register by March 17)
- June 6 9:00am - 5:00pm (register by May 12)

Fee: \$80 members, \$80 nonmembers

# ROCK STEADY BOXING | [REGISTER](#)

## ROCK STEADY BOXING - SPONSORED BY PREVEA

Our very own kick-butt Parkinson's Disease Management Program! Boxers condition for optimal agility, speed, muscular endurance, accuracy, hand-eye coordination, footwork and overall strength to defend against and overcome opponents. At Rock Steady Boxing, Parkinson's disease is the opponent. Contact Debbie Fuller for more information at [dfuller@mtrymca.org](mailto:dfuller@mtrymca.org).

Monday & Wednesday 10:30am-11:45am

FEE: \$30 per month member

\$75 per month nonmember

**OPTIONAL STARTER PACKAGE: INCLUDES GLOVES, WRAPS, T-SHIRT, AND STORAGE BAG - \$75!**

## ROCK STEADY BOXING PERSONAL TRAINING

Personal training session option for our Rock Steady Boxers and/or those fighting back against Parkinson's disease and not participating in Rock Steady Boxing.

Fee: \$25 per session member, \$35 per session nonmember



**OPEN TO MEN & WOMEN OF ALL ABILITY LEVELS**

**BUILD POWER, STRENGTH,  
FLEXIBILITY & SPEED**

# ROCK STEADY BOXING

PARKINSON'S DISEASE MANAGEMENT PROGRAM



## NATIONWIDE MEMBERSHIP

**DID YOU KNOW?****You can workout at Ys across the US and Puerto Rico!**

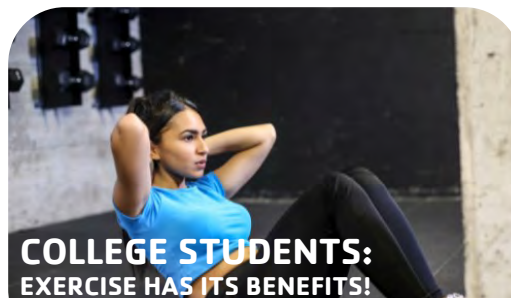
We offer Nationwide Membership because we want to help you reach your health and wellness goals wherever you live, work or travel. This is an essential part of our cause of strengthening communities.

**IT'S EASY TO TAKE ADVANTAGE OF THIS VALUABLE BENEFIT:**

As a Nationwide Member, you now have the added value of visiting Ys across the United States and Puerto Rico. There are a few guidelines to know and follow when you travel:

- Visit [ymca.net](http://ymca.net) before you travel to make sure the Y you intend to visit participates in Nationwide Membership. More than 2,500 Y locations participate.
- You must have an active membership to be eligible for Nationwide Membership.
- On average, at least 50% of your visits must be to your Home YMCA (the local association that enrolled you and collects your membership dues).
- If you have known periods of seasonal travel (when you will not be using your Home Y at least 50% of the time or will be a resident of another area for more than 28 days), you will need to place your Home Y membership on hold or cancel it, and join the Y where you will be living for that time period. Please plan ahead, as it may take several weeks to place your account on hold.
- Most YMCAs require a photo ID for all visitors. Please bring a photo ID with you for a seamless customer experience.
- You will be asked to sign a waiver when visiting other YMCA locations.

Enjoy being part of more YMCA communities.

**COLLEGE STUDENTS:  
EXERCISE HAS ITS BENEFITS!**

Exercise not only energizes your body—it also kick-starts your brain.

Take advantage of Nationwide Membership and workout at the Y in your college town. If you are a college student, you will need to join the YMCA where your usage is 50% or greater. Nationwide Membership is based on individual usage not the family unit. Most Ys have a young adult or college membership option or you can ask about the financial assistance program.



## MEMBERSHIP FOR ALL



When you join the Y you join more than a fitness club – you become part of a community of people dedicated to improving the health and quality of life for themselves, their families, and their neighbors. Membership is available for individuals, families and youth, with no contracts and easy monthly payment plans.

## AFFORDABLE TO ALL MEMBERSHIP + PROGRAMS FOR ALL

One rate does not fit all, so we offer **FOR ALL** membership assistance. The heart of the Y's mission is to serve all people in our community. Thanks to donations (provided by Y members, staff, local families, and businesses) to the Y's Annual Campaign—we can offer financial assistance for people with need. **FOR ALL** gives kids, families, and adults the opportunity to pay the monthly membership fee that best aligns to their household income. Applications are available at the front desk or you can print your own at [www.mtrymca.org](http://www.mtrymca.org).



## YOUTH & FAMILIES AT THE Y

Family time at the Y is about giving families as a unit, and as individuals, the opportunities to deepen relationships, develop new skills and interests, improve their health and well-being, and connect to the community. The Y has always been a place where families can play and be active together, and that's more important than ever. Whether the activities are physical like sports or exercise classes, or more recreational like swimming and arts, Ys want families doing them together because you'll live healthier and make memories for a lifetime.

### CHILDREN UNDER THE AGE OF 12

Must always be under direct supervision of a parent/guardian unless enrolled in a staff supervised program or activity. Child Watch is available for supervision of children 6 months through 8 years old. The parent/guardian must remain in the building.

### CHILDREN AGES 12+

Allowed to use the appropriate spaces available without direct supervision during non-school days/hours.

## CREDIT POLICY

There are no credits given for individual classes missed. The Y reserves the right to cancel a class when it does not meet the minimum enrollment requirement.

## TOURS

Tours of our facilities are available during hours of operation. No appointment is necessary.

**FACILITY RENTAL NOTE:** Rentals are available for birthday parties or special events. Utilize pools, Pitz Family Fun Center, and more. Simply call the Y for details and pricing. Contact: Lisa Nething, 920.482.1561 or [lnething@mtrymca.org](mailto:lnething@mtrymca.org).

# DISCOUNTED MEMBERSHIPS

Did you know that the Manitowoc-Two Rivers YMCA works with several insurance programs to offer you a wellness benefit?

Many insurance companies offer wellness benefits to their customers which include discounts on their fitness facility membership rates. Our YMCA participates in several of these programs.

Stop in at the Membership Services desk with your health insurance card to see what you qualify for.

Most of these programs allow you to have a YMCA membership **free of charge** or a significantly discounted rate. At the Manitowoc-Two Rivers YMCA you are a full access member with this partnership.

RenewActive™  
by UnitedHealthcare

One Pass™

AARP®  
Medicare Supplement Plans  
insured by UnitedHealthcare  
Insurance Company

Silver&Fit®

Active&Fit®

Humana®

SilverSneakers®



The Y recognizes the many sacrifices made by military personnel and their families to ensure our country is Protected. As military personnel, you and your family can combine fitness and social opportunities to create a healthy mind, body, and spirit.

As our way to thank you, the Y offers reduced pricing for military personnel & their families.

## WHO IS ELIGIBLE?

- Active Duty and their families
- Reserves and their families
- Veterans and their families



# CORPORATE MEMBERSHIP

A YMCA Corporate Membership is more than just providing reduced rates for your employees. Our goal is to create healthier workplace environments. By connecting with the Y, workplaces receive services that help support employees in being more active and engaged in healthier lifestyles. Partnering with the Y is an investment in the well-being of your employees and business! Physically fit employees make your company more fiscally fit.

## OUR PARTNERS

A TO Z MACHINE COMPANY  
A.C.E. BUILDING SERVICES  
AIR WISCONSIN  
ALLIANCE SERVICES  
AMERICOLLECT  
ASSOCIATED BANK  
AURORA HEALTH CARE  
BANK FIRST  
BAYCARE  
BELGIOIOSO CHEESE  
BELLIN HEALTH  
BRANDT BUSES AND ASSIST TO TRANSPORT  
BRAUN BUILDING  
CELLCOM/NSIGHT  
CHERMAKE  
CLARITY CARE  
CP FEEDS  
DCENTRIQ  
DRAMM CORPORATION  
EXCELLERATE  
EXPERA SPECIALTY  
FAITH TECHNOLOGIES  
FEDERAL MOGUL/TENNECO  
FESTIVAL FOODS  
FOREFRONT DERMATOLOGY  
FORMRITE  
FOSBER AMERICAN INC.  
FOX COMMUNITIES CREDIT UNION  
HEIDEN, LLC

INNOVATIVE SERVICES  
INTEGRITY INSURANCE  
KAYSUN CORPORATION  
KI  
KOHLER  
LAKESHORE CAP  
LAKESHORE COMMUNITY HEALTH CARE  
LAKESIDE FOODS  
MACCO'S FLOOR COVERING CENTER  
MANITOWOC MARINA  
MARINETTE MARINA  
MASTERS GALLERY FOODS INC.  
MARITIME MUSEUM  
MIRON CONSTRUCTION  
MOLINA HEALTHCARE  
MORETTI FREEZE DRY  
MOSAIC FAMILY HEALTH  
MTM  
MPU  
N.E.W. INDUSTRIES  
ORANGE CROSS AMBULANCE  
RF TECHNOLOGIES  
RIVERSIDE FOODS  
ROBINSON METAL  
ROGERS BEHAVIORAL HEALTH  
ROYDAN ENTERPRISES LLC  
SHORELINE CREDIT UNION  
TOWSLEYS  
WISCONSIN STEEL & TUBE WST FAB LLC

## QUESTIONS?

Contact the Y at 920.482.1500 or email [membership@mtrymca.org](mailto:membership@mtrymca.org) for more information on how you can provide this service to your staff team for a happier and healthier work force.



**GOOD HEALTH IS  
GOOD BUSINESS**

# EMPLOYMENT

## ASSOCIATE EXECUTIVE DIRECTOR

Call Lisa Hollen at  
920.482.1525 for details.

## LIFEGUARDS

Call Barb Schmidt at  
920.482.1566 for details.

## SWIM INSTRUCTOR

Call Barb Schmidt at  
920.482.1566 for details.

## AQUA ABILITY SWIM INSTRUCTOR

Call Barb Schmidt at  
920.482.1566 for details.

## GYMNASTICS INSTRUCTOR

Call Barb Schmidt at  
920.482.1566 for details.

## BEFORE AND AFTER SCHOOL CARE COUNSELOR

Call Kali Hentges at  
920.482.1527 for details.

## MEDITATION INSTRUCTOR

Call Elizabeth Griesbach at  
920.482.1520 for details.

## ACTIVE OLDER ADULT INSTRUCTOR

Call Elizabeth Griesbach at  
920.482.1520 for details.

## SWIM TEAM COACH

Call Barb Schmidt at  
920.482.1566 for details.

FOR GENERAL QUESTIONS ABOUT JOBS VISIT  
[MTRYMCA.ORG/CAREERS](https://mtrymca.org/careers).

## JOIN THE Y TEAM AND MAKE A DIFFERENCE!

• RECEIVE A FREE FAMILY MEMBERSHIP

• DISCOUNTS ON CHILDCARE AND OTHER GREAT PROGRAMS



**FIND YOUR TRUE CALLING.  
FIND YOUR Y.**

» APPLY TODAY

For a better us.®



## ANNUAL CAMPAIGN.

WE'RE MORE THAN A PLACE.  
WE'RE A CAUSE.

## LET'S MAKE OUR COMMUNITY BETTER!

With a gift to the Y, you can make childcare affordable to those with need, you can equip kids with life-saving swim lessons and water safety instruction, you can improve the lives of seniors by keeping them active, independent, and socially connected, PLUS so much more.

The Y is committed to meeting the basic needs of our community by empowering youth, individuals, families, and seniors through membership and programs that support their financial self-sufficiency, build social connections, and improve health and wellbeing.

For more information on the Annual Campaign or to make a donation, please contact Stephanie Peters at 920.482.1521 or [speters@mtrymca.org](mailto:speters@mtrymca.org). You can also make a donation to the Manitowoc-Two Rivers Y Annual Campaign online at <http://mtrymca.org/annual-campaign>.

**100%** of your contribution supports the basic needs for those who cannot afford the Y—right here in Manitowoc and the surrounding communities we serve!

The Manitowoc-Two Rivers YMCA is classified by the Internal Revenue Service as a 501(c)3 not-for-profit organization. As such, all charitable gifts received in the Annual Campaign are tax-deductible to the extent of the tax code.

The impact of your donation to the Annual Campaign is REAL and MEANINGFUL.



# CREATE A LIVING LEGACY

**Make a planned gift  
TODAY. Help Lakeshore  
generations TOMORROW.**

Our hope is to build a strong, healthy and happy community for generations to come - but we can't do it without your help! As a charity, our success is dependent on donations and contributions from our generous community.

We believe that investing in our kids, our health and our neighbors makes all of us stronger. If you believe in the work we're doing today, you can be an integral part of our future by including a charitable gift in your estate and financial plans. With a little planning, you can make a big difference for years to come.

The Manitowoc-Two Rivers YMCA is classified by the Internal Revenue Service as a 501(c)3 not-for-profit organization. As such, all charitable gifts received are tax-deductible to the extent of the tax code.



## ANNUAL CAMPAIGN

We're more than a place.  
We're a cause.

**For more information** and to start a conversation about your legacy and supporting the values and community that you believe in, please contact Stephanie Peters at 920.482.1521 or [speters@mtrymca.org](mailto:speters@mtrymca.org).

8/19/25