

WELCOMING WEEK SEPTEMBER 15-19

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

» BELONGING
BEGINS
WITH US

MANITOWOC-TWO RIVERS YMCA

2025 SEP-2025
members@mcmanitowoc.org
www.mtrymca.org



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MANITOWOC-TWO RIVERS YMCA SEPTEMBER 2025 MEMBER NEWSLETTER

Happy September, Y Members,

Thank you for your patience as we did the deep dive into a few bigger projects this past week. It's our slowest week of the year, so we try to get the inconvenient but necessary things done during this time. We enjoy a large, high-use facility that requires constant rotation of upkeep, preventative maintenance, and repairs, and your flexibility while we keep things in good shape is appreciated.

An especially heartfelt thank you goes out to members Karen and Leroy Sorenson for recognizing that, on top of all the planned upgrades, we had a financial side-swipe of a situation when our commercial wash machine stopped working, and they stepped in with an incredibly generous donation to help us get it replaced. This was such an unanticipated and generous display of community spirit, truly showcasing what our Y community is all about. The washing machine has been ordered; stay tuned in to the Facility Update in the lobby for updates on install. Thank you, Karen and Leroy!

You will start seeing two new sections in this monthly newsletter, each integral to our larger mission and purpose in their unique ways: 1) **Board Spotlight:** As a 501c3 non-for-profit organization, we are led by a group of community volunteers who set the vision, ensure adequate resources, and oversee staff leadership at our local Y. I received some great questions about our board when I shared with you all an overview of our budget, so I thought the most effective method would be to include an introduction of a board member each month, starting this month with our new Board Chair, Brianna Neuser. Thank you, Y Board Members: you are an incredible group of leaders who make it possible for us to have a thriving local Y.

2) **Child Safety:** This is our number one priority at the Y, so in order to really push ourselves to continue to be exceptional in this work, we are pursuing the gold standard of third-party certification when it comes to child abuse prevention and response. A key component of this work is that it takes widespread awareness, communication, and education to make our community as safe as possible, inside of the Y and out, so we will be including a Child Safety section each month with information and things to consider. Together, we ensure that all children are safe everywhere they go. Thank you for reading, and for being a member of this wonderful, caring community with us!

IMPACT SPOTLIGHT

When Roy joined Silver Sneakers at the Y, he expected exercise. What he found was friendship, motivation, and lasting health.

Since starting, Roy has lost weight, cut his medications in half, and even improved his golf game thanks to chair yoga. "It's been such a positive in my life," he says. "The people are friendly, and the social events make it fun."

Roy's connection runs deep—his grandchildren swim and attend child care at the Y, and he recently donated toys for kids to enjoy. For Roy, the Y is a place where every generation in his family can thrive.



TOWEL SERVICE

Order has been placed for a new washing machine! Keep bringing your own towels for a bit-- we'll let you know when it's installed. A heartfelt thank you to Karen and Leroy Sorenson for their generous \$5,000 donation to help replace our washing machine. Your support ensures we can continue offering a clean, welcoming space for all.

HOLISTIC STRATEGIES FOR BONE DENSITY

Join Raquel and Elizabeth for a two-part workshop centered on **holistic strategies** to support bone density and reduce fracture risk.

September 9, 2025 | 12:00pm - 1:30pm
\$15 members, \$25 nonmembers

OUTDOOR FITNESS CLASSES

Join the fun! **Classes are open to everyone in the community!**

September 13 Maritime Museum Rooftop
8:00–8:50 AM — HIIT Strength with Molly
9:00–9:50 AM — Dance Fitness with Danielle

October 24 Y Parking Lot (registration required)
7:00–9:00 PM — Glow Night
\$16 members, \$22 nonmembers

ENERGYZE UP

Looking for a **safe, active, and engaging place** for your middle schooler when school's out? We've got you covered with **ENERGYZE UP** – a brand-new program designed just for **6th–8th graders!**

What to expect:

- Gym time to stay active
- Arts & crafts to get creative
- Group activities & games with friends

Friday, October 6 | 9:00am–4:00pm
Register by **noon on October 3**
Fee: \$25 members | \$40 nonmembers

Teens should bring their own lunch.

STORM DRAIN MARKING

Saturday, September 13 | 9am–12pm

Help us protect the area's most valuable resource—our water! Join Wendy from Friends of the Manitowoc River Watershed and get your civic engagement on! Wendy will begin in the Community Room then Wendy will lead the group in marking storm drains around the YMCA neighborhood.

FIND US ON:



WELCOMING WEEK

September 15 – 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.

ACTIVITIES INCLUDE:

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

Monday | 6:30pm

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

Tuesday & Thursday | 3:30pm

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

Wednesday, September 17 (open to the public)

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

HEALTHY MINDS PROGRAM

Saturday, October 4 | 8:30am – 2:00pm

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!

Fee:

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

FALL PROGRAMS

Fall 1 program registration is open. Please head to mtrymca.org/program-guide to view the Program guide.



THE SPICES DISCOUNT

The Spices Restaurant & Bar is offering 30% off to all YMCA members and 50% off to all YMCA staff. Show your membership card or nametag when placing your order to qualify for the discount. ***This is valid at the Green Bay, Sheboygan and Manitowoc locations.***

WIGGLES & GIGGLES

Drop in anytime. For children ages one week to six years 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. Mondays and Wednesdays from 10:00am to 11:00am starting September 8.



FALL HOURS

The YMCA Fall hours start Saturday, September 6 and will be as follows:

Monday – Thursday

5am to 8pm

Friday

5am to 6pm

Saturday

6am to 6pm

Sunday

9am to 6pm

CPR CLASSES

Several American Red Cross CPR/AED classes are being held at the YMCA with limited spots available. Go to <https://www.mtrymca.org/news/blended-learning-red-cross-cpr-courses> to learn more or to register.

LIFEGUARD CLASSES

Save a life – become a lifeguard! Lifeguard courses are being held at the YMCA in September, November, January and May. Go to <https://www.mtrymca.org/lifeguard-training-certification> to learn more or to register.

YOUTH IN GOVERNMENT

Youth in Government (YIG) is a hands-on civic learning program open to all Manitowoc County youth in grades 7-12. **YIG informational meeting to be held on Wednesday, October 22 at 6:00pm at the YMCA.**

INTUITIVE EATING SUPPORT GROUP + BOOK CLUB

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.

Thursdays 6:15-7:15 pm | Sept. 18 – Dec. 18
\$90 members, \$150 nonmembers (includes books)

BEFORE/AFTER SCHOOL

When the school day ends, our staff are ready to help children with homework, keep them active, and encourage their creativity with arts and crafts. Online registration is open at <https://>

CHILD SAFETY

Did you know that **90% of child sexual abuse victims know the perpetrator in some way? 68% are abused by a family member.** The idea of “stranger danger” must still be considered, of course, but the data indicates that children are most at risk when perpetrators are on a first name basis, are known entities, and have access to the child. Our Y screening, training, and protocols are designed accordingly— so those with ill-intent do not have the opportunity here.

HIRING LIFEGUARDS

Our Y needs YOUR help to keep our pools open and safe for the community. We are looking for dedicated individuals to join our team. If you or someone you know is interested, apply today at <https://www.mtrymca.org/careers>. Help us spread the word!

FAMILY FUN SATURDAY

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

Saturday, October 4 | 1:00pm-3:00pm

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



Manitowoc Family Dental, LLC

FIND US ON:



BOARD SPOTLIGHT

"As a life-long Lakeshore resident, I live the YMCA's mission, by promoting health and wellness in my personal and professional life. As the Manager of Quality at Froedtert Holy Family Memorial, I see firsthand how important it is to take a comprehensive approach to health prevention and maintenance. My husband, three sons, and I have all benefited from the numerous programs the Y has to offer. In addition, I enjoy our community's mariners trail, soaking up sun along the beach and listening to live music at any one of the local venues." – Brianna Neuser



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 or 920.482.1521.

FIND US ON:

