



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MANITOWOC-TWO RIVERS YMCA

OCTOBER 2025 MEMBER NEWSLETTER

Happy Fall, Y Members,

Every season brings with it things I look forward to at the Y, and things I'll miss from last season (bye, Camp!), and fall brings one of my all-time favorites: Youth in Government (YiG).

This program is designed for 7-12th graders to give them hands-on experience of democracy in action. YiG Counselors encourage kids to consider things they care about and wish worked a little differently or better in the world around them. Does that require a policy or law change at the state level? Then that's "their bill!" They spend a couple of months crafting a bill that they believe will make our communities and state a better place to live— and learning how to advocate for their position, ask thoughtful questions of others, and change their minds based on new insights or information. They practice debate with one another and other regional delegations, and take on different leadership roles based on what they've learned about the legislative process and their own personal strengths and interests. Then they take it on the road.

Our Manitowoc-Two Rivers YMCA delegation travels to Madison along with 150-200 young leaders from delegations across the state, and take over the Assembly floors at our State Capitol for a weekend in spring. They present their bills, listen, debate, vote, and see, first hand, the pathway from an idea to a state law. Not just see it— they create it! It is amazing, and as any Youth in Government young leader will tell you: it's a game-changer!

A huge thank you to our lead sponsor for this program, Susan Murtaugh, who has generously ensured that cost is not a barrier to learning and leadership!

There's a YiG Info Meeting on October 22nd @ 6 here at the Y. Hope to see you and/or your 7th-12th grader there! (Mine will be!)

P.S. As I write this on Wednesday, I received a phone notification saying "The US Government is officially shut down." If ever there was urgency in the need for Youth in Government, it is now. We have to do better and these kids absolutely will.

IMPACT SPOTLIGHT

Boomer the Turkey is getting ready for the Festival Foods Turkey Trot, a Thanksgiving morning tradition that brings people of all ages together. Whether you walk, run, or volunteer, it is a fun way to start the holiday while supporting local kids and families (and get a free pumpkin pie!).

Last year, the event raised more than \$23,000 for the Manitowoc-Two Rivers YMCA. Those dollars go right back into programs that help children learn and grow, give families a place to connect, and support healthier lives across our community.

You can be part of this year's impact by registering to race or signing up to volunteer. Every participant helps strengthen our community!

Join us this Thanksgiving!
Register or volunteer at [HERE](https://www.mtrymca.org).



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!** Sponsored by Shoreline Credit Union.

What to expect:

- Gym time to stay active
- Arts & crafts to get creative
- Group activities & games with friends
- Gymnastics 9:15am
- Swimming 1:00pm



Monday, October 6 | 9:00am–4:00pm

Register by **noon on October 3**

Fee: \$25 members | \$40 nonmembers

Teens should bring their own lunch.

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! **Sponsored by Network Health.**

Fee (register by Thursday, October 3):

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



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.***

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://www.mtrymca.org/school-age-child-care>

TURKEY TROT

CALLING ALL TROTTERS! Registration is open for the Festival Foods Turkey Trot! Sign up today at www.festivalfoodsturkeytrot.com! If you are volunteering, be sure to select Manitowoc-Two Rivers YMCA as your organization.

WIGGLES & GIGGLES

Drop in anytime. For children 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. **Sponsored by BMO Bank.**



FALL PROGRAM GUIDE

Our Fall 2 program guide will be available for viewing on October 20 by clicking [HERE](#). Registration will open for members on October 27 and nonmembers on October 29.

GYMNASTICS FUNDRAISER

Beautify your home this holiday season with holiday décor from the Gymnastics Wreath Fundraiser. **Orders are due October 30.** Items will be available for pickup between November 17 and November 26. To order, please head [HERE](#) or scan the QR code to the left.

CHILD SAFETY

One of the best things we can do for our kids' safety is to be alert to who is in communication with them and what that contact looks like. A sports coach reaching out to the team through a group messaging app regarding practice is safe and expected communication. That same sports coach reaching out to one child or a small group through social media is a red flag. Stay aware of red flag behaviors and concerns you see at the Y through [the form on our website](#).

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.**

FIND US ON:



MEDICARE TALK

Whether you're new to Medicare or looking to make changes during the Annual Enrollment Period (AEP), this event is for you. Connect with experts who can answer your questions and help you navigate your options. Enjoy snacks, games, and giveaways while you learn about your Medicare choices. Don't miss out on this opportunity to get the information you need to make the best decisions for your healthcare coverage.

Wednesday, October 8 | 9:30am - 11:30am
YMCA Community Room

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 November, January and May. Go to <https://www.mtrymca.org/lifeguard-training-certification> to learn more or to register.

LIKE A GOOD NEIGH-BEER

Todd Glover State Farm Agency is partnering with PetSkull Brewing for the debut of "Good Neigh-Beer!" For each pint sold in October, a portion of the proceeds will be donated to the Manitowoc-Two Rivers YMCA. Beer will be available at the following locations: PetSkull, Courthouse Pub, Pizza Garden, and Hop Locker.



YOGA AT PETSKULL

FREE TO THE PUBLIC! Join Elizabeth for Yoga at PetSkull Brewing on Saturday, October 25 from 11:00am to 11:45am. Then, be sure to stick around for a taste of the *Like a good "Neigh-Beer"* and support the YMCA!

FIND US ON:



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!

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.

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

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



COATS FOR KIDS/TOYS FOR TOTS

The Salvation Army has dropped off a box for *Coats for Kids* which is in the lobby area. The campaign ends on October 23.

Toys for Tots boxes will be dropped off the week of October 20. The toy campaign runs from October 23 to December 5.

BOARD MEMBER SPOTLIGHT

Todd Glover is a Manitowoc resident who owns Todd Glover State Farm with offices in Manitowoc & Cedar Grove. Todd & his wife Stacy are Y members who enjoy group exercise & pickleball. Todd has served on our board since 2021 & also serves on the board at Progress Lakeshore. We are grateful for Todd's dedication to strengthening our community through the Y.



LIVE BROADCAST AT THE Y

TDS, a Turkey Trot sponsor, will be hosting a "Thanks" Giveaway event in partnership with the Festival Foods Turkey Trot **LIVE from the Y** over a Seehafer Station and we'd love for you all to join us!

Details:

- Saturday, October 25th from 9-noon with a Lake 98.1 Radio Remote from 9-11am
- The **first 25 people** to visit the TDS table will receive a free family day pass to the YMCA or a free Turkey Trot registration, while supplies last
- There will also be door prizes, refreshments, customer appreciation gifts, and enter-to-win giveaways
- Meet "Boomer" and register for the Festival Foods' Turkey Trot

TDS "THANKS" GIVEAWAY

Join us!
OCTOBER 25, 2025

FREE
Prizes &
Giveaways

the **Y** YMCA

Live Broadcast
Lake 98.1
W L K N - F M

FREE Family Passes to the first 20 Visitors

YMCA Manitowoc | 205 Maritime Dr
Event 9am - 12pm | Live Broadcast 9am - 11am

FIND US ON:

