



NO PLACE Like This Place



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MANITOWOC-TWO RIVERS YMCA DECEMBER 2025 MEMBER NEWSLETTER

Happy December, Y Members, Here's a *Definitely-Incomplete-and-In-No-Particular-Order-But-Fabulous* Top 10 of 2025 at Your Local Y!

10. Launched **LIVESTRONG**— a wellness program designed to support cancer survivors on their journey back to wellness. Thank you to Scott and Laurie Mertens for your generous sponsorship that made it possible for us to bring this high-impact program back to our local Y.

9. Provided **out of school care** for 100+ kids who come to Y Care so their parents can head to work at schools, manufacturing plants, hospitals, and businesses throughout our county. Quality care isn't just for families: it's for our whole community.

8. Expanded our **food program** in response to mounting food insecurities so our Y kids can learn, play, and thrive! Thank you to the West Foundation, Lakeshore Community Foundation, Walmart, our Monday Volunteer Team, and many individual donors for turning snack time into healthy meal time at the Y!

7. Rebranded and expanded our **Y Gymnastics Team** (hey there, Lakeshore Riptide!) and program, soon to include NinjaZone. Thank you to Brick's for your support of our Gym and Swim Teams, and US Bank for this sponsorship of our Ninjas!

6. **Taught 1,515 kids to swim.** According to the American Red Cross, drowning is the leading cause of death among children. Y Swim lessons aren't just for fun, they save lives.

5. Expanded collaborations with the **Recovery Community** to provide access to volleyball, physical wellness and recreation thanks to our sponsor, Aurora Health Care.

4. Expanded partnerships to include **Hope House** and **The Haven** to provide memberships to people experiencing homelessness and hardship. The Y is a respite and a place to belong during a rough patch in life. Thank you Fox Communities Credit Union for making this possible.

3. Continued our partnership with the **Warming Shelter** to provide showers to their guests— a small act on our Y's part, providing access to basic hygiene and dignity for people experiencing homelessness.

2. Partnered with **Praesidium**, the nation's leading child protection and safety agency in the country, to begin a rigorous certification process ensuring highest levels of safety for our community's kids. Expected certification in 2026.

1. **Served over 10,000 people** through facility membership and programs for all ages. The Y is truly a community center; at a time when we need connection and belonging more than ever, we're here for you. And you. And you. And everyone. We could not do this work alone—it truly takes a village of volunteers, staff, donors, sponsors, members and partners to serve our community; and what an honor it is. Here's to another great year ahead!

IMPACT SPOTLIGHT

Each year, the Early Bird Breakfast brings together a cheerful crew of volunteers who show up long before sunrise to support kids at the Y. Their teamwork, kindness, and early morning energy make this tradition possible. This event is held in honor of Lindy Backus, whose love for children is reflected in the warmth and purpose of the day.

Join us on Friday, December 5 at 6 AM for this year's breakfast. Proceeds will help purchase interactive materials for our Early Childhood Education program, giving our youngest learners new opportunities to explore, imagine, and grow.

We'd love to share this special morning with you!



EXPRESSIVE DANCE

Let loose and find your flow at our Expressive Dance Workshop. We'll kick things off with a warm-up and intention setting, then dive into free-form expressive dance under our brand-new dance club lights. Shoes off to feel grounded, minimal talking to stay in the moment, and a soothing savasana to wrap it all up. Pre-registration required. **Sponsored by Network Health.**

December 11 | 6:30pm-7:30pm
\$5 members, \$10 nonmembers



FAMILY FUN SATURDAY

Celebrate the magic of the season at the Y on **Saturday, December 20 from 1pm to 3pm!** Bring the whole family for an afternoon of holiday fun—play festive games, create cheerful crafts, and enjoy a warm cup of cocoa at our hot cocoa bar. Don't forget to visit Santa for a meet-and-greet and photo opportunity to capture the memories! **Sponsored by Manitowoc Family Dental. Register by noon 12/19.**

Members: \$5 per family
Nonmembers: \$15 per family



Manitowoc Family Dental, LLC

YOUTH BASKETBALL CLINICS

Looking for something fun to do over the holidays? Join us for a one-time basketball skills clinic on **December 29** with Coach Eric & Coach Lisa! Improve your dribbling, shooting, and passing. Fun drills for all skill levels. **Registration ends at noon on December 26.**

Ages 4-6: 5:00pm to 5:30pm (\$5 members, \$8 non)
Ages 7-9: 5:45pm to 6:30pm (\$7 members, \$10 non)

NEUROGRAPHIC ART

In this Neurographic Art Workshop, you'll explore a relaxing painting method that turns stress into creativity and mindfulness. No artistic background is required—simply come as you are and create a one-of-a-kind artwork that reflects your inner world. **Sponsored by Network Health.**

December 9 | 6:00pm-7:30pm
\$5 members, \$10 nonmembers



NEW YEAR'S EVE FAMILY NIGHT

Enjoy the YMCA for a family-friendly New Year's Eve. Night includes food, music, hats, horns, family fun activities and more. Featuring Rondini's and Angel's Magic & Family Fun Show from 5:45pm to 6:30pm! **Sponsored by Fricke Printing. Register by December 30.**

Wednesday, December 31 5:30pm - 7:30pm
Fee: Members: \$15 per family
Nonmembers: \$25 per family



FIND US ON:





HOLIDAY HOURS

We will be closing at noon on December 24 and will be closed all day Christmas Day. We will close at 3pm on New Year's Eve and will be closed all day New Year's Day. 24/7 members have access anytime outside of regular business hours. **We hope you and your family have a joyous Christmas and a Happy New Year!**

WINTER PROGRAMS

The Fall 2 program session ends on December 20. Winter 1 begins on January 4. Head to www.mtrymca.org to see the program guide when it's released on December 15. Member registration begins December 22.

FATHER DAUGHTER DANCE

What better way for Dad or the adult male in a girl's life to celebrate than with a night out. The event, which will include dancing, photo booth fun, meal, keepsakes, and a DJ, will take place on **February 7 from 6:00-9:00pm** at Silver Valley Hospitality. Early bird registration opens on December 22! **Sponsored by Lake Breeze Dental.**



LAKE BREEZE DENTAL
MANITOWOC, WI

POP-UP SWIM CLASSES

From December 23 - January 2, we will be offering pop-up swim classes. These will be one-time, 45-minute classes focused on specific skills that will help children progress to the next level. Watch for dates and times soon!

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.***

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

STRONG 2026 CHALLENGE

Kick off the new year with purpose! **STRONG 2026 is an 8-week strength and speed challenge** designed to help you level up, push past plateaus, and see real, measurable results.

From January 8 through March 7, participants will focus on increasing strength and speed through three benchmark assessments: Chest Press, Leg Press, and 1 Mile Walk/Run. You will complete baseline and final assessments with our personal trainers in the Circuit Room. Learn more at <https://bit.ly/49JPOq3>

\$40 members, \$80 nonmembers

BOARD SPOTLIGHT

Nicole Malueg has served as the YMCA's board treasurer and chair of the finance committee since 2021. She is a local CPA and senior tax manager at Hawkins Ash CPAs. She comments, "I truly enjoy serving on the board and working together with the great team at our YMCA to ensure we are meeting the community needs to the best of our abilities."



FIND US ON:



YOGA FOR BEGINNERS SERIES

Sundays | January 4 through February 15 |
4:30pm to 5:15pm

Learn foundational yoga poses and gain confidence in your practice through this 7-week beginner series. Each session builds on the previous class, with modifications offered in every pose so you can move at your own pace. It's the perfect Sunday reset - unwind from the weekend and refresh your mind and body for the week ahead in a calm and welcoming environment. **Register by December 29.**

\$20 members, \$45 nonmembers

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.**



JANUARY 2 AND 3

The Manta Rays will be hosting a swim meet here on January 2 and 3. Both gyms, pools, the Community Room and Harborview Studio will be closed.

Studio Y will not have their normal classes that Saturday. Instead, they will hold class offsite at Bethany Lutheran School in Manitowoc. Watch the app for details!

PLEA FOR HELP

Help! Our contracted company that provides cleaning of our facility in the evening quit yesterday, effective immediately, citing employee shortage. We are in immediate need of a nighttime cleaning crew and would SO appreciate any leads you, our members, might have. We, of course, are pursuing leads we have, but we'll take all the help we can get here. Thank you!

NO SCHOOL? NO PROBLEM

No school? The Y has you covered!

Y Achievers (K-5th grade)

Turn a day off school into a day full of discovery, creativity, and fun! Explore new skills and community partnerships through exciting morning programs featuring themes like robotics, LEGO, disc golf, nutrition, art, and more! **December 22 -23, December 29-30, January 2, January 23.** Registration link: <https://bit.ly/4pBnuL6>

SOS DAYS (K-5th grade)

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. **December 17 (full day), January 21 (1/2 day).** Registration link: <https://bit.ly/48kuNQj>

Energyze UP (6th grade - 8th grade)

Middle schoolers can spend their day off with friends enjoying gym time, arts & crafts, and group activities! Please bring a lunch.

December 29. Sponsored by Shoreline Credit Union. Registration link: <https://bit.ly/3JY12qc>



PIZZA SALE

TRUCK LOAD PIZZA SALE
THURSDAY, DECEMBER 11TH, 2025
4:30-6:30PM
MANITOWOC-TWO RIVERS YMCA

Truck will be parked in the parking lot near main entrance for easy shopping!

Featuring Green Bay's classic, 12" thin crust frozen pizza brand, Hydrant Pizzas

- Cheese \$6.50
- Sausage \$7
- Pepperoni \$7.50
- Saus/Pep \$8
- Saus/Mush \$7.75
- Supreme \$8.25
- Garlic Cheese Bread \$5

Stock Up For Easy Family Meals!

Cash & Check Only
Checks Payable To: MTR YMCA

920.468.0503
HYDRANTPIZZA.COM

Sale Proceeds to Support YMCA's Competitive Gymnastics Teams

WELCOME

FIND US ON:

