FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MANITOWOC-TWO RIVERS YMCA

PROGRAM GUIDE

WINTER 1: JANUARY 4 – FEBRUARY 21, 2026*
**unless otherwise noted*

REGISTRATION: **Members – December 22**
Nonmembers – December 29

phone: 920.482.1500 **web:** www.mtrymca.org **email:** 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

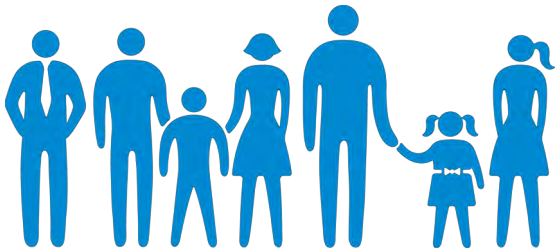
Monday - Thursday:	5:00am - 8:00pm
Friday:	5:00am - 6:00pm
Saturday:	6:00am - 1:30pm
Sunday:	9:00am - 1:30pm

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...**

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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.

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.

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.

24/7
IN OUR LIFESTYLE CENTER
FIND OUT MORE. . .
the YMCA
DO WHAT YOU LOVE, ON YOUR SCHEDULE
MANITOWOC-TWO RIVERS YMCA
www.mtrymca.org

YMCA™ 360

A 360-DEGREE DIGITAL EXPERIENCE FOR MEMBERS ON MOBILE, TV, AND WEB

WHAT IS YMCA360?

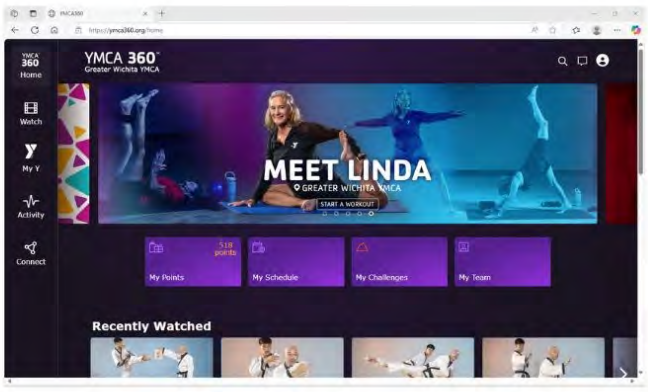
YMCA360 is a member benefit that gives you access to virtual classes that support a healthy mind, body, and spirit. Additionally, members can engage in app features that allows you to customize your health and wellness journey. The things you love about the Y, its people, places, and programs, are all on YMCA 360!

- Livestream and on-demand classes taught by YMCA instructors from around the U.S.
- 3,000+ pieces of content supporting the mind, body, and spirit.
- Fitness classes, sports instructions, nutrition/cooking classes, children's book readings, and so much more!
- Get connected by joining challenges.
- Schedules at the tip of your fingers.

DOWNLOAD THE APP TODAY!

Apple iOS

Google Play



the YMCA
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 (members/nonmembers)
2 Sessions = $70 (members)
2 Sessions = $105 (nonmembers)
*pair Styku with a personal training package for BEST VALUE
Styku

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 FOREVERWELL® 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, 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
Brianna Neuser

Vice President
Nick Brisch

Secretary
Sharol Schroeder

Treasurer
Nicole Malueg

Members at Large
Kelsey Beaver
Todd Glover
Holly Murphy
Brooke Sprang
Lee Thennes

HERE FOR YOU: Y STAFF

AQUATICS / YOUTH SPORTS / YOUTH IN GOVERNMENT / GYMNASTICS
Barb Schmidt 920.482.1566 bschmidt@mtrymca.org

TENNIS
Reiny Maier 920.482.1530 rmaier@mtrymca.org

FOREVERWELL® PROGRAMMING
Candy Ruffolo 920.482.1578 cruffolo@mtrymca.org

YOUTH & FAMILY
Lisa Nething 920.482.1561 lnething@mtrymca.org

SCHOOL AGE CHILD CARE
Kenya Simon 920.482.1539 ksimon@mtrymca.org

EARLY CHILDHOOD EDUCATION (CHILDCARE)
Mary Sue Yindra 920.482.1515 myindra@mtrymca.org

WELLNESS
Elizabeth Griesbach 920.482.1520 egriesbach@mtrymca.org

SPECIALTY WELLNESS
Debbie Fuller 920.482.1570 dfuller@mtrymca.org

HUMAN RESOURCES & MEMBERSHIP
Lisa Hollen 920.482.1525 lhollen@mtrymca.org

FACILITY
Kurt Duzeski 920.482.1518 kduzeski@mtrymca.org

DIRECTOR OF COMMUNITY ENGAGEMENT
Stephanie Peters 920.482.1521 speters@mtrymca.org

CEO
Julie Grossman 920.482.1512 jgrossman@mtrymca.org

COMMUNITY STARTS HERE.

CHILD WATCH

AGES
6 months to 8 years

WE'LL CARE FOR YOUR KIDS WHILE YOU WORKOUT

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

the YMCA

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. 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 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

- 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)

- 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 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. Winter session dates are January 20 through March 4.
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!
Monday 5:30pm - 6:00pm
6;15pm - 6:45pm
Fee: $35 member, $95 nonmember

T-BALL (AGES 4-6)

New! Seven weeks of hitting, catching, and running. Learn baseball basics, make new friends, and have a blast in a fun, supportive environment. No experience needed.
Wednesday 5:30pm - 6:00pm
Fee: $35 member, $95 nonmember

SPORTS SAMPLER WITH SKILLS & SCRIMMAGE (AGES 7-9)

Each week features a new sport where kids build basic skills and then put into action with a fun scrimmage. It's a great way to try new games, learn teamwork, and stay active!
Wednesday 6:15pm - 7:00pm
Fee: $40 member, $110 nonmember

CHRISTMAS BREAK BASKETBALL CLINIC (AGES 4-6 & 7-9)

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

5:00pm - 5:30pm (4-6 year olds)
Fee: $5 member, $8 nonmember

5:45pm - 6:30pm (7-9 year olds)
Fee: $7 member, $10 nonmember

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

YOUTH SPORTS | REGISTER

BASKETBALL (AGES 4-6)

Work on basics while having fun! Drills to help you develop your skills to allow you to have fun playing games and is the precursor to Winter 2 that will be more game time with teams assigned. Coaches will spend 20 minutes working on basketball skills and scrimmage for the final 10 minutes after the first two weeks.

Tuesday 5:15pm - 5:45pm
Fee: $35 member, $95 nonmember

BASKETBALL (AGES 7-9)

Work on basics while having fun! Drills to help you develop your skills to allow you to have fun playing games and is the precursor to Winter 2 that will be more game time with teams assigned. Coaches will spend 30 minutes working on basketball skills and scrimmage for the final 15 minutes after the first two weeks.

Tuesday 6:00pm - 6:45pm
Fee: $40 member, $110 nonmember

JUNIOR ANGLERS: FISHING BASICS (AGES 8-12)

Cast into a brand-new adventure! Join our Charter Captain/Professional Fisherman Jerry Ruffolo and learn the fundamentals of fishing in a fun, hands-on environment. Learn knot-tying, how to handle fishing equipment, and understand safety and basic techniques to help feel confident on the water. This class is perfect for young anglers eager to explore the sport, ask questions, and learn from an experienced pro. All equipment provided.

Wednesday 6:00pm - 6:45pm
Fee: $40 member, $110 nonmember

VOLLEYBALL BASICS (AGES 8-12)

New! A beginner-friendly class introducing youth to volleyball fundamentals including serving, passing, setting, and teamwork through fun drills and age-appropriate activities.

Thursday 6:00pm - 6:45pm
Fee: $40 member, $110 nonmember

MARINER'S FOOTBALL CAMP (AGES 9-13)

Youth football camp instructed by the Manitowoc County Mariner's Football team under the direction of head coach Marcos Alfaro will be at the YMCA! To learn more about the Manitowoc County Mariners, check out their website: www.marinersfootballmc.com. **Register by January 31 at 6pm to receive a t-shirt**!

Sunday, February 8
1:00pm - 3:00pm
Fee: $20 member, $40 nonmember

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.
Sponsored by Shoreline Credit Union.

January 23	9:00am - 4:00pm	Register by noon on January 22
February 2	9:00am - 4:00pm	Register by noon on January 30

Fee: $25 member, $40 nonmember

Shoreline HOMETOWN CREDIT UNION

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

NEW YEAR'S EVE FAMILY NIGHT (MUST REGISTER BY NOON ON DECEMBER 30)

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.

Wednesday, December 31 5:30pm - 7:30pm

Fee: $15 per family members, $25 per family nonmembers

FAMILY FUN FRIDAY (MUST REGISTER BY NOON ON JANUARY 8)

Family Fun with swimming, gym games, and snacks. Enjoy open swim from 5:00pm to 6:30pm. **SPONSORED BY MANITOWOC FAMILY DENTAL.**

Friday, January 9 5:00pm - 7:00pm

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

FATHER DAUGHTER DANCE - BLACK & WHITE BALL (MUST REGISTER BY JANUARY 31)

What better way for Dad, or the adult male in a girl's life, to celebrate than with a night out. Night includes dancing, photo boot fun, meal, keepsakes, and DJ. Professional photos for an additional fee. **SPONSORED BY LAKE BREEZE DENTAL (PINK DIAMOND SPONSOR) & ECK INDUSTRIES (ROSE GOLD SPONSOR).**

Pre-registration is required.

Saturday, February 7, 2026 | 6:00pm - 9:00pm

Silver Valley Hospitality

- $65 per couple December 22 through January 16 plus $35 for each additional child
- $80 per couple starting January 17 through January 31 plus $47 for each additional child

FAMILY FUN FRIDAY (MUST REGISTER BY NOON ON FEBRUARY 26)

YMCA Winter Family Olympics. Enjoy open swim from 5:00pm to 6:30pm, basketball, Pitz area, and/or teen area. Families will take on a variety of winter Olympics-inspired activities for all ages. Test your skills in friendly challenges, make crafts, and enjoy a light snack. **SPONSORED BY MANITOWOC FAMILY DENTAL.**

Friday, February 27 5:00pm - 7:00pm

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

NINJAZONE® | REGISTER

NEW AT THE Y! NINJAZONE® is a fusion of obstacle course training, gymnastics, parkour, and character building. **Made possible by a gift from US Bank.**

NINJA JR (AGES 5-7)

Ninja Jr. classes are the building blocks of athleticism. Classes include the development of coordination and confidence, all while having fun and learning awesome ninja moves! Strength and agility are put to the test through obstacle courses, gymnastics, and martial arts techniques that incorporate flips, rolls, jumps, kicks and freestyle movement. Ninjas advance through levels based on their skills and knowledge of core values.

Monday	4:30pm - 5:20pm
Wednesday	5:30pm - 6:20pm
Saturday	10:30am - 11:20am
	12:30pm - 1:20pm
Fee:	$55 member, $120 nonmember

NINJA WARRIOR JR (AGES 8-10)

Strength and agility are put to the test through obstacle courses, gymnastics, and martial arts techniques that incorporate flips, rolls, jumps, kicks and freestyle movement. Ninjas advance through levels based on their skills and knowledge of core values.

Monday	5:30pm - 6:20pm
	6:30pm - 7:20pm
Wednesday	4:30pm - 5:20pm
	6:30pm - 7:20pm
Saturday	9:30am - 10:20am
	11:30am - 12:20pm
Fee:	$55 member, $120 nonmember

NINJAZONE CLOTHING PACK

To ensure safety and promote unity, uniforms are required for all NinjaZone classes. Ninjas must wear their NinjaZone shirts and headbands. Socks are required at all times while in class. Shorts or pants that allow participants to move freely (no jeans, buttons, strings or jewelry on clothing). Uniforms can be purchased and will be handed out at the first class. **One-time purchase.**

Fee: $27

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 you 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
4:30pm - 5:00pm
FEE: $40 member, $77 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
5:10pm - 5:40pm
5:50pm - 6:20pm
FEE: $40 member, $77 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.

Tuesday 4:30pm - 5:00pm
5:10pm - 5:40pm
5:50pm - 6:20pm
6:25pm - 6:55pm
Thursday 5:10pm - 5:40pm
5:50pm - 6:20pm
6:25pm - 6:55pm
FEE: $40 member, $110 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 you 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.

Monday	6:25pm - 6:55pm
Tuesday	5:10pm - 5:40pm
	5:50pm - 6:20pm
	6:25pm - 6:55pm
Thursday	4:30pm - 5:00pm
	5:50pm - 6:20pm

FEE: $40 member, $110 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	12:20pm - 12:50pm
Tuesday	5:10pm - 5:40pm
Thursday	6:25pm - 6:55pm

FEE: $40 member, $110 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	1:20pm - 1:50pm
Tuesday	4:30pm - 5:00pm
	5:10pm - 5:40pm
	5:50pm - 6:20pm
	6:25pm - 6:55pm
Thursday	4:30pm - 5:00pm
	5:10pm - 5:40pm
	5:50pm - 6:20pm
	6:25pm - 6:55pm

FEE: $40 member, $110 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	12:20pm - 12:50pm
	1:20pm - 1:50pm
	2:00pm - 2:30pm
Tuesday	4:30pm - 5:00pm
	5:50pm - 6:20pm
Thursday	5:50pm - 6:20pm
	6:25pm - 6:55pm

FEE: $40 member, $110 nonmember

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

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.

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 11:00am - 11:30am
11:40am - 12:10pm
Thursday 5:10pm - 5:40pm
FEE: $40 member, $110 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
Thursday 4:30pm - 5:00pm
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.

Thursday 10:20 - 10:50am
FEE: $40 member, $110 nonmember

ADULT SWIM LESSONS

Adult only swim lessons. Learn basic swim skills or brush up on ones you already know.

Wednesday 10:00am - 10:45am
5:00pm - 5:45pm
Fee: $50 member, $150 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) -JOIN ANYTIME!

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. Fee is determined by the practice group. Financial assistance is available.

REMAINING SESSION DATES:

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

HOME MEETS:

- January 2 and 3
- February 13 and 14

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: December 18 from 4:00 to 5:00pm
April 23 from 4:00 to 5:00pm

CLASSES

(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 22 4:00pm - 8:00pm
- May 23 9:00am - 5:00pm
- May 24 9:00am - 5:00pm

FEE: $180 members & nonmembers

WINTER SWIM CHALLENGE

Looking to get motivated in the new year? Join our seven-week swim challenge in the shape of a bingo card running from January into February. Complete tasks to get bingo and earn a small prize or go for blackout and win a big prize!

January 4 through February 22
Ages 10-70
$10 members, $25 nonmembers

PRESCHOOL GYMNASTICS | REGISTER

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

PARENT VIEWING: FEBRUARY 8 THROUGH FEBRUARY 14.

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 - 12:15pm
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

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

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 IF YOU ARE UNSURE WHERE YOUR CHILD SHOULD BE PLACED IN OUR PROGRAM. PARENT VIEWING: FEBRUARY 8 THROUGH FEBRUARY 14.

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, backbends, 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

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 if you are unsure where your child should be placed in our program.

PARENT VIEWING: FEBRUARY 8 THROUGH FEBRUARY 14.

LEVEL 3 – NON COMPETITIVE (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. **A minimum of 5 participants must be registered one business day before the class starts.**

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 (fronthand, backhand, volleying, and serving).
Sunday 12:45pm - 1:55pm
Fee: $75 member, $140 nonmember

INTERMEDIATE (AGES 9+) *10 max per session
This class will teach the advanced basics of tennis (fronthand, backhand, volleying and serving). **Must have Tennis Director approval.**
Sunday 2:00pm - 3:00pm
Fee: $70 member, $140 nonmember

JUNIOR & HIGH SCHOOL INTERMEDIATE (AGES 12+) *10 max per session
Must have taken some tennis lessons. Review of basic skills. Working up to single and double play.
Wednesday 4:00pm - 5:20pm
Fee: $85 member, $150 nonmember

ADVANCED JUNIORS & ADULTS (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 if under 12 years old.**
Monday 4:00pm - 5:30pm
Fee: $100 member, $190 nonmember

ADVANCED HIGH SCHOOL (AGES 14+) *10 max per session
Must have previously played on an area high school tennis team. Advanced skills with single and double play.
Wednesday 5:30pm - 6:30pm
Fee: $70 member, $140 nonmember

JUNIOR DOUBLES TENNIS LEAGUE

SUNDAYS FEBRUARY 8 THROUGH APRIL 5
Open to youth in high school and younger. Participants must have their own tennis racquet as well as know how to keep score and be able to serve and keep a rally going.

Sunday 3:00 - 6:00pm
Fee: $50 member/nonmember

All will be scheduled to play a minimum of four weeks.

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/adult sports and email to Barb at bschmidt@mtrymca.org .

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
6:00 - 7:00pm
Fee: $40 member, $90 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 north & 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/adult sports and email to Barb at bschmidt@mtrymca.org .

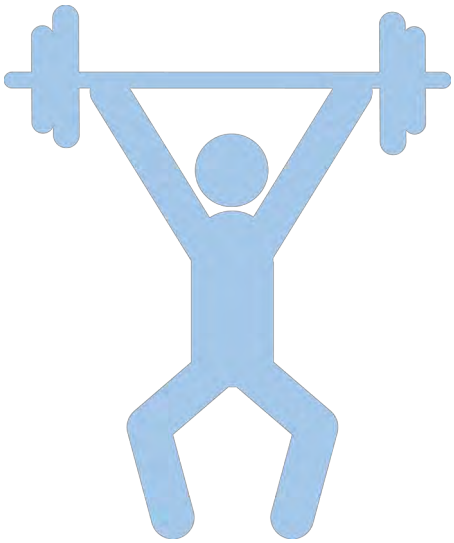
Contact Barb at bschmidt@mtrymca.org for more information.

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 - WATCH FOR INFORMATION ON OUR NEXT SESSION

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.

EXPRESSIVE DANCE WORKSHOP

Let loose and find your flow at this workshop with Tori. 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 in Studio Y. Shoes off to feel grounded, minimal talking to stay in the moment, and a soothing savasana to wrap it all up. Pre-registration required. Come ready to move, release, and shine! **Sponsored by Network Health.**
Thursday, January 29 6:30PM-7:30PM
FEE: $5 member, $10 nonmember

BOARD GAME NIGHT

Join us for board game night in the Community Room. Bring your favorite games to share—the group will decide what to play together (and split up if needed). No registration required, just come ready for fun. **Sponsored by Network Health.**
Thursday, January 22 6:00PM-7:45PM
FEE: FREE for members, day pass fee for nonmembers

BLENDED LEARNING CPR/AED FOR ADULT/PEDIATRIC

The American Red Cross CPR/AED 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 5:000pm
Fee: $100

Full Course

- 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

YOGA FOR BEGINNERS SERIES (AGES 8+)

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. **Pre-registration required by Monday, December 29.**
January 4 through February 15
4:30pm - 5:15pm
FEE: $20 members, $45 nonmembers

ADULT HEALTHY LIVING

STRONG 2026 CHALLENGE (AGES 18+)

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. Over 8 weeks, participants will focus on increasing strength and speed through three benchmark assessments:

1. Chest Press
2. Leg Press
3. 1-Mile Walk/Run

You'll complete baseline and final assessments with our personal trainers in the Circuit Room.

Baseline Assessment options
• Thursday, January 8: 6:30–7:45 PM
• Saturday, January 10: 10:15 AM–12:15 PM

Final Assessment options
• Thursday, March 5: 6:30–7:45 PM
• Saturday, March 7: 10:15 AM–12:15 PM

What's Included

- Baseline and final assessment with certified personal trainers.
- Weekly emails to keep the motivation up, covering strength training tips, nutrition guidance, YMCA personal training + group fitness highlights, equipment spotlights, mini-challenges, and more!
- Two progressive weekly mini-challenges for extra motivation and prizes.

Mini Challenge 1: Group Fitness Challenge

- Week 1: Attend 1 class
- Week 2: Attend 2 classes... and so on!

Mini Challenge 2: Mileage Challenge

- Week 1: Walk/run 4 miles
- Week 2: Walk/run 6 miles... and so on!

Grand Prizes

We'll crown two overall winners—one woman and one man—based on:

1. Greatest average increase in pounds lifted for 10 reps (leg press + chest press)
2. Greatest decrease in 1-mile walk/run time

Each grand prize includes:

- YMCA merch (up to $40 value)
- Meat, cheese, and treats gift basket ($85 value)

Ready to Get Stronger in 2026?
Register by Monday, January 5 at 11:59 PM!

$40 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.
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

PREVEA health

ROCK STEADY BOXING MANITOWOC -TWO RIVERS YMCA

OPEN TO MEN & WOMEN OF ALL ABILITY LEVELS

NATIONWIDE MEMBERSHIP

DID YOU KNOW?

You can workout at Ys across the US and Puerto Rico!

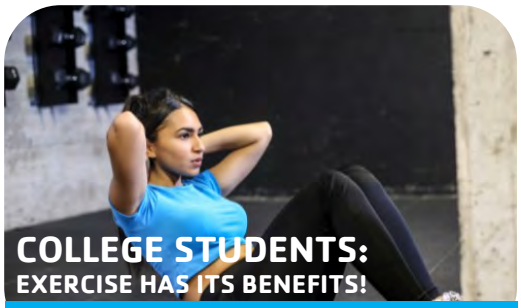
We offer Nationwide Membership because we want to help you reach your health and wellness goals wherever you live, work or travel. This is an essential part of our cause of strengthening communities.

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 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.



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.

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.

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

WPS A HEALTH SOLUTIONS COMPANY

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
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 for more information on how you can provide this service to your staff team for a happier and healthier work force.

EMPLOYMENT

PART-TIME ASSISTANT TEACHER
Call Mary Sue Yindra at
920.482.1515 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.

PART-TIME MEMBERSHIP SERVICES REPRESENTATIVE
Call Lisa Hollen at
920.482.1525 for details.

GYMNASTICS INSTRUCTOR
Call Barb Schmidt at
920.482.1566 for details.

MEDITATION INSTRUCTOR
Call Elizabeth Griesbach at
920.482.1520 for details.

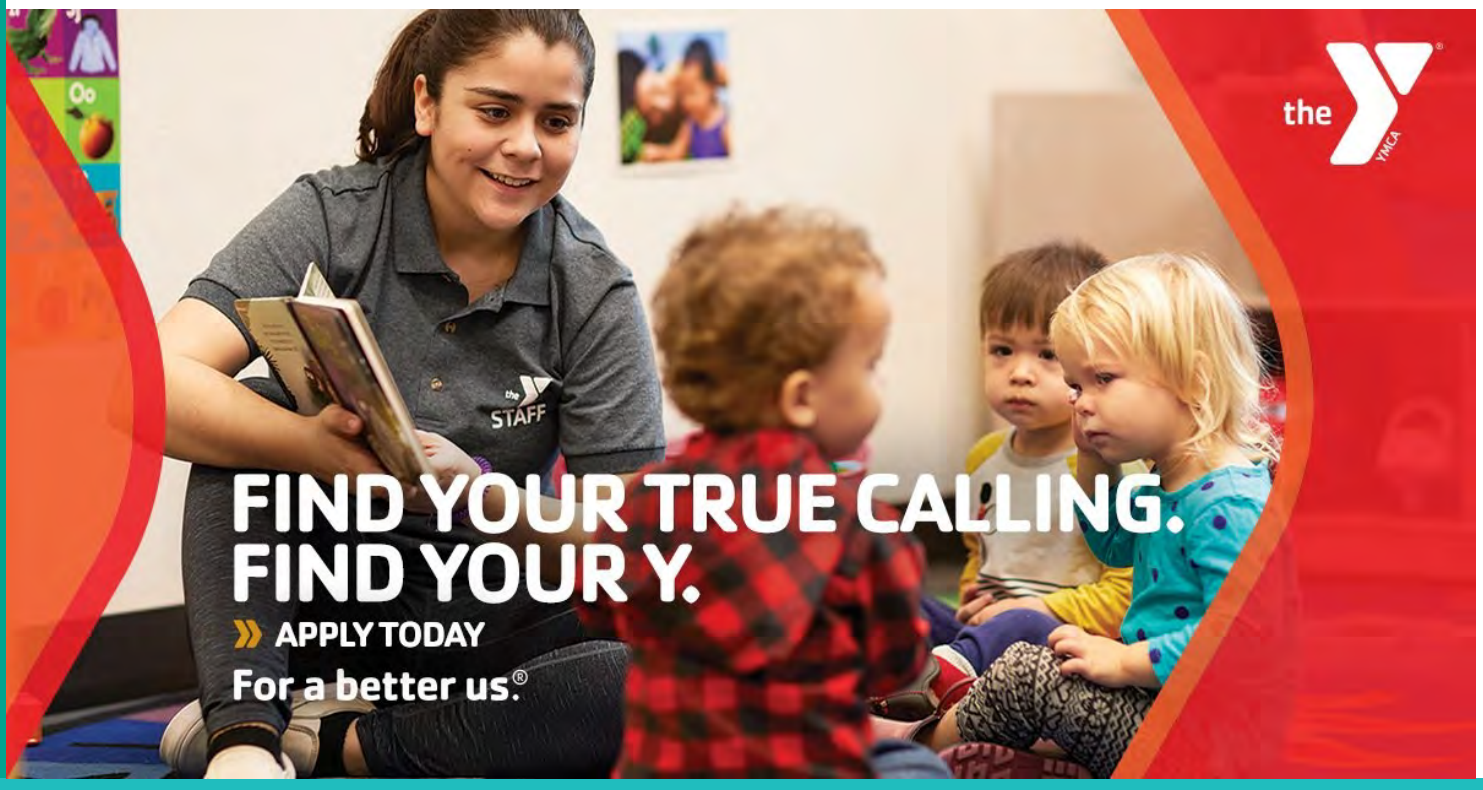
FOREVERWELL® INSTRUCTOR
Call Elizabeth Griesbach at
920.482.1520 for details.

NINJAZONE COACH
Call Barb Schmidt at
920.482.1566 for details.

FOR GENERAL QUESTIONS ABOUT JOBS VISIT
MTRYMCA.ORG/CAREERS.

JOIN THE Y TEAM AND MAKE A DIFFERENCE!

- RECEIVE A FREE FAMILY MEMBERSHIP
- DISCOUNTS ON CHILDCARE AND OTHER GREAT PROGRAMS



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. 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.

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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.

12/12/2025