



THE Something For Everyone PLACE

No Place Like *This Place*™



MANITOWOC-TWO RIVERS YMCA JANUARY 2026 NEWSLETTER



PROGRAM SPOTLIGHT

Launching this month, the Y's new NinjaZone® program gives kids a place to climb, jump, swing, and burn off energy in a fun, structured way. Using obstacle-style courses, kids work on balance, coordination, and strength while moving at their own pace and cheering each other on.

What makes NinjaZone® special is watching kids light up when they try something new and realize they can do hard things. It is high-energy, confidence-building, and a great option for staying active during the winter months. The program adds another way the Y helps kids grow stronger, inside and out!

NinjaZone® is made possible by generous gifts from US Bank and the YMCA Endowment Fund.

Happy New Year, Y Members,

Perhaps you saw the news yesterday, but it bears repeating here! Our Y and MPSD are partnering to provide all-day 4K programming next school year in a manner that is developmentally appropriate and great for our young families.

MPSD Teachers will provide 4K education for half of the day, and Y 4K Enrichment Teachers will provide play-based learning for the remainder of the day. This will be offered all at no cost, making a huge difference in the lives of our young families in Manitowoc.

The Y will also offer opportunities for extended care (before and after the school day) for working families who need it. Additionally, we will provide preschool and Y Enrichment for 3-year olds at Riverview Elementary school and, finally, we will be extending our school-age care program to fill in around no school days/half days with a new and improved "SOS Day" (School's Out Safari) schedule.

In short, "it takes a village." MPSD and your Y are committed to providing exceptional education and care, recognizing that working families have very specific needs in terms of schedules and hours. All together, we're thrilled about this collaboration and excited to welcome our youngest learners and families to a seamless, successful start to their educational journey! Happy New Year to all!

P.S. A review of the hot tub update since we've been getting questions about it again. After multiple attempts by three pool companies over an 18 month period to fix water levels and maintain safe chemical levels to the tune of more than \$50,000 in expenses, we had no clear answers as to what the next step could be to permanently fix the recurring problems. It was financially irresponsible to continue to "fix" the unfixable, and I recommended to the board that we add the complete rebuild of our hot tub to the list of items to be considered for a capital campaign and project. They approved this, and the scope and timeline of a capital campaign is the agenda item at board meetings, for this and other "aging building/growing program" reasons! Stay tuned.

WINTER PROGRAMS

Winter 1 begins on January 4. Head to www.mtrymca.org to see the program guide.

Registration is OPEN!

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 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. **Includes TWO 3D Body Measurement STYKU® Scans!** Learn more at <https://bit.ly/49JPOq3>.

\$40 members, \$80 nonmembers

MARINER'S FOOTBALL CAMP

Mariner's Football Camp instructed by the Manitowoc County Mariners Football Team under the direction of head coach Marcos Alfaro will be at the YMCA on February 8 from 1pm to 3pm! Register by January 31st to receive a commemorative t-shirt. Open to ages 9-13.

To learn more about the Manitowoc County Mariners check out their website at www.marinersfootballmc.com. Register at the Y!

\$20 members, \$40 nonmembers

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 is open. **Sponsored by Lake Breeze Dental (Pink Diamond Sponsor) & Eck Industries (Rose Gold Sponsor).**

\$65 per couple through January 16 plus \$35 for each additional member

\$80 per couple January 17 through January 31 plus \$47 for each additional child



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! January 23 and/or March 30-April 3. 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. January 21 (1/2 day) and February 18 (1/2 day). Registration link: <https://bit.ly/48kuNQI>

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. January 23 & February 2.

Sponsored by Shoreline Credit Union.

Registration link: <https://bit.ly/3JY12gc>



FAMILY FUN FRIDAY

Family Fun with swimming, gym games, and snacks from 5:00pm to 7:00pm. Enjoy open swim from 5:00pm to 6:30pm. **Sponsored by Manitowoc Family Dental.**

- Friday, January 9
- Friday, February 27 (YMCA Winter Family Olympics)

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



EXPRESSIVE DANCE WORKSHOP

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.**

January 29 | 6:30pm-7:30pm
\$5 members, \$10 nonmembers



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

FREE for members, day pass fee applies for nonmembers



NEUROGRAPHIC ART WORKSHOP

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.

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

