



## MANITOWOC-TWO RIVERS YMCA FEBRUARY 2026 NEWSLETTER



### IMPACT SPOTLIGHT

This father and son spent the day exploring all the Y has to offer! This little guy, who attended Early Childhood Education from infant to 4K at the Y, was excited to share his favorite place with his dad. They played basketball, pickleball, and racquetball, then slowed things down with some coloring time. Each stop brought a new way to play, laugh, and be together.

Moments like this reflect the heart of the Y. There is no place like this place, where children grow, families connect, and memories are made across every stage of life. From preschool days to time spent playing side by side, the Y continues to be a place this family loves.

Happy February, Y Members,

If you've done any gardening, you know the feeling of putting a seed in the ground and then nurturing it for a long while, without much evidence of anything "working." You trust that beneath the well-fertilized and perfectly moistened soil that there is growth. Then one day, a sprout, then suddenly a plant bearing fruit. It's an interesting leg of the journey- a quiet, trusting phase that you know- you KNOW- will pay off, but could it please be today?

We planted a seed a few years ago that promised to improve the quality and quantity of child care and early education in our community. Anyone who knows this industry knows that it's a tough seed to cultivate – it's expensive, operationally complex, riddled with licensing and certifications, and incredibly important to do well. Eighty to ninety percent of our brains develop by age five-- we can't afford a future that hasn't tended to this garden.

No one knows this better than our local school district's leaders who understand both the plight of working parents' child care needs and the importance of developmentally- and age- appropriate education. Is there a way we could offer all-day programming for working parents but not over-tax 4-year olds with full-day schooling? Yes! This fall, MPSD and the Y will partner to give all of our community's 4-year olds the best possible launching pad into their educational journey: half of the day with an MPSD 4K teacher and half of the day in the Y 4K Enrichment Program, where our young students will develop gross motor skills, social-emotional tools, and health living habits. Working parents (and their employers!) can rest easy, knowing their child is cared for, learning, and thriving while they work. This full school day is no cost to parents-- a huge win for young families and our whole community.

There is more to come on this, but the sprout has finally popped through the soil (apparently it just took some negative 30 degree temps?!) and we wanted to share this initial bit of great news for our community.

Additionally, we have been awarded a grant that allows us to significantly cut costs for some of our most economically-stretched families whose kiddos come to us after school hours-- another huge win for the young, working families of Manitowoc County!

It is worth noting- if you allow me to beat this metaphor to death- that this garden only grows because of the nourishment you all provide. Without Y membership, there is no Y Early Childhood or School Age Program-we're all growing and blossoming here together. Thank you for being a part of this great community!



## WINTER PROGRAMS

Winter 2 begins on March 1. Head to [www.mtrymca.org](http://www.mtrymca.org) to see the program guide when it is released on February 16. Member registration opens on February 23. Nonmember registration opens on February 25.

## FAMILY FUN FRIDAY

Enjoy Olympics-inspired games and activities with a craft station, snack station, bobsled push, speed skating, curling, floor hockey shootout, basketball, and Pitz Family Fun Center. Enjoy open swim from 5:00pm to 6:30pm. **Sponsored by Manitowoc Family Dental.**

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

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



## 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! Open to ages 9-13.

To learn more about the Manitowoc County Mariners check out their website at [www.marinersfootballmc.com](http://www.marinersfootballmc.com). Register at the Y!

\$20 members, \$40 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



## 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! 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. February 18 (1/2 day). Registration link: <https://bit.ly/48kuNQj>

### ENERGYZE UP (6th-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 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. Program runs from 9:00am to 4:00pm. March 30 and April 1. Sponsored by Shoreline Credit Union. Registration link: <https://bit.ly/48kuNQj>



## FEBRUARY FITNESS

Join Doni and Danielle at **Bethany Lutheran**

**School** in Manitowoc in lieu of Studio Y classes on Saturday, February 14 from 8:00am to 9:30am. Enjoy R.I.P.P.E.D.®, Dance Fitness and a few extras. Classes are being held offsite due to the Manta Rays home swim meet. Wear **RED** or something Valentines inspired to get a treat!

Bethany is located at 3209 Meadow Lane, Manitowoc. Please park in the lot on S. 33<sup>rd</sup> Street and enter the the "School Entrance" doors.



FIND US ON:



## EAT FOOD. DO GOOD.

Join us at Time Out Sports Bar & Grill on Monday, **March 2** from **4pm to 8pm** where 10% of all food sales will be donated to the Y!



## SWIM TEAM RAFFLE

Starting February 10, the swim team will have raffle baskets available near the lobby to raise money toward state swim meet fees. Help the Manta Rays and you could win a prize! \$1 per ticket or 6 for \$5



## HOME SWIM MEET

The Manta Rays will be hosting a swim meet here on **February 13 and 14**. Both gyms, pools, the Community Room and Harborview Studio will be closed. **Thank you to Kaysun, our title sponsor!**

Studio Y will not have their normal classes that Saturday. Instead, they will hold class offsite at Bethany Lutheran School in Manitowoc.

Good luck, Manta Rays!



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INJECTION MOLDING & ENGINEERING SOLUTIONS

## 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.

## BEERNTSEN SCHOLARSHIP

Your local YMCA has the tremendous honor of awarding five local high school seniors with a \$3000 **college scholarship**. Thanks to the Richard and Ione Beerntsen Scholarship Fund set up specifically for this purpose, a panel of Y volunteers gets together each spring to review the applications and send the checks to schools across the country on behalf of our local students. Go to [mtrymca.org](http://mtrymca.org) to download the application. **Applications due by April 3, 2026.**

## MEMBER APPRECIATION EVENT

**SAVE THE DATE!** Our group exercise instructors want to say "thank you" to our members by hosting a fitness sampler paired with seasonal beverages from Retro Eighth Coffee & Acai on **Saturday, March 7**. Watch for more details!



## SELF-CARE WORKSHOP

Take time to learn, relax, and practice simple self-care skills in this hands-on workshop designed to educate and empower participants of all ages. Come learn practical self-care skills in a supportive and welcoming environment on **March 28 from 12pm to 4pm**. Watch for more information on registration soon!