



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MANITOWOC-TWO RIVERS YMCA

PROGRAM GUIDE

WINTER 2: MARCH 1—APRIL 18, 2026*
**unless otherwise noted*



REGISTRATION: Members – February 23
Nonmembers – February 25

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

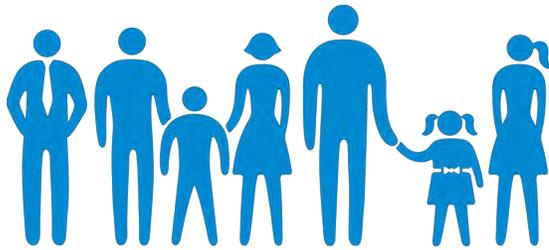
Monday - Thursday: 5:00am - 8:00pm
 Friday: 5:00am - 6:00pm
 Saturday: 6:00am - 1:30pm
 Sunday: 9:00am - 1:30pm

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...

Y News	
Facility Info	3
Membership Benefits	7
Registration	7
Staff	8
Nationwide Membership	33
Membership for All	34
Discounted Memberships	35
Corporate Memberships	36
Employment	37
Youth Development	
Child Watch	9
Early Childhood Education... ..	10
Summer Care	13
Youth Sports	15
Teen	17
Family	18
NinjaZone	19
Aquatics	20
Gymnastics	25
Healthy Living	
Tennis	28
Pickleball	29
Adult Healthy Living	30
Rock Steady Boxing	32
Social Responsibility	
Annual Campaign	38
Endowment	39

TABLE OF CONTENTS

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.

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 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.

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.

FACILITIES



IN OUR LIFESTYLE CENTER

FIND OUT
MORE...



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.

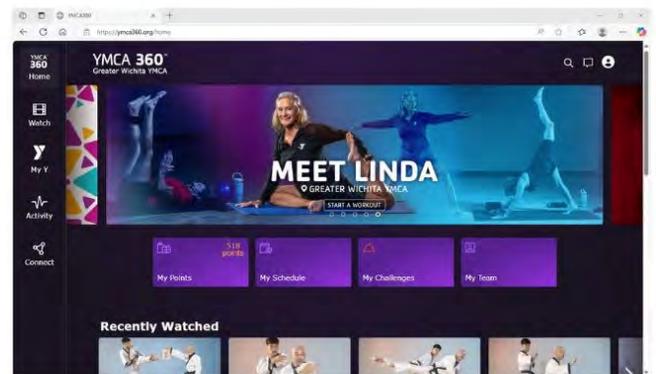
DOWNLOAD THE APP TODAY!



Apple iOS



Google Play





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



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!

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.

MEMBERS GET PRIORITY REGISTRATION!



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





LEARN. GROW. THRIVE.



YMCA 3K, 4K, & ENRICHMENT CARE OPTIONS

3K OPTIONS*

- 3 Days per Week (M/W/F) 8:15am-11:45am
- 5 Days per Week (Mon-Fri) 8:15am-11:45am (Y Extended Care available for Full Time 3K students 6:30am-6:00pm)

Watch for the 2026-2027 school year rates coming soon!

*3K will be open during MPSD No School Days. It will close for MPSD snow days.

4K ENRICHMENT CARE*

Complete your child's full day with FREE YMCA enrichment care (MPSD 4K half of the day and Y Enrichment the other half of the day) from 8:00am to 3:15pm.

Lunch provided at Riverview for full day 4K students.

*Y Extended Care Available (for a fee):
Morning: 6:30 – 8:00 AM
Afternoon: 3:15 – 6:00 PM

4K NO SCHOOL DAYS*

No School? No Problem! Y SOS (School's Out Safari) will be available on all scheduled MPSD No School Days. SOS Days run from 6:30am to 6:00pm for an additional fee.

*If MPSD closes due to inclement weather, the Riverview Early Learning Center will be CLOSED - no MPSD or Y programming on snow days).



More information coming soon! Watch for registration details and enrollment dates!



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

- 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)

- 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.

SUMMER CARE

Sponsored by:



Y CAMP

Eligibility: 5-year-olds who will be entering kindergarten through students entering 5th grade this fall
Location: Franklin Elementary School
Dates: **After Care:** June 15—July 2, **Full-Day Camp:** July 6—August 21
Hours: 8:00AM – 4:00PM, M-F (before and after care available for an additional fee)
Registration: **Online registration only—opens on March 2 at 5:00am**

Rates:

For participants ages 5 and 6:

Summer School Weeks: Members: \$60/week, Nonmembers: \$75/week

Full-Day Camp Weeks: Members: \$200/week, Nonmembers: \$255/week

For participants ages 7 and older:

Summer School Weeks: Members: \$55/week, Nonmembers: \$70/week

Full-Day Camp Weeks: Members: \$190/week, Nonmembers: \$245/week

Welcome to Y Camp, where each day starts with chants and cheers, campers explore skill time, we have weekly field trips, special Y days, and more! Join us for a summer of fun and come Make Your Mark at Y Camp.

During the weeks where MPSD is offering summer school, we will be providing after-school care only. Children will come to Madison Elementary directly from summer school. These weeks will have prorated pricing.

- June 15—June 19
- June 22—June 26
- June 28—July 2

Fourth of July Week

- No camp on Friday, July 3

Please email Kenya at ksimon@mtrymca.org with any questions regarding Y Camp.



SUMMER CARE

ENERGYZE

Eligibility: Students entering 6th - 8th grade in the Fall
 Location: Manitowoc-Two Rivers YMCA
 Dates: June 15 through August 20
 Hours: 8:30am - 4:00pm, M-Th
 Registration: **Online registration only—opens on March 2 at 5:00am**

Rates:

- Members: \$135 /week
- Nonmembers: \$155 /week

Our Energyze program is to provide opportunities for kids to grow, learn, and play in a safe environment, and... most of all have **FUN!** We will have weekly field trips, swimming, and **MORE!** As part of the Y, we seek to develop the personal character and integrity of each child by focusing on **Youth Development, Healthy Living & Social Responsibility.**

For more information contact Lisa Nething at lnething@mtrymca.org.



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 and March 10 through April 15.

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 3-5)

An assortment of sports, teaching the fundamentals of movement and sport, encouraging confidence-building, healthy living, and fun!

Monday 11:30am—12:00pm

Fee: \$35 member, \$95 nonmember

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

Fee: \$35 member, \$95 nonmember

SPORTS 101 (AGES 7-9)

An assortment of sports and games for older children. They will learn the different rules and fundamentals with each given sport/activity that will vary week to week.

Monday 6:15PM—7:00pm

Fee: \$40 member, \$110 nonmember



YOUTH SPORTS | REGISTER

BASKETBALL (AGES 4-6)

Coaches will spend the first 10 minutes working with players on basketball skills. Games will be played during the last 20 minutes. This format includes lowered rim height, coaches on the court. Teams will be assigned (team size depending on numbers.)

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

BASKETBALL (AGES 7-9)

The emphasis of these leagues is on sportsmanship, skill development, teamwork and equal participation. Coaches will do skill work for 10-15 minutes and will have 30-35 minutes for a game each week. The format includes lowered rim height and coaches on the court. Teams will be assigned (team size depending on numbers).

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

JUNIOR ANGLERS: FISHING BASICS (AGES 8-12) MARCH 10—APRIL 14

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.

Tuesday 6:00pm—6:45pm
Fee: \$35 member, \$35 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



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.

March 30 9:00am - 4:00pm

Register by noon on March 27

April 1 9:00am - 4:00pm

Register by noon on March 31

Fee: \$25 member, \$40 nonmember



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



STORYTIME WITH THE MANITOWOC PUBLIC LIBRARY AT THE YMCA (AGES 0-5)

Celebrate Dr. Seuss's 122nd birthday with Miss Sharon from the Manitowoc Public Library for a special FREE story time at the YMCA. After story time, we will hit the gym for a FREE Wiggles & Giggles class. YMCA membership not required for this free event. Perfect for babies, toddlers, and preschoolers. Registration not required.

Monday, March 2 9:30am—11:00am

Fee: Free event for the community!

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 Family Fun Center, 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



Manitowoc Family Dental, LLC

FAMILY FUN FRIDAY (MUST REGISTER BY NOON ON MARCH 19)

Basketball Theme. Enjoy open swim from 5:00pm to 6:30pm, mini sports stations, and a healthy snack to keep everyone fueled. **SPONSORED BY MANITOWOC FAMILY DENTAL.**

Friday, March 20 5:00pm – 7:00pm

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



Manitowoc Family Dental, LLC

FAMILY FUN FRIDAY (MUST REGISTER BY NOON ON APRIL 16)

Spring into fun! Enjoy open swim from 5:00pm to 6:30pm, a spring-inspired obstacle course, parachute games, basketball, and a fun spring craft. Finish the night with a light snack and make some great family memories.

SPONSORED BY MANITOWOC FAMILY DENTAL.

Friday, April 17 5:00pm – 7:00pm

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



Manitowoc Family Dental, LLC

LET'S PAINT A RAINBOW (AGES 4-6)

NEW! Children will explore painting, color mixing, and creative expression through fun rainbow-themed projects. Each week features a new activity using kid-friendly materials to build confidence, imagination, and fine motor skills. Held in the Child Watch room.

Thursday 4:00pm – 4:30pm

Fee: \$35 members, \$95 nonmembers

SELF-CARE WORKSHOP—SATURDAY, MARCH 28 12PM–4PM

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. Registration includes one parent/guardian and up to two children.

Fee: \$10 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
Thursday	5:30pm - 6:20pm
	6:30pm - 7:20pm
Saturday	10:00am - 10:50am
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
Wednesday	4:30pm - 5:20pm
Saturday	11:00am - 11:50am
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 your 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.

Sunday 11:40am—12:10pm
12:20pm—12:50pm
1:20pm—1:50pm
2:00pm—2:30pm
2:40pm—3:10pm
Tuesday 4:30pm—5:00pm
6:25pm—6:55pm
FEE: Sunday Classes: \$35 member, \$95 nonmember
Tuesday Classes: \$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 your 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.

Sunday	11:00am—11:30am 11:40am—12:10pm 2:00pm—2:30pm 2:40pm—3:10pm
Tuesday	5:10pm—5:40pm 6:25pm—6:55pm
FEE:	Sunday Classes: \$35 member, \$95 nonmember Tuesday Classes: \$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	5:50pm—6:20pm
FEE:	Sunday Classes: \$35 member, \$95 nonmember Tuesday Classes: \$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 11:00am—11:30am
 1:20pm—1:50pm
 2:00pm—2:30pm
 2:40pm—3:10pm
 Tuesday 5:10pm—5:40pm
FEE: Sunday Classes: \$35 member, \$95 nonmember
 Tuesday Classes: \$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 11:40am—12:10pm
 12:20pm—12:50pm
 1:20pm—1:50pm
 2:00pm—2:30pm
 2:40pm—3:10pm
 Tuesday 5:50pm—6:20pm
FEE: Sunday Classes: \$35 member, \$95 nonmember
 Tuesday Classes: \$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
12:20pm—12:50pm
Tuesday 4:30pm—5:00pm
FEE: Sunday Classes: \$35 member, \$95 nonmember
Tuesday Classes: \$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
1:20pm—1:50pm
FEE: \$35 member, \$95 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

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

CLASSES

(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

LIFEGUARD RECERTIFICATION BLENDED LEARNING 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.***

Saturday, April 25 9:00am—5:00pm (must register by April 23)

FEE: \$100 members, \$180 nonmembers



PRESCHOOL GYMNASTICS | REGISTER

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

PARENT VIEWING: MONDAY, APRIL 6 THROUGH SUNDAY, APRIL 12

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 (no class on April 5)
 Saturday 8:00am - 8:45am
 Fee: Sunday Classes: \$42 member, \$108 nonmember
 Saturday Classes: \$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: APRIL 6 THROUGH APRIL 12**

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
 Monday 5:15pm - 6:15pm
 Saturday 10:30am - 11:30am
 Fee: Sunday Classes: \$52 member, \$116 nonmember (no class April 5)
 Monday & Saturday Classes: \$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
 Monday 6:30pm - 7:30pm
 Tuesday 4:30pm - 5:30pm
 Wednesday 6:45pm - 7:45pm
 Fee: Sunday Classes: \$52 member, \$116 nonmember (no class on April 5)
 Weekday Classes: \$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: Sunday Classes: \$52 member, \$116 nonmember (no class on April 5)
 Thursday Classes: \$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: MONDAY, APRIL 6 THROUGH SUNDAY, APRIL 12

LEVEL 3 - NON COMPETITION (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

PRE-TEAM (5 YEARS AND UP)

Pre-team is designed for gymnasts who are ready to focus on more advanced skills and dive deeper into being ready to compete. This class builds on the foundation of Level 3 Non-Competition and introduces new and more complex skills on floor, beam, bars, and vault, along with beginning to learn the routines. Athletes will continue to develop strength, flexibility, and technique, while working on perfecting their skills and preparing to begin competing. **Approval is required to join this class. You must sign up in person.**

Tuesday and Thursday 4:30pm - 5:30pm
 Fee: \$90 member, \$185 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 (fronthead, backhand, volleying, and serving).

Sunday 1:00pm—2:20pm (no class April 5)
 Fee: \$68 member, \$130 nonmember

INTERMEDIATE (AGES 9+) *10 max per session

This class will teach the advanced basics of tennis (fronthead, backhand, volleying and serving).

Wednesday 4:00pm - 5:20pm
 Fee: \$75 member, \$140 nonmember

ADVANCED HIGH SCHOOL (AGES 14+) *10 max per session

Must have previously played on an area high school tennis team or have director approval. Advanced skills with single and double play.

Wednesday 5:30pm - 6:30pm
 Fee: \$75 member, \$140 nonmember

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.

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

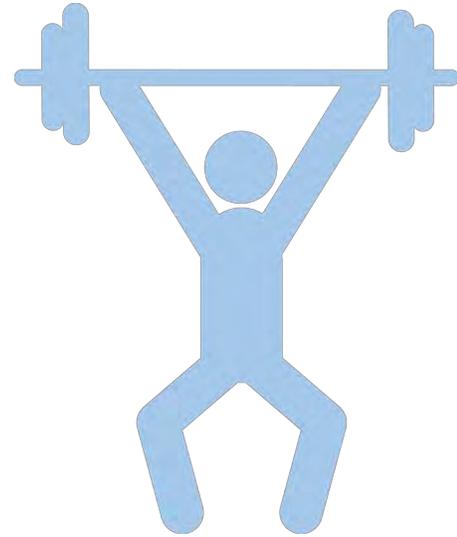
This program is the development and implementation of fitness programming intended for clients that have been released from physical therapy or who suffer from chronic diseases or physical limitations.

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

WOMEN ON WEIGHTS: NEXT LEVEL (AGE 18+)

Ready for the NEXT LEVEL? This is an advanced 7-week strength training program with the use of free weights, weight machines, and TRX. This program offers a variety of strength training designed to build muscle, improve strength and enhance overall well-being. Find a place of empowerment in the Lifestyle Center including the weight room. This program is led by our National Accredited Female Certified Personal Trainer. Maximum 4 participants per program session. One STYKU 3D Body Measurement Scan included.

Mondays & Thursdays 8:00am - 9:00am
\$139 per person | Members Only

EAT FOOD. DO GOOD.

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

GROUP FITNESS MEMBER APPRECIATION EVENT

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 and snacks on Saturday, March 7 in Studio Y. **FREE for members—registration not required.**

SCHEDULE OF EVENTS:

8:00am: Dance Fitness with Danielle
8:30am: HIIT Strength with Molly
8:55am: POUND® with Kelsey
9:20am: R.I.P.P.E.D® with Doni
9:45am: Cooldown with Elizabeth

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.

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.

Full Course

- 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

TECH TIME WITH THE ADRC—FRIDAY, APRIL 10 9:45AM-11:45AM

Do you have a question on how to do something on your phone or tablet? Drop in during tech time at the Y with the ADRC to meet with staff and get your questions answered—no need to register.

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



OPEN TO MEN & WOMEN OF ALL ABILITY LEVELS

BUILD POWER, STRENGTH,
FLEXIBILITY & SPEED

ROCK STEADY BOXING

PARKINSON'S DISEASE MANAGEMENT PROGRAM

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.



COLLEGE STUDENTS: EXERCISE HAS ITS BENEFITS!

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.



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

BRAUN BUILDING

CELLCOM/NSIGHT

CHERMAKE

CLARITY CARE

CP FEEDS

DCENTRIQ

DRAMM CORPORATION

EXCELLERATE

EXPERA SPECIALTY

FAITH TECHNOLOGIES

FEDERAL MOGUL/TENNECO

FESTIVAL FOODS

FOCUS PROPERTY MANAGEMENT

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

SP GROUP PACKAGING SOLUTIONS

SUMMIT CLINICAL SERVICES

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.



**GOOD HEALTH IS
GOOD BUSINESS**

EMPLOYMENT

FULL-TIME YOUTH DEVELOPMENT EXECUTIVE ASSISTANT

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.

LIFEGUARDS

Call Barb Schmidt at 920.482.1566 for details.

GYMNASTICS INSTRUCTOR

Call Barb Schmidt at 920.482.1566 for details.

[FOR GENERAL QUESTIONS ABOUT JOBS VISIT MTRYMCA.ORG/CAREERS.](https://mtrymca.org/careers)

JOIN THE Y TEAM AND MAKE A DIFFERENCE!

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



FIND YOUR TRUE CALLING. FIND YOUR Y.

» APPLY TODAY
For a better us.®



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.

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 are tax-deductible to the extent of the tax code.



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.

2/22/2026