

# THE Do Work That Matters PLACE

No Place Like *This Place*™



## MANITOWOC-TWO RIVERS YMCA FEBRUARY 2026 NEWSLETTER



### IMPACT SPOTLIGHT

Lori has been part of the Y for just under 3 years, and it has quickly become a place her whole family uses too, including visiting family. While her daughters first came for swim lessons, Lori has made it her own through the Flex & Flow class, yoga, other group exercise classes, and plenty of time on the walking track.

One morning, she heard Cheryl suggest adding a little head support during class, so Lori brought a pillow for herself. Then she made one for a friend, then a few more friends, and before long she had sewn 50–60 homemade pillows for most of the class! Lori gives them away at no cost because she wants others to feel comfortable and included. “I look forward to the Y,” she says. “It’s a nice social thing to do. It’s a good environment and a good culture. I’d recommend it to anyone!”

Greetings, Y Members!

Earlier this week, we had our annual Days of Giving Event during which time we were hoping to raise \$12,000 (\$6K in individual donations and \$6K match) to help us reach our annual goal of \$200K+.

When all was said and done, your donations and the matching gifts helped us raise more than \$24,000 in less than 48 hours. I know I speak on behalf of all of us here at the Y, Board and staff alike, when I say THANK YOU for your tremendous generosity and compassion for your Manitowoc County neighbors.

Thanks to you, there will be kids like Sam (all names are changed) who entered into the foster system at age three and has only one constant in his life for the last 5 years: the Y.

Your generosity ensures that Sara – who was diagnosed with breast cancer, underwent aggressive treatment, and felt lost for months – was able to find the LIVESTRONG program then continue on with a membership to reclaim her health, confidence, and new friendships.

Your donation gives Scott’s family a place to play and relieve stress together after a financially crippling medical experience that cost him his job; he met his future boss here at the Y while receiving financial assistance for his family membership (he now happily pays full rate because he’s back to work!).

The list goes on and on-- some stories we know, and some we don’t, but we know that there is always a story. No one grows up saying that they hope they will one day be in need of financial assistance; no one hopes for a day when they can’t afford swim lessons for their child; no one wants to be there, but life happens –and the brave among us know when to ask for help.

It is deeply heartwarming to see how very many of you are right there waiting to say in return, “We got you.” Some of you have shared that it’s because you, too, were there once, and the Y donors of the time answered the call and now it’s your turn. Others of you have shared that you have never known this level of need and are grateful every day, and so you pay it forward. Just like our financial aid recipients, we don’t know all our donors’ stories, but we know this is true of all of you: You are wonderfully compassionate, generous people who make our community stronger, healthier, and more hopeful, and no matter your reasons, we thank you sincerely for your gift.

We have a little ways to go before reaching our total goal for the year, so if you have not had a chance to give you may be hearing from us. But today, I just want to say Thank You. In the truest sense of the phrase: we could not do this work of building a stronger community without you.

**P.S. A very special thank you to our Days of Giving Sponsors who generously matched gifts: Cool City Chevrolet, Nicolet Bank, Summit Clinical Services, and The Chiropractic Advantage**

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## WINTER PROGRAMS

Winter 2 began on March 1 and registration is open. Head to [www.mtrymca.org](http://www.mtrymca.org) to see the program guide.

## SUMMER CAMP REGISTRATION

Registration for Y Camp and Energyze are **OPEN!** Click [HERE](#) to register and learn more. Thank you to our Y Camp sponsor, Associated Bank!



## MARCH FITNESS

Our group exercise instructors want to say "thank you" to our members by hosting a fitness sampler paired with snacks and seasonal beverages from Retro Eighth Coffee & Acai on Saturday, March 7. Join us in Studio Y.

### SCHEDULE OF EVENTS:

- 8:00am: Dance Fitness (Danielle)
- 8:30am: HIIT Strength (Molly)
- 8:55am: POUND® (Kelsey)
- 9:20am: R.I.P.P.E.D.® (Doni)
- 9:45am: Cooldown/breathwork/meditation (Elizabeth)

Enjoy snacks and refreshments anytime!



## 3K, 4K, 4K Y ENRICHMENT, 4K Y EXTENDED CARE

**YMCA 3K** registration is open. Please head to <https://www.mtrymca.org/3k-preschool-child-care> to learn more. Email [registration@mtrymca.org](mailto:registration@mtrymca.org) with questions.

**MPSD 4K** registration will open on March 9. Please head to <https://www.manitowocpublicschools.org/enroll/4-year-old-kindergarten.cfm> to learn more. Questions on 4K should be directed to 920-686-4777.

**4K Y Enrichment & 4K Y Extended Care** will open on March 9. Please head to <https://www.mtrymca.org/4k-y-enrichment-4k-y-extended-care> to learn more. Email [registration@mtrymca.org](mailto:registration@mtrymca.org) with questions.



## 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 31-April 1.** 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. **March 18 (1/2 day) and April 22 (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>



## FAMILY FUN FRIDAY

Basketball inspired family fun with swimming, mini sports stations, and snacks. Enjoy open swim from 5:00pm to 6:30pm. **Sponsored by Manitowoc Family Dental.**

Friday, March 20 | 5:00pm-7:00pm

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



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## 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! March 28 from 12pm to 4pm.

### WHAT TO EXPECT:

Introduction  
Self-care education  
Understanding skin, hair, and nails  
Live demonstrations  
Hair braiding or basic styling techniques  
Facial care: face masks, toner, and moisturizer  
Nail care: cleanliness and polish tips  
Questions & Answers  
Participant Survey

### WHO CAN ATTEND:

Registration includes one parent/guardian and up to two children. Pre-registration required.

### COST:

\$10 per family members, \$15 per family nonmembers  
Online registration link: <https://bit.ly/48kuNQj>

## 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.

## AMERICAN RED CROSS BLOOD DRIVE

Every 2 seconds, someone in the U.S. needs blood. Help save a life by scheduling your appointment today. Walk-ins are also welcome. March 26 from 11am to 4pm in the Prevea Gym.

YOU can help save a life!

<https://www.redcrossblood.org/give.html/donation-time>

## 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 Lone 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.**

## TECH TIME WITH ADRC

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.

Please note they are not tech support, so they may not be able to answer in-depth or hardware related questions.

April 10 | 9:45am-11:45am



## CATS ON MATS

\* MUST REGISTER - LIMITED SPACES AVAILABLE \*

Join Yoga Alliance licensed teacher Kate Casey and residents of Lakeshore Humane Society for an evening of fun and relaxation. Participants will be guided through a gentle yoga class designed to relieve tension in the body and mind while furry friends wander from mat to mat. Cat lovers of all sizes, abilities, and levels of experience are welcome! Please bring your own mat. Class will be held at the Manitowoc-Two Rivers YMCA in Harborview Studio. Must be 18 years or older to register. Donations to Lakeshore Humane Society will be accepted. April 22 from 5:30pm to 6:30pm.

Members: FREE, Nonmembers: \$20

Online registration link: <https://bit.ly/48kuNQj>



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## MINI-WELLNESS RETREAT

Join us for a relaxing and restorative Mini Wellness Retreat designed to help you unplug, move mindfully, and welcome the refreshing energy of spring. With yoga options, creative and reflective activities, a nourishing snack, a calming closing meditation, and a gift bag to take home, this morning is all about renewal, balance, and caring for yourself. **Thank you to our sponsor, Network Health.** April 19 from 9:15am to 12:30pm.

Cost: \$20 per member | \$45 per non-member  
Spots are limited — advance registration required. Register online [HERE](#).

### SCHEDULE

9:15–9:30 AM

Welcome, centering, gentle warm-up, and breathwork  
Location: Studio Y

9:30–10:20 AM

Yoga Session (choose one)

- Chair Yoga with Susan – Studio Y
- Power Yoga with Elizabeth – Harborview Studio

10:30–10:45 AM

Healthy snack + community connect  
Location: Community Room

10:45–11:45 AM

Choice Activity (choose one or mix and match!)

- Neurographic Art with Elizabeth – Community Room
- Guided journaling with provided prompts – Community Room or Harborview Studio (for more privacy)
- Group Walk with Susan – outdoors along the beautiful Mariner's Trail (please dress accordingly)
- Sauna

12:00–12:30 PM

Closing meditation and singing bowl experience with Susan  
Location: Studio Y

Send off with self-care gift bags to continue your wellness experience at home



## LIVESTRONG® AT THE YMCA

**THE NEXT SESSION OF LIVESTRONG AT THE YMCA STARTS MAY 4!**

Livestrong is a FREE 12-week program designed for cancer survivors looking to regain strength and energy after treatment. Join us for supportive, small-group sessions focused on wellness and recovery. **Thank you to our sponsors Scott and Laurie Mertens.**

Mondays & Wednesdays  
9:00 AM – 10:15 AM

For more details, head to  
<https://www.mtrymca.org/livestrong-ymca>

## YARN WITH FRIENDS

Come gather at the Y to crochet, knit, or do other needlework the third Wednesday of every month from 1:30pm to 3:30pm. Bring a project of your choice and your own materials and we'll provide the space to share creativity, ideas and tips. FREE!

## EASTER

The Y will be closed on Sunday, April 5 in observance of Easter. Members with 24/7 access are welcome to use the Y anytime.

## WE'RE HIRING!

Do work that matters – join the Y team! We have part-time and full-time positions available. Learn more and apply at <https://www.mtrymca.org/careers>.

## THANK YOU

Thank you to everyone who purchased raffle tickets to support the Manta Rays swim team – we couldn't do it without you! Winners have been notified.

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