



HAPPY 175TH BIRTHDAY, YMCA!



IMPACT SPOTLIGHT

When Karen first joined the Y in March, she was facing something that had carried fear and embarrassment for years: an inability to swim. She signed up for lessons and is already swimming laps, enjoying the water with confidence, and looking forward to activities like kayaking and paddleboarding. What once felt intimidating has become a source of fitness, relaxation, stress relief, and pride.

Karen first came to the Y hoping to improve her health, but the impact has reached her whole family. Her children now beg to come to open swim, and because Karen can swim, she can support their confidence and skill-building in the water too. After 20 years away from regular exercise, she has found a welcoming place to begin again, build resilience, and care for both her physical and mental well-being.

Go Karen!

Members,

In 1851, Millard Fillmore was President of the United States. The New York Times opened its doors. Herman Melville had just published Moby-Dick and Isaac Singer patented the sewing machine. Into this world, Thomas Valentine Sullivan brought the first Y to the US — with a belief that community, character, and human connection could make life better. That belief has some staying power, it turns out. It has never wavered.

Over 175 years, the Y has served kids, families, adults, and communities as it has helped to weave the fabric of our country. Basketball? Invented at a YMCA in Springfield, Massachusetts in 1891, when Dr. James Naismith nailed two peach baskets to a gym balcony. Volleyball was invented a few years later, at a Y in Holyoke. The very first Father's Day celebration was held at the Spokane YMCA in 1910. The USO was co-founded by the Y when America entered World War II. John F Kennedy modeled The Peace Corps directly after our World Service program. We ran the country's first night schools and the first ESL classes for immigrants. We pioneered group swim lessons. We even coined the term "bodybuilding" — back in 1881.

And we've been there for our country's most troubled times, as well-- from President Lincoln personally recruiting more than 5,000 YMCA volunteers to serve as nurses and chaplains on Civil War battlefields, to providing emergency childcare for frontline workers, distributing food, and keeping the lights on for families who had nowhere else to turn during COVID. The Y has only one constant over the years: responding to the needs and hopes of each generation.

Today, across America, 2,600 YMCAs serve more than 10,000 communities in every state, reaching 17 million people a year through 300,000 staff and 350,000 volunteers. We're the nation's largest nonprofit provider of childcare, afterschool programs, and swim lessons. Globally, the Y is active in 119 countries and touches 58 million lives.

Behind every one of these numbers is an early morning spin class that has become a friend group, an afterschool pickup from a day of learning, a first lap in the pool (go, Karen!), a familiar, kind face at the front desk, and countless other moments that, remarkably, Thomas Sullivan would recognize immediately, 175 years later, as the work of the YMCA.

We think it's something to celebrate together, as members of this generation of an incredibly unique legacy. Join us on Thursday, May 14 for a party to celebrate 175 years, and look forward to 175 more.

Thank you for being a member of the Y!
Julie

SUMMER PROGRAMS

The spring program session is underway and we are gearing up for summer!

Registration for all summer camps (NinjaZone®, Gymnastics, Y Camp) and summer swim team is **OPEN!** Check out what we have to offer at [mtrymca.org/program-guide](https://www.mtrymca.org/program-guide). The program guide for our remaining summer programs will be available to view online on June 1.

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

YMCA 3K is full; however, you can be added to the waitlist. Please head to <https://www.mtrymca.org/3k-preschool-child-care> to learn more. Email registration@mtrymca.org with questions.

MPSD 4K registration is open. 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 is open. Please head to <https://www.mtrymca.org/4k-y-enrichment-4k-y-extended-care> to learn more. Email registration@mtrymca.org with questions.



BEERNTSEN SCHOLARSHIP

Over thirty years ago, generous donors and volunteers Tom and Penny Beerntsen saw an opportunity to help kids thrive after they leave our Y and our community: through scholarships for higher education.

Our volunteer team recently came together to review the many deserving applicants and select our five winners.

Congratulations to:

Lincoln High School

Lila Redwine
Lindsey Pionek

Manitowoc Lutheran High School:

Natalie Hochmuth

Valders High School

Whitney Ulness
Anna Olson

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!



LIVESTRONG® AT THE YMCA

THE NEXT SESSION OF LIVESTRONG AT THE YMCA STARTS SOON! 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>

YMCA 175th BIRTHDAY PARTY

Celebrate 175 years of the YMCA with us at the Manitowoc-Two Rivers YMCA! Join us on May 14 from 6-8 PM for a free, family-friendly birthday party filled with fun for all ages. Guests can enjoy cupcakes, a lively dance through the decades party, activities for kids of all ages, and more! **Free and open to the public thanks to our sponsor, Lakeside Foods!**



LIMITED SPOTS IN Y CLASSROOMS

We have space for your 2 and 3 year olds in Y Early Learning – a rare opportunity!

Kids need to learn how to play well with others and you need to work – your Y is here for it! If you want your little one to experience preschool learning that will help them get a jump start with interpersonal skills and succeeding in group settings (aka classrooms), now is your chance to register for full-time or part-time care. Spots will fill fast, so register today!

Fully-licensed, experienced teachers. Age-appropriate curriculum. Fun guaranteed. To register or for additional questions, email registration@mtrymca.org.

FIND US ON:



PANCAKES & PAJAMAS

Celebrate Mother's Day early with your short stack! Join us on May 9 from 9:30am to 11:00am for a morning full of pancakes, games, and a craft. Bring your mom/grandma/aunt or other female who is special to you. You are encouraged to dress in your pajamas. Register by noon on May 8 to take part in this event!

Members: \$10 per couple/\$5 each additional child
Nonmembers: \$20 per couple/\$5 each additional child

HIGH SCHOOL SENIORS

A special thank you to our graduating seniors....

Jacob Gebhart (Aquatics), Abby Andrews (Aquatics), Emily Michaelson (Aquatics), Alaina Uhler (Aquatics), Aubrey White (Aquatics) Brooklyn Kieselhorst (Aquatics), Payge Dewane (Aquatics), Khloe Jalbert (Aquatics) and Sandra Waak (Child Watch) - THANK YOU for all you have done for our Y and congratulations on your upcoming graduation.

Congratulations to all high school seniors as they approach the end of their high school careers.

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>.

OUTDOOR FITNESS

Join us this summer for outdoor fitness classes! Stay tuned for more details.

MEMORIAL DAY

The Y will be closed on Monday, May 25 in observance of Memorial Day. Members with 24/7 access are welcome to use the Y anytime.

FRAUD AWARENESS PRESENTATION

Please join Tracy and team for a FREE Fraud Awareness presentation on May 19th from 10:00am-11:00am in the Community Room at the Y.

This presentation explores the growing prevalence of identity theft and financial scams, providing practical, real-world strategies for personal and professional protection. We will cover tactics used by scammers, what identity theft is, and proactive measures for securing personal and financial information in our growing digital world.

This presentation is designed to help participants walk away with the knowledge and tools necessary to recognize, prevent and respond to Identity Theft and Financial Fraud. It is intended for anyone who is seeking to enhance their knowledge of fraud prevention.



YARN WITH FRIENDS

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

EQUIPMENT DRIVE

In collaboration with Healthiest Manitowoc County, we are collecting new and gently used sports equipment (all sizes welcome) through May 19. We are accepting items such as balls, bats, gloves, cleats, rackets, jump ropes, yard games, sports bags, and more.

Donated items will be made available during a distribution event FREE to the community during the Manitowoc Farmers Market on June 6th from 8am-1pm. Any remaining equipment will continue to be shared with local organizations to benefit the community.

Bring your new or gently used item(s) to the front desk for drop-off anytime before May 19.

A QUICK REMINDER

Don't forget to scan in at the front desk each time you visit! Check-ins help us maintain a safe environment, follow Praesidium child safety standards, and receive credit for insurance-paid visits. We appreciate your help!