



# MANITOWOC-TWO RIVERS YMCA JULY 2026 MEMBER NEWSLETTER



## IMPACT SPOTLIGHT

When Liz, a YMCA lifeguard, was diagnosed with a heart condition last fall, she decided to take control of her health. Through healthier habits, consistent exercise and portion control, she has lost 110 pounds, improved her heart health beyond her doctor's expectations, and feels stronger and more energized than ever. Along the way, she discovered that wellness doesn't have to feel like work, finding joy in swimming, tennis, pickleball, weight training, and friendly competitions that keep her motivated and moving.

As both a staff member and a member, Liz has experienced the YMCA from both sides of the mission. Along the way, she and her daughter, Sierra, have turned wellness into quality time together, swimming, exercising, and encouraging one another while building healthy habits that last. Supported by coworkers and fellow members, Liz has found a community that makes healthy living both enjoyable and sustainable. Congratulations, Liz!

Happy July, Y Members!

As many of you may be aware, our Early Learning wing of our beloved YMCA is old and worn down. It had been on the list for renovation multiple times—a project that has been pushed back due to lack of funding sources and/or our ability to provide continued services to our kids and families during significant construction staging. Our board dug into this conversation once again earlier this year-- determined to identify a long-term renovation solution-- when another opportunity arose that we could not refuse.

Manitowoc Public School District is transitioning all of its 4K programming to Riverview Early Learning Center (formerly Riverview Elementary) where we will collaborate with them to provide all day programming – our MPSD four-year olds will spend half their day with an MPSD teacher for their 4K Education and the other half day with Y Enrichment teachers for their motor skills, social-emotional learning, and healthy, active play! Age-appropriate all day programming designed to kick start a lifetime of successful learning-- all at no cost to families. It's a win for everyone!

As we worked through our 4K agreement with our district, it became clear that it would also make sense to move our entire youth development program over to this school and make it a full care, one-stop-for-parents facility—infants through school age.

This partnership and expansion of services is made possible by an incredible team at MPSD, a highly motivated Y Early Childhood Team, and our very generous Cornerstone Sponsor, Redline Plastics. We also have generous support for this project coming from The West Foundation, Dr. Pradeep Giriappa, and our wonderful members who are sponsoring classroom supplies on our [Early Learning Amazon Wish List](#). Once again, we are reminded how true the maxim "It takes a village..."

Come fall, Riverview Early Learning Center will be one stop for parents and caregivers, maximizing our district's and our Y's strengths and resources, in a building much better suited, with room to grow all of our programs, serving more working families, and helping more kids learn, grow, and thrive! Collaboration is a beautiful thing.

Of course, there is no perfect solution, and the downside of this one is that we are going to miss our little ones here at our 205 Maritime Drive site. A highlight of many of our days is watching the wee ones toddle off to the gymnastics center or splash around in our pools. No one can resist an ear-to-ear smile when a much-distracted and curious line of three-year olds wanders down our Y hallways, off to some big adventure while we are off to ours. It's one of the things we love most about our Y-- the intergenerational exposure and love! Rest assured, we have a "Y @ Riverview" game plan to keep things like Laugh Yoga, intergenerational field trips and activities, gymnastics and youth sports programming as a core component of the kiddos' (and our!) days.

For 175 years, Ys across our country have been committed to doing all we can to help our local children thrive. This year is no exception here on our lakeshore! Thank you all for being a part of this-- we couldn't do it without you.

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## JULY 4

The Y will be closed on Saturday, July 4 and will reopen at our regular time on Sunday, July 5. Those members with 24/7 access will be able to access the 2nd floor of the Y anytime.

Have a safe and happy Fourth of July!

## 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](mailto: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](mailto:registration@mtrymca.org) with questions. Thank you to our Cornerstone Sponsor - Redline Plastics!



## 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>

## LIFEGUARD CERTIFICATION

Save a life - become a lifeguard! Lifeguard courses are being held at the YMCA in August. Go to <https://www.mtrymca.org/lifeguard-training-certification> to learn more or to register.

## OUTDOOR FITNESS

**JULY 18** is our next weekend of our outdoor fitness classes. Join us on the Maritime Museum Rooftop - **FREE to the community!**

8:00am Group Fight® with Jenny  
9:00am Zumba® with Tori  
10:00am Circl Mobility with Tori (please bring a mat)

Watch for more information on our other rooftop weekends taking place on August 15 and September 12.

## 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](mailto:registration@mtrymca.org).

## 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. **Monday, July 6 from 11am to 4pm in the Community Room.**

This summer, the American Red Cross is teaming up with Looney Tunes™ to celebrate the red, white and YOU! Donors can join our squad to honor our country's 250th anniversary and America's spirit of service by giving blood. Those who come to give blood June 29-July 12 will score a classic American Red Cross x Looney Tunes T-shirt, while supplies last!

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

## 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!**

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