



SUMMER ADVENTURES
START HERE



2026 SUMMER PROGRAM GUIDE

SUMMER SESSION: June 15 – August 22 (unless otherwise noted)
Member Registration: June 8 | Nonmember Registration: June 10

MANITOWOC-TWO RIVERS YMCA :: mtrymca.org :: 920.482.1500

BECOME A MEMBER:

MEMBERSHIP INFO 

The Y is a cause-driven organization that believes that the connections, support and inspiration people give and receive through interactions with staff, other members, programs, and volunteer opportunities contributes to total wellness. Our members make the Y a special place, and we are here to support you.

FREE MEMBERSHIPS

Enjoy a FREE membership if you participate in the following plans. Ask a Membership Representative for more details.

- ACTIVE & FIT
- ONE PASS
- RENEW ACTIVE
- SILVER&FIT
- SILVERSNEAKERS
- WPS INSURANCE

FINANCIAL ASSISTANCE:

LEARN MORE 

- Download and complete the MEMBERSHIP FOR ALL APPLICATION and return it to the Y during regular business hours along with the required documentation. Applications are also available at the Membership Services desk.
- After your application is reviewed you will receive an email indicating whether your application was approved or denied. Membership for All approvals require membership enrollment within 30 days of approval or re-application is required.



HOURS OF OPERATION 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 HOURS*:

The Y will be closed on the dates below in observance of 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 3pm)

***ALWAYS OPEN FOR MEMBERS WITH 24 HOUR FITNESS ACCESS!**

MEMBERSHIP PRICING POLICY:

To qualify for member pricing on programs or rentals, participants must maintain an active membership for the entire duration of the class, session, or rental period. If membership is canceled during this time, the price difference between the member and nonmember rate will be charged.

NATIONWIDE MEMBERSHIP:

When you’re a member at the Y, you have access to Y’s across the US and Puerto Rico! Visit ymca.net before you travel to make sure the Y you intend to visit participates in Nationwide Membership.



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facilities

**YMCA360.
ANYWHERE. ANYTIME.
FREE MEMBER-ONLY ACCESS
TO FITNESS CLASSES, SCHEDULES,
AND 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°.

Y Early Learning & Child Care: The Y offers conveniently located, state-licensed early childhood education at Riverview Early Learning Center in Manitowoc. 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 live 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.

Walking 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.

YOUTH POLICY

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 six months through eight years old. The parent/guardian must remain in the building.

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

YOUR YMCA STAFF

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A BETTER US STARTS WITH U

WORK THAT MATTERS

At the Y, your work makes a real impact. Every day, you help strengthen your community and change lives for the better.

OUR MISSION

As a leading nonprofit, the Y connects people to their potential, purpose, and each other. We empower youth, improve health, and bring communities together so everyone can learn, grow, and thrive.



Y EARLY LEARNING & CHILD CARE

LEARN MORE 

The Riverview Early Learning Center, licensed by the State of Wisconsin's Department of Health and Family Services and operated by the MTR YMCA, nurtures the whole child and attends to the needs of the working family.

We provide developmentally age-appropriate programs, committed to encouraging kids to thrive in spirit, mind, and body. With certified early learning teachers in our classrooms, we teach and model social-emotional skills that provide a foundation for successful learning for a lifetime. We teach evidence-based curriculum that ensures brain development and foundational skills based in play, observation, and experiential learning.

Whether your family needs all day care or your young student needs a strong start to learning how to navigate school and social interactions, we have a program for you and your child.

- Infant
- One Year Olds
- Two Year Olds
- Three Year Old Child Care (all day care including 3K)

All programs serve USDA approved meals and snacks, ensuring young brains and bodies have the fuel they need to learn and grow.

Active Play, Creative Arts, Storytimes, Circle Time, and more – we follow evidence-based curriculum delivered by certified teachers to give your child a strong foundation for a lifetime of learning.

- \$45 registration fee (non-refundable once enrolled, not charged for wait list)
- 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.

3K PRESCHOOL & CHILD CARE

LEARN MORE 

Experienced teachers with age-appropriate curriculum based on school readiness and socio-emotional learning, PLUS swimming and gymnastics included!

- Qualified and experienced staff
- Preschool curriculum
- Dramatic play
- Music and movement
- and SO MUCH MORE

Must be 3 years old by September 1. Follows MPSD's elementary school calendar.

COST:

- 3-day \$145
- 5-Day \$175

PROGRAM DAYS/TIME: Mondays, Wednesdays and Fridays OR Monday through Friday from 8:30am - 11:00am.

Email registration@mtrymca.org with questions.

CHILD WATCH

LEARN MORE 

Staff will care for children while parents experience other Y activities in the building or utilizing Maritime Trail.

HOURS

MONDAY-THURSDAY:

8:30 AM-11:30 AM
4:30PM-7:30PM

SATURDAY:

7:30 AM-10:30 AM

*Child Watch may close up to 30 minutes early if we do not have any children.

- **DAY PASS** - 1 child = \$5, 2 children - \$6, 3+ children - \$10
- **UNLIMITED MONTHLY PASS** - 1 child = \$25/month, 2 children = \$35/month, 3+ children = \$45/month

4K Y ENRICHMENT & CHILD CARE

LEARN MORE 

4K Y Enrichment Program (FREE for MPSD 4K students)

Complete your child's day with a FREE 4K Y Enrichment Program in partnership with MPSD! Children attend MPSD 4K for half of the day and spend the other half in 4K Y Enrichment, creating a seamless full-day experience from 8:00 AM – 3:15 PM. Lunch is provided for full-day 4K students. Program will be held at Riverview Early Learning Center in Manitowoc.

4K Y Extended Care Program (available for an additional fee)

Extend your child's day in a safe, caring environment designed to support your family's schedule. Our 4K Y Extended Care Program provides a smooth transition before and/or after the 4K day, giving children time to play, create, and unwind with familiar friends and trusted YMCA staff. Program will be held at Riverview Early Learning Center in Manitowoc. Extended care is available:

- Morning Care: 6:30 – 8:00 AM
- Afternoon Care: 3:15 – 6:00 PM

4K No School Days (additional daily fee applies)

4K Y SOS (School's Out Safari) is available on all scheduled MPSD no-school days for registered families.

- Hours: 6:30 AM – 6:00 PM

Please note: If MPSD closes due to inclement weather, Riverview Early Learning Center will also be closed. There will be no MPSD or YMCA programming on snow days.

QUESTIONS?

- For questions on 4K contact MPSD at (920) 663-9500.
- For questions on 4K Y Enrichment or 4K Y Extended Care, email registration@mtrymca.org.

SCHOOL-AGE CARE

LEARN MORE 

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 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.

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: \$34/day (full days), \$17/day (1/2 days)

Watch for 2026/2027 school year dates in Fall!

Contact Kenya Simon for more information at ksimon@mtrymca.org or 920.482.1539.

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 program just for 6th - 8th graders! Give your child a day full of fun with gym time, arts & crafts, and group activities. Teens must bring their own lunch. Sponsored by Shoreline Credit Union.

Watch for 2026/2027 school year dates in Fall!

Fee: \$25 member, \$40 nonmember

Contact Lisa Nething for more information at lnething@mtrymca.org or 920.482.1561.



Y CAMP

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.

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 is open!

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

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

Contact Kenya Simon for more information at ksimon@mtrymca.org or 920.482.1539.

ENERGYZE

Our Energyze program provides 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.

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

Contact Lisa Nething for more information at lnething@mtrymca.org or 920.482.1561.

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. Upcoming session dates are May 26 through June 24, and July 14 through August 12.

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

MINI SPORTS SAMPLER (AGES 4-6) JUNE 17-JULY 15

A new sport every week! Kids will run, jump, throw, and play their way through soccer, t-ball, basketball, football and kickball.

Wednesday 5:45pm - 6:15pm

Fee: \$25 member, \$65 nonmember

MINI SPORTS SAMPLER (AGES 4-6) JULY 22-AUGUST 19

A new sport every week! Kids will run, jump, throw, and play their way through soccer, t-ball, basketball, football and kickball.

Wednesday 5:45pm - 6:15pm

Fee: \$25 member, \$65 nonmember

JUNIOR SPORTS SAMPLER (AGES 7-9) JUNE 17-JULY 15

A new sport every week! Kids will run, jump, throw, and play their way through soccer, t-ball, basketball, football and kickball.

Wednesday 6:30pm - 7:15pm

Fee: \$25 member, \$65 nonmember

JUNIOR SPORTS SAMPLER (AGES 7-9) JULY 22-AUGUST 19

A new sport every week! Kids will run, jump, throw, and play their way through soccer, t-ball, basketball, football and kickball.

Wednesday 6:30pm - 7:15pm

Fee: \$25 member, \$65 nonmember



*To qualify for member pricing on programs or rentals, participants must maintain an active membership for the entire duration of the class, session, or rental period. If membership is canceled during this time, the price difference between the member and non-member rate will be charged.

**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

YOUTH IN GOVERNMENT (OCTOBER THROUGH MARCH)

The Wisconsin YMCA Youth in Government program provides teens with a unique opportunity to learn how to be civically engaged by acting as state legislators, lawyers, justices, and members of the media. Students simulate all phases and positions of the actual state government and are challenged with many of the same issues our real legislators must face in their elected offices.

The program is open to all students in grades 7-12 and engages hundreds of students from across the state each year. During the culminating conference in Madison, participants take over the historic halls and chambers of the Wisconsin State Capitol and Supreme Court. Legislation is debated and court cases are decided as students apply skills they have gained in the program. YIG is an experience like none other - a fun and immersive three days where students come together to explore ideas, meet new friends from all over the region, find a place where they belong, and leave inspired to take action that makes a difference in their communities.

Email Barb at bschmidt@mtrymca.org to learn more.



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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.

THINGS WITH WINGS ART CLASS (AGES 4-6) JUNE 18-JULY 16

Let creativity take flight in this new art class. Kids will explore art through fun, hands-on projects inspired by butterflies, bugs, and more. Each week brings a new winged creation using a variety of materials and techniques.

Thursday 4:00pm - 4:30pm

Fee: \$25 members, \$65 nonmembers



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NinjaZone® is a fusion of obstacle course training, gymnastics, parkour, and character building. Made possible by a gift from US Bank.



No class the week of July 20th

NINJAZONE WHITE LEVEL (BEGINNER AGES 5-10)

The white level is the starting point for all NinjaZone® participants and focuses on building a strong foundation of movement, coordination and confidence. In this high energy class, ninjas are introduced to the core elements of the program - gymnastics, parkour, tricking, and warrior. Students will learn fundamental skills such as jumping, rolling, balancing and basic strength movements while navigating beginner obstacle courses. Emphasis is placed on listening skills, following directions, teamwork, and positive attitude, helping each other grow physically and mentally. This level prepares ninjas for future progression as they begin their journey through the program.

Monday 4:30pm - 5:20pm
 Wednesday 6:30pm - 7:20pm
 Thursday 5:30pm - 6:20pm
 Fee: \$55 member, \$120 nonmember

NINJAZONE WHITE+ LEVEL (ADVANCED BEGINNER AGES 5-10)

The white+ level is designed for ninjas who have mastered the fundamentals of the white level and are ready to build on their skills with increased challenges and independence. This class continues on core elements of the program - gymnastics, parkour, tricking, and warrior while introducing more complex movements and combinations. Ninjas will refine skills learned in the white level and begin linking them together through more advanced skills. Greater emphasis is placed on body control, coordination, focus, and perseverance as well as demonstrating strong listening skills, teamwork, and a positive attitude. **Director recommended only.**

Monday 5:30pm - 6:20pm
 Wednesday 4:30pm - 5:20pm
 Thursday 6:30pm - 7:20pm
 Fee: \$55 member, \$120 nonmember

NINJAZONE YELLOW LEVEL (INTERMEDIATE AGES 5-10)

The yellow level is for ninjas who have progressed beyond the beginner stages and are ready for more advanced skills and challenges. Ninjas will build on the four components of the program with focus on strength, agility and skill combinations. Ninjas will work on refining techniques while learning more dynamic movements. Classes will challenge both physical ability and mental focus encouraging ninjas to demonstrate independence, perseverance, teamwork and leadership. **Director recommended only.**

Monday 6:30pm - 7:20pm
 Wednesday 5:30pm - 6:20pm
 Thursday 4:30pm - 5:20pm
 Fee: \$55 member, \$120 nonmember

NINJAZONE CLOTHING PACK - 1ST TIME PARTICIPANTS ONLY

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. White level or 1st time/beginner participants only.
 Fee: \$27



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Campers spend their days climbing, swinging, running, jumping, rolling, flipping and stepping up to challenges that make them feel strong, capable and unstoppable. Every day is full of movement, games, and skill-building that keeps the energy high from start to finish. Kids leave sweaty, proud, and already talking about coming back. If you are looking for a summer camp that feels like an adventure and builds real confidence along the way, this is it.

Must sign up for camp at least two weeks prior to start date. Must wear shorts, t-shirt, socks, and tennis shoes. No jeans, crocs, sandals or flip flops. Please bring a water bottle. \$14 camp t-shirt is optional. A light snack will be given each day. Daily camp will include themed days around the theme week, Ninja instruction, themed daily crafts, games and mini open gym sessions.

Shipwrecked Ninja Camp

Welcome aboard Ninja crew! This week we'll sail the seven seas on a mission for hidden treasure. Expect pirate games, daring obstacle challenges, and Ninja training fit for the bravest buccaneers.

- Ages 8-10: June 15—June 18 12:30pm-4:00pm. Fee: \$110 members, \$190 nonmembers
- Ages 5-7: June 22—June 25 12:30pm-3:00pm. Fee: \$80 members, \$160 nonmembers
- Ages 5-7: July 27—July 30 9:00am-11:30am. Fee: \$80 members, \$160 nonmembers
- Ages 8-10: July 27—July 30 12:30pm-4:00pm. Fee: \$110 members, \$190 nonmembers

ZooBaloo Ninja Camp

Let's go WILD!! Swing through the jungle and stomp across the arctic as we explore animals from all over the world in this fun-filled camp week!

- Ages 5-7: June 29—July 2 12:30pm-3:00pm. Fee: \$80 members, \$160 nonmembers

Space Odyssey Ninja Camp

3...2...1 BLAST-OFF! Suit up and launch into the Ninja-verse for a week of space missions, Ninja challenges, and out-of-this-world fun!!

- Ages 5-7: July 6—July 9 9:00am-11:30am. Fee: \$80 members, \$160 nonmembers
- Ages 8-10: July 6—July 9 12:30pm-4:00pm. Fee: \$110 members, \$190 nonmembers

Game On Ninja Camp

Get ready to jump into all your favorite games in real time. With crafts and activities inspired by classic throwbacks and exciting new-age games, you're guaranteed a day packed with nonstop fun.

- Ages 5-7: July 13—July 16 9:00am-11:30am. Fee: \$80 members, \$160 nonmembers
- Ages 8-10: July 13—July 16 12:30pm-4:00pm. Fee: \$110 members, \$190 nonmembers

Ninja Olympics Ninja Camp

Let the Olympic fun begin! Campers will jump, flip, throw, and race their way through a week full of exciting Olympic sports from gymnastics to shot-put and everything in between!

- Ages 5-7: August 3—August 6 9:00am-11:30am. Fee: \$80 members, \$160 nonmembers
- Ages 8-10: August 3—August 6 12:30pm-4:00pm. Fee: \$110 members, \$190 nonmembers



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SWIM LESSONS

JUNE 15 – JULY 31 :: Classes meet once a week for 7 weeks.

FEES PER SESSION:

Parent/Child:

\$40 Member/\$77 Nonmember

Stages 1P – 5/6S:

\$40 Member/\$110 Nonmember

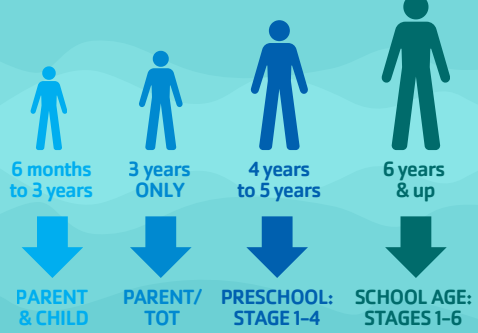
	Parent/ Child	Parent/ Tot	Stage 1P	Stage 2P	Stage 3P
MONDAY	9:15am–9:45am		X		
	9:55am–10:25am	X			
	4:30pm–5:00pm	X			
	5:10pm–5:40pm		X		
	5:50pm–6:20pm		X		

	1P	2P	3P	2S	3S	4S	5/6S
TUESDAY	4:00–4:30pm					X	X
	4:40–5:10pm	X	X	X			X
	5:20–5:50pm		X	X		X	X
	5:50–6:20pm						
	6:00–6:30pm	X			X	X	
	6:40–7:10pm	X	X			X	

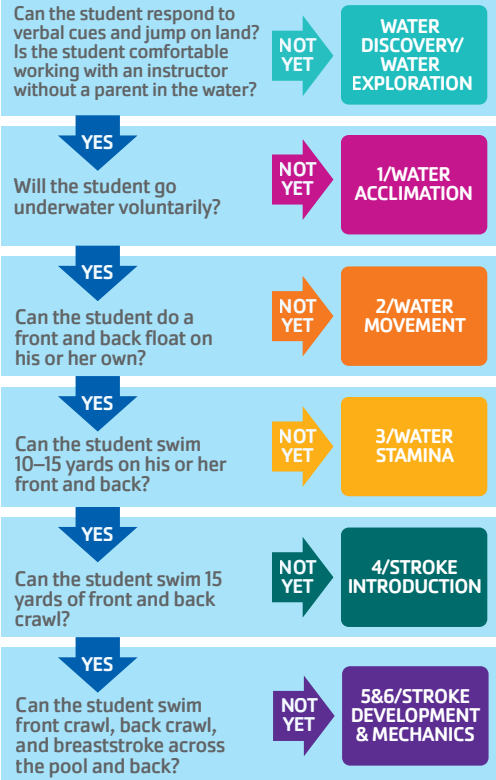
	1P	2P	3P	2S	3S	4S	5/6S
THURSDAY	4:00–4:30pm	X		X	X		
	4:40–5:10pm		X	X		X	
	5:20–5:50pm	X				X	X
	5:50–6:20pm						
	6:00–6:30pm	X	X			X	
	6:40–7:10pm	X			X		

REGISTER HERE 

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



WHAT STAGE IS THE STUDENT READY FOR?



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WHAT LEVEL ARE YOU?

If you're unsure of your child's swimming ability, our Aquatics Lead will help. Email: fcardenas@mtrymca.org.

aquatics



Becoming a member of the YMCA Swim Team means fun, fitness, and teamwork. The YMCA swim team is a developmental swim program run by trained coaches to improve swimmers' competitive skills and endurance through progression rather than intense competition at an early age. The YMCA swim team promotes healthy lifestyles while embracing the five core values of caring, honesty, respect, inclusion, and responsibility.

INTRO TO SWIM TEAM (AGE 7-13) JULY 6 THROUGH AUGUST 18

Our summer introduction to swim team is perfect for swimmers ready to build on their skills in a fun, team-focused environment. Participants will work on stroke technique, endurance, and basic competitive skills while developing confidence and teamwork. Swimmers must have completed at least one session of level 5 swim lessons (or equivalent).

Tuesday 4:30pm – 5:00pm

Fee: \$40 member, \$75 nonmember

MORNING SWIM TEAM WITH JEN JUNE 16 THROUGH JULY 30

Silver and Gold Manta Ray Swim Team levels or with permission of head coach. Contact Emily at eschmidt@mtrymca.org with questions.

Tuesdays & Thursdays 6:00am – 7:30am

Fee: \$70 team member, \$150 non team member

SUMMER SWIM TEAM (AGES 6-10) *must have 6 to run each session

Our summer swim team offers a dynamic training environment for swimmers looking to improve performance and refine technique. With experienced coaching, structured practices, and competitive meets if there is enough interest. Athletes will build endurance, strength, and race strategy—all while being part of a motivated and supportive team. For ages 10 and under or those new to swim team. Must have been on the 25/26 Manta Rays team or have coaches approval.

Practices will be held on Mondays and Wednesdays from 5:30pm to 6:00pm during the following sessions. Choose one or more!

• June 15 – June 25

• July 6 – July 15

• July 20 – July 29

• August 3 – August 13

Fee: \$10 per session member, \$35 per session nonmember

SUMMER SWIM TEAM (AGES 11+) *must have 10 to run each session

Our summer swim team offers a dynamic training environment for swimmers looking to improve performance and refine technique. With experienced coaching, structured practices, and competitive meets if there is enough interest. Athletes will build endurance, strength, and race strategy—all while being part of a motivated and supportive team. Must have been on the 25/26 Manta Rays team or have coaches approval.

Practices will be held on Mondays and Wednesdays from 4:30pm to 5:30pm during the following sessions. Choose one or more!

• June 15 – June 25

• July 6 – July 15

• July 20 – July 29

• August 3 – August 13

Fee: \$20 per session member, \$50 per session nonmember

PRESCHOOL GYMNASTICS CLASSES

[REGISTER HERE](#) 

PARENT VIEWING WEEKS: JULY 6 - JULY 10 & AUGUST 3 - AUGUST 7

SUMMER GYMNASTICS LESSONS | 8 WEEK SESSION STARTING JUNE 15

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!

Fees: \$56 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!

Fees: \$64 Member \$130 Nonmember

	Parent Tumble Bugs	Kindergymnastics
MONDAY		
9:00am-9:45am	X	
10:00am-10:45am		X
3:00pm-3:45pm		X
TUESDAY		
8:00am-8:45am	X	
9:00am-9:45am		X
WEDNESDAY		
4:00pm-4:45pm	X	

SUMMER KINDERGYMNASTICS MINI CAMP (4-5 YEARS)

For any 4-5 year old looking at doing gymnastics. Gymnasts will explore multiple gymnastics skills through stations and games on all 4 gymnastics events: vault, uneven bars, balance beam and floor exercise. Theme is PURPLE. Fee includes a t-shirt. REGISTER BY JULY 1.

Thursday, August 13 | 9:00am - 11:00am

Fees: \$30 Member \$60 Nonmember



GYMNASTICS

PROGRESSIVE GYMNASTICS CLASSES – FOR AGES 5+

PARENT VIEWING WEEKS: JULY 6 – JULY 10 & AUGUST 3 – AUGUST 7

REGISTER HERE



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.

SUMMER GYMNASTICS LESSONS | 4 WEEK SESSION STARTING JUNE 15

LEVEL 1 BEGINNER

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.

Monday 1:45pm–2:45pm
Wednesday 2:45pm–3:45pm
Fee: \$36 member, \$80 nonmember

SUMMER GYMNASTICS LESSONS | 4 WEEK SESSION STARTING JULY 13

LEVEL 1 BEGINNER

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.

Monday 11:00am–12:00pm
Wednesday 9:00am–10:00am
Fee: \$36 member, \$80 nonmember

SUMMER GYMNASTICS LESSONS | 8 WEEK SESSION STARTING JUNE 15

LEVEL 1 BEGINNER

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.

Thursday 2:00pm–3:00pm
Fee: \$72 member, \$140 nonmember

SUMMER PROGRESSIVE CAMP | AUGUST 10, 11 AND 12

PROGRESSIVE GYMNASTICS CAMP (LEVELS 1-2)

For any level 1 or 2 progressive gymnast. This camp will meet Monday through Wednesday. Fee includes a t-shirt. Register by July 1.

Monday Theme: Safari Day (bring a stuffed animal)
Tuesday Theme: 80's Fitness Instructor Day
Wednesday Theme: Hawaiian/Luau Day

Monday–Wednesday 8:30am–12:30pm
Fee: \$110 member, \$175 nonmember

PROGRESSIVE GYMNASTICS CLASSES – FOR AGES 5+

PARENT VIEWING WEEKS: JULY 6 – JULY 10 & AUGUST 3 – AUGUST 7

REGISTER HERE



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.

SUMMER GYMNASTICS LESSONS | 4 WEEK SESSION STARTING JUNE 17

LEVEL 2 ADVANCED BEGINNER

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.

Wednesday 1:30pm–2:30pm
Fee: \$36 member, \$80 nonmember

SUMMER GYMNASTICS LESSONS | 4 WEEK SESSION STARTING JULY 15

LEVEL 2 ADVANCED BEGINNER

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.

Wednesday 10:00am–11:00am
Fee: \$36 member, \$80 nonmember

SUMMER GYMNASTICS LESSONS | 8 WEEK SESSION STARTING JUNE 15

LEVEL 2 ADVANCED BEGINNER

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.

Monday 4:00pm–5:00pm
Thursday 3:00pm–4:00pm
Fee: \$72 member, \$140 nonmember

SUMMER PROGRESSIVE CAMP | AUGUST 10, 11 AND 12

PROGRESSIVE GYMNASTICS CAMP (LEVELS 1-2)

For any level 1 or 2 progressive gymnast. This camp will meet Monday through Wednesday. Fee includes a t-shirt. Register by July 1.

Monday Theme: Safari Day (bring a stuffed animal)
Tuesday Theme: 80's Fitness Instructor Day
Wednesday Theme: Hawaiian/Luau Day

Monday–Wednesday 8:30am–12:30pm
Fee: \$110 member, \$175 nonmember

PROGRESSIVE GYMNASTICS CLASSES – FOR AGES 5+

PARENT VIEWING WEEKS: JULY 6 – JULY 10 & AUGUST 3 – AUGUST 7

REGISTER HERE



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.

SUMMER GYMNASTICS LESSONS | 8 WEEK SESSION STARTING JUNE 15

PRE-TEAM (AGES 5+)

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 & Thursday 4:00pm–5:00pm
Fee: \$105 member, \$215 nonmember

HIGH SCHOOL GYMNASTICS (AGES 14–19)

Designed for gymnasts who are interested in or are currently participating in a high school gymnastics team. Meets Tuesday, Wednesday & Thursday.

Tuesday and Thursday 4:00pm–5:30pm
Wednesday 10:00am–11:30am

Fee: \$300 member, \$400 nonmember

TEAM OPEN GYM | WEDNESDAY, JUNE 24

TEAM OPEN GYM (AGES 5+)

Wednesday 6:30pm–7:30pm
Fee: \$6 members only

SUMMER COMPETITIVE CAMP | AUGUST 10–13

COMPETITIVE GYMNASTICS CAMP (PRE-TEAM, LEVEL 3+, HIGH SCHOOL)

For any Pre-Team, Level 2+ Team, or High School Gymnast. This camp will meet Monday through Thursday. Fee includes a t-shirt. Register by July 1.

Monday Theme: Safari Day (bring a stuffed animal)
Tuesday Theme: Retro Sweat Session Day (80's style) with a Zumba® Warm-Up
Wednesday Theme: Hawaiian Day with a Swimming Cooldown
Thursday Theme: Twin Day
Monday–Thursday 4:00pm–8:00pm (3:00pm start on Wednesday)
Fee: \$150 member, \$215 nonmember

GYMNASTICS

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+) *12 max per session

Child must be 6 years of age and have a parent/guardian in attendance during lessons if under age 10. This class will teach the basics of tennis (basic tennis skills, footwork and playing doubles).

Wednesday 1:00pm—2:30pm

*Fee: \$100 members, \$175 nonmembers

INTERMEDIATE (AGES 11+) *12 max per session

Preparation for Jr High or High School players. Will include tennis matches, review of basics, improving serves and playing singles and doubles.

Wednesday 2:30pm—4:00pm

*Fee: \$100 members, \$175 nonmembers

***Participants will be charged a \$20 late fee if fees are not paid by the first day of class.**

PRIVATE LESSONS – YOUTH & ADULT WITH REINY

*Fee: \$50 member, \$80 nonmember

SEMI-PRIVATE LESSONS – YOUTH & ADULT WITH REINY

*Fee: \$30 member, \$45 nonmember

*Fees listed are per person, per lesson.

To request private lessons, please fill out our Private Lesson Registration form found [HERE](#) and email to Barb at bschmidt@mtrymca.org.

PICKLEBALL

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 (court 2 & 3 both sides)

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, \$55 nonmember

To request private lessons, please fill out our Private Lesson Registration form found [HERE](#) and email to Barb at bschmidt@mtrymca.org.

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.

ROCK STEADY BOXING

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. Thank you to our sponsor, Prevea Health.

Monday & Wednesday 10:30am-11:45am
 FEE: \$30 per month member, \$75 per month nonmember

PERSONAL TRAINING

One-on-one training for youth and/or adults 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. Head to <https://mtrymca.org/personal-training> to learn more and fill out an interest form today!

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.

WOMEN ON WEIGHTS

This is an advanced Special Edition strength-training program which will focus on the use of kettlebells and TRX along with free weights and weight machines. 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 Trainer. Mondays & Thursdays 8:00am - 9:00am

\$139 per person | Members 18+ Only

Seven week session starts June 15!

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.

LIVESTRONG® AT THE YMCA

LIVESTRONG® at the YMCA is a free 12-week small-group fitness program that engages adult cancer survivors through an approach that focuses on the whole person. Participants work with trained YMCA staff to build muscle strength and endurance, increase flexibility, improve energy levels, reduce the severity of treatment side effects, restore balance, and improve functional ability to complete everyday tasks. In addition to physical benefits, the program is also focused on the emotional well-being of survivors and their families by providing a supportive community environment where people affected by cancer can connect during treatment and beyond. This is a FREE program thanks to our sponsors, Scott and Laurie Mertens.

WE ARE ACCEPTING INTEREST FORMS FOR THE NEXT SESSION!

To be considered for this program, please complete the participant interest form.



[LEARN MORE](#)

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 8:00am-11:00am
 YMCA Community Room

CATS ON MATS

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.

Wednesday, September 9 | 5:30pm-6:30pm
 Members: FREE, Nonmembers: \$20