



MANITOWOC-TWO RIVERS YMCA

AUGUST 2026 MEMBER NEWSLETTER



IMPACT SPOTLIGHT

After radiation, Cheryl felt like much of her strength was gone. LIVESTRONG at the YMCA gave her a place to start building it back, one class at a time. With Debbie and Cindy cheering her on, she felt cared for, supported, and comfortable trying things she never thought she could do.

By the end of the program, Cheryl felt stronger in her body and more confident in herself. That confidence stayed with her, leading her to join the Y, take group exercise classes, use the fitness equipment, and even start playing pickleball. She now recommends LIVESTRONG "100%" to other cancer survivors, knowing how powerful it can be to feel supported while finding your strength again.

The next LIVESTRONG at the YMCA program starts September 28. To get more information, stop by the Membership Services Desk or [click here](#). Thank you to Scott and Laurie Mertens for making this program free for cancer survivors!

Happy August, Y Members; I hope this finds you all enjoying these gorgeous summer days on our Lakeshore-- it simply doesn't get any better on planet earth!

Our Early Learning program has fully moved into Riverview Early Learning Center and while we miss their little fist bumps, random exclamations, and goofy smiles in our hallways, we are thrilled that they have more room to grow, learn, and play-- and that our young families will have ONE stop to drop off & pick up their infants, toddlers, and school age kiddos in an area more aligned with our community's commuting patterns.

Next up in a month: the launch of our first year of 4K Enrichment Program to complement MPSD's 4K program, creating a free, full day experience for our youngest learners.

When we open our doors for the 2026-2027 school year, our Y Early Learning program will be experiencing a 230%+ growth in the number of kids we are serving-- a huge jump that has immediate positive impact on our local economy (a thriving workforce requires accessible child care), the well-being of our community's young families (it truly does take a village), and the holistic spirit, mind, body health of the youngest among us--preparing our young kiddos for a lifetime of learning and thriving. It's such an exciting honor to serve our community in this way, and it's because of you all -- your Y membership, your donations, your belief in the Y mission to strengthen community -- that we are able to grow our impact and serve Manitowoc County in this way.

It's important to note that we are committed to growing not just our quantity, but our quality of programming. With our eyes on age-appropriate curriculum development, teacher training, socio-emotional learning, we recognize that foundational to all of this is child safety. If we and our families are not thoroughly confident in our ability to ensure safety, nothing else follows. In anticipation of this growth and the need to double down on this foundation, we embarked on a child safety accreditation process over a year ago. I am so proud to report to you all today that we received Praesidium Child Safety Accreditation in July -- the highest, third party accreditation standard in the world for ensuring that every aspect of our Y is designed to keep kids and other vulnerable populations safe. This is a huge win for our community, our Y, and most importantly, our children. I am so proud of our Y team for the many, many hours of analysis, attention, strategy and work they put in to achieving this standard.

What will become of the Early Learning wing here at 205 Maritime? We are on the road to figuring that out -- with a full facility condition assessment report due back to us this month, our board and leadership will have the first of many layers of data and feedback we need to determine the answer to that. We will combine the facility needs with the feedback of our community stakeholders, staff, and members to determine what the next iteration of our Y facility needs to look like to best serve our community for generations to come.

Stay tuned, this will be a pivotal conversation for our Y and we'll be asking for your input, leadership and support to make it happen.

Enjoy every last summer day, friends!

LABOR DAY

The Y will be closed on Monday, September 7 and will reopen at our regular time on Tuesday, September 8. Those members with 24/7 access will be able to access the 2nd floor of the Y anytime.

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. Thank you to our Cornerstone Sponsor - Redline Plastics!



LIVESTRONG® AT THE YMCA

THE NEXT SESSION OF LIVESTRONG AT THE YMCA STARTS SEPTEMBER 28! 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

AUGUST 15 is our next weekend of our outdoor fitness classes. Join us on the Maritime Museum Rooftop – **FREE to the community! Watch the app for the classes that will be offered.**

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.

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. **Wednesday, September 2 from 11am to 4pm in the Community Room.**

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

LET'S GROW SPROUTS!

Join Katie Renard, local licensed insurance agent with Humana for this short, free class on how to grow sprouts in your own home! Supplies and giveaways provided by Humana. Advance sign-up is required. Visit the front desk to reserve your spot.

August 12, 2026 | 11:00am
YMCA Community Room

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!**

CATS ON MATS

Join Yoga Alliance licensed teacher Kate Casey and residents of Lakeshore Humane Society for an evening of fun and relaxation on September 9 from 5:30pm to 6:30pm. 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. Members: FREE, Nonmembers: \$20

WELCOME, CARSON!

Please join us in welcoming Carson Schemenauer to the Manitowoc-Two Rivers YMCA team as our new Associate Executive Director!

Carson joins us from the Fox Cities YMCA, where he served as the Health & Wellness Coordinator. Carson also served as Member Engagement & Assistant Operations Director at the Wausau location in 2023.

In his new role, Carson will help grow wellness and the member/community experience. His passion for the Y's mission and strong YMCA leadership experience will be a wonderful asset as we continue working together to strengthen our community.

Welcome to the Manitowoc-Two Rivers YMCA, Carson !



RECIPE OF THE WEEK

We would love to feature a "Recipe of the Week" on our Facebook and Instagram pages submitted by you, our members and staff! Please submit your recipes to dwaak@mtrymca.org and be sure to include:

- A photo of the finished recipe
- A photo of the individual submitting the recipe with the dish (and family, if applicable)
- The ingredient list
- Step-by-step directions

BEFORE/AFTER SCHOOL

Give your kid a safe, fun place to learn, play, and make friends—before school, after school, and on school breaks with the YMCA!

Learn more & register at <https://www.mtrymca.org/school-age-child-care>

WORKSHOPS

Learn more and move better in our upcoming workshops with Carson Schemenauer!

Learn to Squat Workshop: September 26 | 9:00am-10:00am
Nutrition 101 Workshop: September 28 | 5:30pm-6:30pm

\$25 Members Only

Register at the front desk or [online](#) by scanning the QR code below.



MEDICARE 101

Please join Humana in the YMCA Community Room on Monday, September 7 at 11:00am to learn more about Medicare basics. Snacks included. No obligation to enroll.