

the **Y** YMCA **FALL ADVENTURES
START HERE**



2026 FALL 1 PROGRAM GUIDE

FALL 1 SESSION: September 8 – October 24 (unless otherwise noted)
Member Registration: August 24 | **Nonmember Registration:** August 26

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 8 – June 7

Monday – Thursday . . . 5:00am – 8:00pm
Friday 5:00am – 6:00pm
Saturday 6:00am – 6:00pm
Sunday 9:00am – 6:00pm



June 8 – September 7

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.



TABLE OF CONTENTS

MTR-Y

Facility Info	3
Board/Staff	4

Youth Development

Early Learning	5
Youth Sports	7
Teen	8
Family	9
NinjaZone®	10
Aquatics	11
Gymnastics	14

Healthy Living

Tennis/Pickleball	18
Adult Healthy Living	19

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

AQUATICS / YOUTH SPORTS / YOUTH IN GOVERNMENT / GYMNASTICS

Barb Schmidt
920.482.1566 | bschmidt@mtrymca.org

TENNIS

Reiny Maier
920.482.1530 | rmaier@mtrymca.org

YOUTH & FAMILY

Lisa Nething
920.482.1561 | lnething@mtrymca.org

SCHOOL AGE CHILD CARE

Kenya Simon
920.482.1539 | ksimon@mtrymca.org

Y EARLY LEARNING AND CHILD CARE

Mary Sue Yindra
920.482.1515 | myindra@mtrymca.org

SPECIALTY WELLNESS

Debbie Fuller
920.482.1570 | dfuller@mtrymca.org

SENIOR DIRECTOR OF HR & OPERATIONS

Lisa Hollen
920.482.1525 | lhollen@mtrymca.org

FACILITY

Kurt Duzeski
920.482.1518 | kduzeski@mtrymca.org

DIRECTOR OF COMMUNITY ENGAGEMENT

Stephanie Peters
920.482.1521 | speters@mtrymca.org

ASSOCIATE EXECUTIVE DIRECTOR

Carson Schemenauer
920.482.1513 | cschemenauer@mtrymca.org

CEO

Julie Grossman
920.482.1512 | jgrossman@mtrymca.org



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.

- \$50 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.

- 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:

- \$35 registration fee (non-refundable once enrolled, not charged for wait list)
- 3-day \$145
- 5-Day \$175

PROGRAM DAYS/TIME: Mondays, Wednesdays and Fridays OR Monday through Friday from 8:15am - 11:45am.

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)

The YMCA's licensed SOS (School's Out Safari) day program provides care for 4K students attending Riverview Early Learning Center on scheduled school closure days. The program is held at Riverview Early Learning Center from 6:30am to 6:00pm, offering families a safe, fun environment where children can play games, build friendships, and develop large motor skills through active play. This licensed program allows eligible families to utilize Wisconsin State Child Care Assistance. The rate for SOS is \$34 per day. Upcoming available days are:

September 16
October 12, 21

November 10, 11, 20, 25
December 16, 23, 28, 29, 30

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'S OUT SAFARI program for children in grades K-5 when children have off from school. SOS Days welcome students to Riverview Early Learning Center to play games, create, and connect with their peers. The Y has licensed this program to allow families to utilize State Childcare Assistance.

Registration required 48 hours prior to program or by noon the Friday before for Mondays and is non-refundable. Supported by The West Foundation.

Fee: \$34/day (full day of care)

Head to <https://www.mtrymca.org/school-age-child-care> to see a list of days for the current school year!

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.

Monday, October 12
9:00am - 4:00pm

Fee: \$25 member, \$40 nonmember

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 September 1 through September 30 and October 6 through November 4.

Tuesday & Wednesday 6:30 – 7:30pm

Fee: \$58 per person

\$45 per person if 2 in same family

\$37 per person if 3 or more in same family

KINDERSPORTS (AGES 4-6)

An assortment of sports, teaching the fundamentals of movement and sport, encouraging confidence-building, healthy living, and fun!

Wednesday 5:45pm – 6:15pm

Fee: \$35 member, \$95 nonmember

PAINT, PLAY & CREATE (AGES 4-6)

Spark your child's imagination through fun, age-appropriate art activities! Young artists will paint, draw, cut, glue, and create unique projects while developing creativity and self-expression.

Tuesday 4:00pm – 4:30pm

Fee: \$35 member, \$90 nonmember

ULTIMATE PLAYGROUND (AGES 7-9)

Kids will dive into high-energy favorites like Dodgeball and Capture the Flag. This action-packed class builds teamwork, strategy, and sportsmanship while keeping everyone moving.

Wednesday 6:30pm – 7:15pm

Fee: \$40 member, \$110 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 & GOVERNMENT (OCTOBER 8 THROUGH MARCH 7)

Youth & Government is an extracurricular, hands-on, civic education program where students in grades 8-12 learn how to be civically engaged in a nonpartisan way.

Local delegations begin gathering in the fall. Students research topics and prepare for presentations for the Model Government Conference at the state capital.

Youth & Government takes a hands-on approach to involving students in the executive, judicial, and legislative branches of government. This includes media which gives students experience in sharing political news in a variety of forms of multimedia.

Informational meetings to be held on October 8 at 6:00pm and/or October 15 at 6:00pm. **Must be available January 30 and March 5 - 7 to participate.**

Weekly meetings will be held Sundays starting November 1 at 3:30pm at the Y.

Fee: \$150 if paid by 11/30/26

\$200 if paid by 12/31/26

\$300 if paid in January 2027

*fees do not include Y&G apparel or spending money at conferences.

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



*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.



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.

WIGGLES & GIGGLES (REGISTRATION NOT REQUIRED – FOR AGES 1 WEEK TO 8 YEARS)

Drop in anytime. For children and their caregivers: Wiggles & Giggles is for children to run, jump, and play! There are playing tunnels, scooters, balls, music and more! Caregivers must stay with child during the class. SPONSORED BY BMO BANK.

Mondays & Wednesdays 10:00am – 11:00am

Fee: Free for members, Day pass fee applies for nonmembers



PUMPKIN POOL PARTY (REGISTER BY OCTOBER 26)

Celebrate the fall season with a fun-filled evening for the whole family! Enjoy one hour of recreational swimming while kids search the pool to pick out their own pumpkin. After swimming, head out of the pool to decorate and paint your pumpkin to take home. PUMPKINS DONATED BY WILFERT FARMS.

Thursday, October 29

Swimming: 5:30pm – 6:30pm

Decorating: 6:30pm – 7:30pm

Fee: \$5/family members, \$15/family nonmembers



*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.

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



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.

Wednesday 6:30pm – 7:20pm (7 week session)
Fee: \$55 member, \$120 nonmember

Sunday 11:00am – 11:50am (6 week session)
Monday 4:30pm – 5:20pm (6 week session)
Fee: \$48 member, \$103 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.**

Wednesday 4:30pm – 5:20pm (7 week session)
Fee: \$55 member, \$120 nonmember

Sunday 12:00pm – 12:50pm (6 week session)
1:00pm – 1:50pm (6 week session)
Monday 5:30pm – 6:20pm (6 week session)
Fee: \$48 member, \$103 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.**

Wednesday 5:30pm – 6:20pm (7 week session)
Fee: \$55 member, \$120 nonmember

Sunday 2:00pm – 2:50pm (6 week session)
Monday 6:30pm – 7:20pm (6 week session)
Fee: \$48 member, \$103 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

MISSION CEREMONIES (LEVEL UP & + LEVEL UP)

NinjaZone® Mission Ceremony by invitation only.
October 26 at 6:00pm
Fee: \$30



*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.

SWIM LESSONS

SEPTEMBER 8 – OCTOBER 24 :: Classes meet once per week

FEES PER SESSION:

Parent/Child:

\$35 Member/\$95 Nonmember

Stages 1P – 5/6S:

\$40 Member/\$110 Nonmember (7 wk)

\$35 Member/\$95 Nonmember (6 wk)

MONDAY – 6 WEEK CLASS

	Parent/ Child	Parent/ Tot	Stage 1P	Stage 2P	Stage 3P
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			

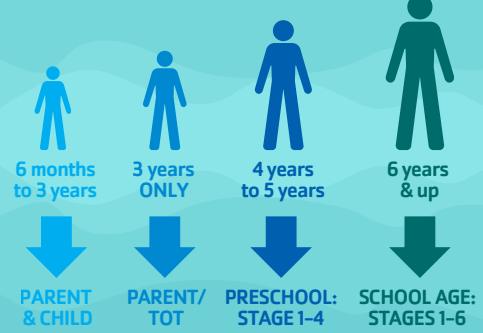
TUESDAY – 7 WEEK CLASS

	1P	2P	3P	2S	3S	4S	5/6S
4:00–4:30pm							
4:30–5:00pm	X					X	X
5:10–5:40pm				X	X	X	
5:50–6:20pm	X	X			X		
6:25–6:55pm		X	X		X		
7:00–7:30pm							

SUNDAY – 6 WEEK CLASS

	1P	2P	3P	2S	3S	4S	5/6S
11:00–11:30am	X					X	X
11:40–12:10pm		X		X	X		
12:20–12:50pm	X		X	X			
1:20–1:50pm	X				X		X
2:00–2:30pm	X	X				X	
2:40–3:10pm	X			X	X		
3:20–3:50pm				X			

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



WHAT STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?
Is the student comfortable working with an instructor without a parent in the water?

NOT YET

WATER DISCOVERY/
WATER EXPLORATION

YES

Will the student go underwater voluntarily?

NOT YET

1/WATER ACCLIMATION

YES

Can the student do a front and back float on his or her own?

NOT YET

2/WATER MOVEMENT

YES

Can the student swim 10–15 yards on his or her front and back?

NOT YET

3/WATER STAMINA

YES

Can the student swim 15 yards of front and back crawl?

NOT YET

4/STROKE INTRODUCTION

YES

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

5&6/STROKE DEVELOPMENT & MECHANICS

*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.

WHAT LEVEL ARE YOU?

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

aquatics

SWIM LESSONS

SEPTEMBER 8 – OCTOBER 24 :: Classes meet once per week

[REGISTER HERE](#)



FEES PER SESSION:

Homeschool:

\$40 Member/\$110 Nonmember

Adult:

\$50 Member/\$150 Nonmember

HOMESCHOOL SWIM LESSONS

Level 25/35. Students work on body position and control on basic swim strokes. They will learn the float-swim-float sequence and treading water for a period of time.

Thursday 10:20am – 10:50am

Fee: \$40 member, \$110 nonmember

ADULT SWIM LESSONS

Adult-only swim lessons. Learn basic swim skills or brush up on ones you already know.

Wednesday 10:00am – 10:45am

5:00pm – 5:45pm

Fee: \$50 member, \$150 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.



MANTA RAYS SWIM TEAM

2026/2027 SEASON

REGISTER HERE



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.



WATCH FOR MORE INFORMATION COMING SOON!

aquatics

PRESCHOOL GYMNASTICS CLASSES

PARENT VIEWING WEEK: OCTOBER 11 TO OCTOBER 17

GYMNASTICS LESSONS

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:
7 Week Session
Saturday Classes: \$55 Member \$130 Nonmember

6 Week Session
Sunday Classes: \$48 Member \$112 Nonmember
Monday Classes: \$48 Member \$112 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:
7 Week Session
Saturday Classes: \$60 Member \$135 Nonmember

SATURDAY

	Parent Tumble Bugs	Kindergymnastics
8:00am-8:45am	X	
8:45am - 9:30am		X
9:30am - 10:15am		X

SUNDAY

	Parent Tumble Bugs	Kindergymnastics
11:30am - 12:15pm	X	

MONDAY

	Parent Tumble Bugs	Kindergymnastics
8:30am - 9:15am	X	



gymnastics

PROGRESSIVE GYMNASTICS CLASSES – FOR AGES 5+

PARENT VIEWING WEEK: OCTOBER 11 TO OCTOBER 17

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, Pre-Team, and then invited to join competitive team. Please contact Barb at bschmidt@mtrymca.org if you are unsure where your child should be placed in our program.

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.

Saturday 10:30am – 11:30am (7 week session)
Fee: \$65 member, \$140 nonmember

Sunday 3:00pm – 4:00pm (6 week session)
Monday 6:40pm – 7:40pm (6 week session)
Fee: \$56 member, \$120 nonmember

LEVEL 1 DIRECTOR RECOMMENDED

This class is designed for gymnasts who have passed Level 1 and are now moved into a more focused skill development environment. Level 1 Director Recommended introduces essential gymnastics techniques on the floor, beam, bars, and vault, with a special emphasis on strength, flexibility, and coordination.

Saturday 11:45am – 12:45am (7 week session)
Fee: \$65 member, \$140 nonmember



gymnastics

PROGRESSIVE GYMNASTICS CLASSES – FOR AGES 5+

PARENT VIEWING WEEK: OCTOBER 11 TO OCTOBER 17

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, Pre-Team, and then invited to join competitive team. Please contact Barb at bschmidt@mtrymca.org if you are unsure where your child should be placed in our program.

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.

Tuesday 4:30pm – 5:30pm (7 week session)
Fee: \$65 member, \$140 nonmember

Sunday 1:45pm – 2:45pm (6 week session)
Fee: \$56 member, \$120 nonmember

LEVEL 2 DIRECTOR RECOMMENDED

This class is for gymnasts who have been recommended for the class after Level 2. Level 2 Director Recommended focuses on refining fundamental techniques and advancing to more complex skills across all apparatus: floor, beam, bars, and vault. Athletes will work on improving strength, flexibility, and balance while learning intermediate skills.

Thursday 4:30pm – 5:30pm (7 week session)
Fee: \$65 member, \$140 nonmember

Sunday 12:30pm – 1:30pm (6 week session)
Fee: \$56 member, \$120 nonmember



gymnastics

PROGRESSIVE GYMNASTICS CLASSES – FOR AGES 5+

PARENT VIEWING WEEK: OCTOBER 11 TO OCTOBER 17

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, Pre-Team, and then invited to join competitive team. Please contact Barb at bschmidt@mtrymca.org if you are unsure where your child should be placed in our program.

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 from Level 2 Director Recommended 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.

Tuesday & Thursday 4:30pm–5:30pm (7 week session)
Fee: \$105 member, \$200 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 & Thursday.

Tuesday and Thursday 5:30pm–7:00pm (7 week session)
Fee: \$275 member, \$350 nonmember



gymnastics

TENNIS

REGISTER HERE 

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 7 years old and have a parent/guardian in attendance during lessons. This class will teach the basics of tennis.

Sunday 1:00pm – 2:15pm (starts September 13)

*Fee: \$75 members, \$140 nonmembers

INTERMEDIATE (AGES 9+) *12 max per session

This class is for those who have leveled out of beginner lessons or by director approval. Class will teach advanced basics of tennis (fronthead, backhand, volleying and serving).

Wednesday 4:00pm – 5:30pm (starts September 16)

*Fee: \$85 members, \$150 nonmembers

ADVANCED (AGES 12+) *12 max per session

This class is for those who have leveled out of beginner lessons or by director approval. Class will teach advanced emphasis on drills, strategy, single and double play.

Wednesday 5:30pm – 7:00pm (starts September 16)

*Fee: \$85 members, \$150 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 have drop-in times reserved for Pickleball players! Check YMCA360 for times.

INTRO TO PICKLEBALL (AGES 16+) *8 max per session

Come learn how to play the fastest growing sport in America. This class is for anyone who is interested in learning more about the game and how to play.

Tuesday 1:00pm – 2:00pm (starts September 8)

Thursday 6:00pm – 7:00pm (starts September 10)

Fee: \$40 members, \$90 nonmembers

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 7-week strength-training program with the use of free weights, weight machines, and TRX. 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 September 10

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

ADULT LEGISLATIVE EXPERIENCE

This is an immersive program that will give participants practical experience in the legislative process in a non-partisan way. Participants will learn how public policy is developed and implemented. Practice negotiation, debate and public speaking. Everyone in class will research and author a bill, debate and defend the bill using parliamentary procedures and present in front of class with the help of previous Youth & Government participants. Adult participants will be invited to the Youth Debate day to help with the Youth & Government program participants. Please bring a computer or internet capable device.

Tuesday 6:00pm (runs September 15 - October 20)
Fee: \$50 member, \$100 nonmember

NUTRITION 101 WORKSHOP

Our Nutrition 101 Workshop is designed to help participants better understand the fundamentals of healthy eating and build confidence in making informed nutrition choices. During this interactive session, we will discuss the basic components of a balanced diet, including proteins, carbohydrates, fats, and portion control. Participants will learn how nutrition impacts energy levels, overall health, and fitness goals while gaining simple, practical strategies that can be easily incorporated into everyday life. Whether you're looking to improve your eating habits, support an active lifestyle, or simply learn more about nutrition, this workshop will provide realistic and effective tips to help you make sustainable changes and achieve long-term success. Meet Carson in the Community Room.

Monday 5:30pm - 6:30pm
Fee: \$25 members only
Ages 14+

STRAVA RUN CLUB

Join the YMCA Strava Run Club!

Whether you're training for a race, getting back into running, or simply looking for motivation, our Strava Run Club is a great way to connect with fellow runners in our YMCA community. Best of all, it's free!

Club Name: MTR YMCA RUN CLUB

We're excited to begin building a strong and supportive running community, and this is just the beginning. Stay tuned as our in-person Run Club launches this September! Join the club, log your miles, and let's run together!

LEARN TO SQUAT WORKSHOP

Build a stronger foundation with our Learn to Squat Workshop! This hands-on session is designed for all fitness and experience levels and will guide you through a proper warm-up, mobility exercises, and the fundamentals of safe, effective squatting. You'll learn a variety of squat variations to match your individual abilities and goals, receive personalized coaching and technique instruction, and gain the confidence to move better and lift smarter. Each participant will also receive a take-home practice guide to help reinforce what they've learned and continue improving outside of the workshop. Whether you're brand new to squatting or looking to refine your form, this workshop will provide the tools you need to squat with confidence and success. Meet Carson in the Lifestyle Center.

Saturday 9:00am - 10:00am
Fee: \$25 members only
For ages 16+

FIRST AID CPR/AED

The American Red Cross CPR/AED program is designed to help participants recognize and respond appropriately to cardiac and breathing emergencies. The courses in this program teach participants the knowledge and skills needed to give immediate care to an injured or ill person when minutes matter, and to decide whether advanced medical care is needed. This class is taught in a blended learning format and the online portion (accessed via mobile, desktop or tablet) must be completed prior to attending the instructor-led skills session.

Full Course
• November 18 5:00pm (must register by October 20)
Fee: \$80 members, \$80 nonmembers

*Recertification
• September 23 | 5:00pm (must register by September 2)
• October 7 | 5:00pm (must register by September 15)
• December 16 | 5:00pm (must register by November 18)
Fee: \$80 members, \$80 nonmembers

*Must have a current certification to enroll in the recertification class. Please send current card to bschmidt@mtrymca.org.