



MANITOWOC-TWO RIVERS YMCA

OCTOBER 2026 MEMBER NEWSLETTER

Happy Fall, Y Members,

We are off and running at Riverview Early Learning Center--teaching, mentoring, and caring for 250+ young lives before and after the school bell rings while their parents are at work. With child care centers downsizing and closing across the state due to the sunset of critical funding, we are so grateful to say that is not what is happening here in Manitowoc County. Our largest child care provider (your Y!) grew by 75% this fall... and let the record of the visual below show that we did not do this alone. Collaborating with our MPSD partners to launch this level of growth and service absolutely took a village.

From the many-years-ago depths of COVID, when I received a call from Sachin Shivaram at Wisconsin Aluminum Foundry asking how we can all align to provide more, higher quality care for the youngest among us; to what then launched as the Early Childhood Ed Support Network and culminated (so far!) in the 4K collaboration with MPSD and the opening of Riverview Early Learning Center-- it has been a journey. Years of conversations, grant awards (received and awarded out!), business development plans for small business owners, collaboration discussions, facility design efforts, policy advocacy locally, statewide and nationally, and so much learning from one another and others, this visual below gives you a sense of the group effort it takes to ensure that our community's kids are well cared for and thriving while their parents do the important work of contributing to our local workforce and providing for their families. It's such an honor to do this work within a community so dedicated to kids, families, and the future we're building together.

Have a fantastic school year, everyone!

A handwritten signature in black ink, likely belonging to Dr. Pradeep Giriya.



REDLINE
PLASTICS

Dr. Pradeep Giriya in
honor of Deena Giriya



**Y Member
Sponsored
Wish List**



**the
Chamber**
Manitowoc County

PROGRESS
LAKESHORE
Accelerating Business Success

WAF

ALUMINUM ELEVATED



**The
West Foundation**



**LAKESHORE
CAP, INC.**

**LAKESHORE
COLLEGE**



UNITED WAY
Manitowoc County



**Family
Connections**



OCTOBER GRATITUDE & WELLNESS CHALLENGE

FREE FOR MEMBERS!

Research shows gratitude can positively impact mental and physical well-being. Throughout October, complete at least 20 Gratitude & Wellness activities and be entered to win a prize! It's free and done through the YMCA360 app.

From the app, click "My Challenges", then select "All" to join. Each activity is completed as a "workout" in the app. Email dwaak@mtrymca.org with questions.

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

WIGGLES & GIGGLES

Drop in anytime. For children ages one week to eight years 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. Mondays and Wednesdays from 10:00am to 11:00am starting September 9.



PAY THE DAY

KNOW SOMEONE WHO'S READY TO JOIN THE Y?
October 1-15 is PAY THE DAY at the Y!

During this limited-time promotion, new members pay a join fee equal to the date they join. Join on October 3 and the join fee is just \$3. Join on October 10 and it's \$10!

The earlier they join, the more they save — so spread the word to friends, family and coworkers who have been thinking about becoming part of the Y!

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.

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>

ENERGYZE UP

Looking for a safe, active, and engaging place for your middle schooler when school's out? We've got you covered with ENERGYZE UP – a program designed just for 6th–8th graders!

What to expect:

- Gym time to stay active
- Arts & crafts to get creative
- Group activities & games with friends

Monday, October 12 | 9:00am–4:00pm

Register by 9am on October 9

Fee: \$25 members | \$40 nonmembers

Teens should bring their own lunch.

TURKEY TROT

CALLING ALL TROTTERS! Registration is open for the Festival Foods Turkey Trot!

Whether you're ready to run, walk, or lend a hand as a VOLUNTEER, we'd love to have you be part of this Thanksgiving Day tradition.

Sign up today at www.festivalfoodsturkeytrot.com!

THERE'S ALWAYS SOMETHING HAPPENING AT THE Y!

We have a busy fall ahead with workshops, pop-up classes, family activities, special events and more! Rather than miss out, be sure to check our website regularly for the latest events happening at the Y.

Visit mtrymca.org and scroll to All Events on our homepage for event details, registration information and more.

COMING UP AT THE Y

- October 4 — Ride. Resist. Restore.
- October 10 — Pop-Up Class: Group Power Form Check
- October 12 — ATI Screening
- October 12 — ENERGYZE UP
- October 17 — Family Tennis Day
- October 19 — Children's Halloween Costume Swap
- October 21 — Yarn With Friends
- October 26 — Learn to Deadlift Workshop
- October 28 — FOREVERWELL® Halloween Party
- October 29 — Pumpkin Pool Party
- October 31 — Pop-Up Class: Spooktacular Jazz



You can also follow our [Facebook Events page](#) to stay connected and see what's coming up!

GIVE THE MANTA RAYS SWIM TEAM A TRY!

Curious about swim team? Come give it a try — for FREE!

Kids ages 6–17 are invited to experience swim team for one week and see what it's all about. It's a great opportunity to get in the pool, meet the team, and find out if swim team might be a good fit — with no pressure to commit.

Swimmers must have completed YMCA Swim Lessons through Level 5.

Interested? Email eschmidt@mtrymca.org for more information and to get started!

Come swim with us and see if being part of the team is for you!



BECOME A CERTIFIED LIFEGUARD

Ready to learn lifesaving skills and become a certified lifeguard? Our upcoming Lifeguard Certification Course begins in October!

Pre-Requisite Swim: October 22, 4:00–5:00 PM

Course Dates:

November 14 | 8:00 AM–3:00 PM

November 19 | 4:00–8:00 PM

November 21 | 8:00 AM–4:00 PM

Participants must successfully complete the pre-requisite swim before attending the course. Space is limited, so register early!

FIND US ON:

