



MANITOWOC-TWO RIVERS YMCA

SEPTEMBER 2026 MEMBER NEWSLETTER

Happy September, Y Members,

I've always chuckled a little bit when I see gyms and Ys (ourselves included!) use the "Fall Into Fitness!" phrase to welcome people back after their summer shenanigans. As if fitness is something we stumble upon or accidentally find ourselves doing. If only!

As we all know: it's not that easy. Healthy habits take persistent work, regular pep talks to ourselves, silencing the "this comforter is soooo cozy" voice, a few (dozen) falls out of fitness, and a determined level of grit to get back in. "Falls" (as I've recently learned up close and personally) happen a lot faster and easier than any fitness routine I've ever managed to maintain.

Given how fundamentally important it is for our overall physical and mental health, it's too bad that it's NOT as easy as "falling" into it.

The good news is that here at the Y, we wake up every day with the goal of helping you get in here, get at your routine, and get on with the good life of living healthier and happier. We try to turn up the gravity a bit to help you FALL into loving your time here at the Y.

The pep talk is more effective when it ends with, "If I don't go, Cheryl will wonder where I am." The cozy comforter stands less of a chance when up against the feeling of improved balance, stronger muscles, keeping up with grandkids, and crushing a PR. It's a lot easier to get back on the proverbial horse after an injury, childbirth, or hiatus when we actually miss our people, our routine, and our Y.

As we celebrate our 175th year of YMCA work, we've thought a lot about the secret sauce of the Y-- what has made this organization so enduring and timeless and this is, I believe, at least a good part of the answer: You are WELCOME. All of you. Every day. You BELONG here. You ACHIEVE here.

This September 14-18, we will celebrate what we do best here: WELCOMING. There will be social events, get-to-know-you opportunities, spirit week dress up days, food trucks and, most importantly, the smiling welcome when you walk in the door. Bring a friend, share the love, and we'll see you at the Y!

P.S. Did you know that your Y offers Corporate Memberships? If you work for an employer that would like to add this to your employee benefits, please reach out to Carson at membership@mtrymca.org to find out more! Healthy employees = Happy Employees = Productive Employees! 😊

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.

BUILDING HOURS

The YMCA Fall hours start September 8 and will be as follows:

Monday - Thursday: 5am to 8pm

Friday: 5am to 6pm

Saturday: 6am to 6pm

Sunday: 9am to 6pm

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>

OUTDOOR FITNESS

September 12 is our last 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.

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>

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!**

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.



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.

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.



SWIM TEAM PARENT MEETING

There will be a mandatory swim team parent meeting on September 14 at 6pm in the Community Room at the Y. Adults only. Season kicks off on September 21. Contact Emily if new to team for placement at eschmidt@mtrymca.org.

MEDICARE 101

Please join Humana in the YMCA Community Room on September 10 at 11:00am to learn more about Medicare basics. Snacks included. No obligation to enroll.

WELCOMING WEEK | SEPTEMBER 10–19

A national celebration where everyone belongs! Join us as we connect, share stories, and celebrate the cultures that make our Y community special.

ACTIVITIES INCLUDE:

- Welcoming Week Bingo (win BINGO and be entered for a chance to win a prize!)
- Group exercise classes open to the public (bring a friend!)
- Celebrate our YMCA Core Values by wearing the color of the day September 14–17! Throughout the week, staff will be watching for members who demonstrate our core values in action. Staff-nominated members will be entered into a drawing to win FREE Y apparel!
 - Monday: **Red** – Often linked to Caring (empathy, compassion, and concern for others).
 - Tuesday: **Blue** – Often linked to Honesty (truthfulness, integrity).
 - Wednesday: **Yellow** – Often linked to Respect (valuing others, following the golden rule).
 - Thursday: **Green** – Often linked to Responsibility (accountability, commitment to promises)

FALL PROGRAMS

Fall 1 program registration is open. Please head to mtrymca.org/program-guide to view the program guide.

ADULT LEGISLATIVE EXPERIENCE

New this fall! Our **Adult Legislative Experience** gives participants practical, hands-on experience with the legislative process in a nonpartisan environment. Practice negotiation, debate and public speaking while learning how legislation is researched and developed. Adult participants will also be invited to Youth Debate Day to help support our Youth & Government program. The program runs Tuesdays, September 15–October 20 at 6:00 PM. Cost is \$50 for members and \$100 for nonmembers. Please bring a computer. Registration is open!

👉 Register here:
<https://operations.daxko.com/programs/redirector.aspx?cid=5051&pid=15728&sid=1530689>