



WOODSON YMCA



February Program & Events Guide

For more information, fees and times scan QR code or go to: WoodsonYMCA.com. Register online or at the Member Service Desk.

Gymnastics & Jr. Gymnastics



Winter 2 Session: January 29 – March 23

Wausau Branch | Ages 1+

Gymnastics provides an outlet for kids to develop skills like strength, flexibility and coordination.

Karate Classes



Karate Registration is Open Monthly

Wausau Branch | Ages 5+

Karate teaches children and adults self-defense skills and is a fun way to exercise.

CPR/AED & First Aid Classes



Registration is Open

Our CPR/AED course equips participants with the knowledge and skills necessary to respond confidently to breathing, cardiac and first aid emergencies.

Wausau Branch Classes on February 2, 8, 19 and 26

Aspirus Branch Class on February 15

Small Group Training Season 4



Registration Opens February 5

Strength & Conditioning

45 Minutes / 2 Times a Week / 6 Weeks

Small group training is a great addition to your fitness regimen. 6 Classes are available.

Iceberg Swim Meet

Friday, Saturday & Sunday | February 9–11

Aspirus Branch

The Aspirus Branch is hosting a swim meet starting midday Friday, February 9 through Sunday, February 11. Let's Go WYNS!!!

Swim Lessons



Winter 1 Session continues, ending Feb. 23

Winter 2 Session Registration Opens

Members: Thursday, February 8 at 8 am

Non-Members: Thursday, February 15 at 8 am

Wausau & Aspirus Branch | Ages 6 Months+

Y Star Youth Basketball



Saturdays starting February 10 at 8 am

Wausau Branch | Ages 4–10

Youth Basketball League takes place Saturday mornings at the Wausau Branch in the Fieldhouse & Program Gym.

Camp Sturtevant Registration



Monday, February 12 at 12 noon

Ages 5+

YMCA Day Camps are the place to make every precious summer day a great one! We are hiring Camp Counselors.

Early Bird Registration Saves \$10 per child/per week
Starting February 12 – Ending March 10

Creative Cooking



Monday, February 12 at 5 pm & 6 pm

Wausau Branch | Ages 3+ | Ages 7+

February: Pita, Hummus & Veggies. This is a parent and child cooking class. Parents do not need to register for the class, only the child. All food is provided.

Y For All Family Dance



Saturday, February 17 at 5:30 –8:00 pm

Wausau Branch

Formerly The Father Daughter Dance... This year everyone's invited! Moms, Sons, Fathers, Daughters, Grandparents and Friends.

Enjoy DJ Music, Dancing, Cookies, Punch, Crafts, a Photo Booth and Raffle Baskets!

Tickets per person: Members: \$17 / Non-Members: \$27
At the Door: \$27

All proceeds go to the Y For All Annual Campaign!

Zumba-thon



Friday, February 23 at 6 –9 pm

Wausau Branch | Ages 12+

If you love to dance, this event is for you! Join us for a fun evening of Zumba! Taught by: Jessica A, Doug J, Kirsten R, Michelle P and Barb M.

Members: \$10 / Non-Members: \$15

All proceeds go to the Y For All Annual Campaign!



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Toddler Time

Tuesdays

Aspirus Branch | Ages 2-5

The class is instructor lead and parents help guide their children during play time. Registration Required.

Members: Free / Non-Members: \$15



Open Gym Gymnastics

Mondays & Wednesdays

Wausau Branch | Ages 14+

Former competitive gymnasts practice skills in the Gymnastics Training Center with staff available to help.

Members: \$5 / Non-Members: \$7



Open / Family Swim Time

Wausau Branch South Pool

Friday 5:45 – 7:00 pm

Saturday 1:00 – 4:00 pm

Sunday 1:00 – 4:00 pm



Aspirus Branch Pool

Saturday 11:30 am – 2:00 pm

Sunday 12:00 – 1:45 pm



Children under 7 must be accompanied by an adult in the water during open swim. All life jackets must be Coast Guard approved. Registration is not required.

Family Open Gym

Program Gym – See Scheduled Times

Wausau Program Gym

This is for families only, children must be accompanied by an adult. Recreational games available at front desk. Registration is not required.



Dance Classes

Urban Line Dance Tuesdays 1:00 – 2:00 PM

Ballroom Dance Tuesdays 6:45 – 8:15 PM

Wausau Branch | Group Exercise Studio

Classes are for all levels, beginner to dance enthusiast. No partner is necessary. Registration is not required.

Members: Free / Non-Members: \$15



Pickleball – Open Gym

Everyday at Scheduled Times

Wausau & Aspirus Branch

See Program Gym, Fieldhouse & Aspirus Gym Schedules. Registration is not required. Equipment is available.

The QR code will take you to the Pickleball webpage.

Members: Free / Non-Members: \$15



Pickleball – Open Guided Play

Fridays 1 – 3pm | February 2, 9, 16 & 23

Wausau Branch | Adult

This is a time to continue learning Pickleball with an instructor to help facilitate games and give pointers. Registration is not required. Equipment is available.

Members: Free / Non-Members: \$15

Pickleball – Skills & Drills

Monday 1 – 3pm | February 5, 12 & 19

Wausau – Program Gym

Must have completed “Intro to Pickleball” or have knowledge of scoring and rules. Equipment is available. Registration Required to play during class time. Members: \$8 / Non-Members: \$15 (per class)

Pickleball – Strategies

Wednesdays 1 – 3pm | February 7, 14 & 21

Aspirus – Gym

Recommended that you have at least one year playing experience for this class. Equipment is available. Registration Required to play during class time. Members: \$8 / Non-Members: \$15 (per class)

Intro to Pickleball Classes

Thursday, February 22 at 11:00 am – 1:00 pm

Wausau – Fieldhouse

Thursday, February 22 at 5:00 pm – 7:00 pm

Aspirus Gym – Weston

Registration Required. Equipment Provided. Members: \$20 / Non-Members: \$35