

Both Branches will be Closed Easter Sunday, March 31st

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

# **Youth Programs**

#### **Karate Classes**

### Wausau Branch | Ages 5+

Karate teaches children and adults self-defense skills

March 1: March Classes Starts

Karate class are running as usual during spring break.

**April 1: April Classes Start** 

# **Creative Cooking Class**

### Wausau Branch | Ages 3-6 & Ages 7+

Parent & Child, Register Child Only. All food is provided.

Monday, March 1, 5:00 pm & 6:00 pm - Bibimbap Monday, April 8, 5:00 pm & 6:00 pm - Popsicles

#### **Swim Lessons**

### Wausau & Aspirus Branch | Ages 6 Months+

Swim lessons provide essential life-saving skills and confidence in the water, ensuring safety.

Winter 2 Session February 26 - April 19

March 25–31: No Classes Spring Break

April 4: Member's Spring Registration at 8:00 am

April 11: Non-Member's Spring Registration

## **Summer Camp**

## Camp Sturtevant | Ages 5+

YMCA Day Camps are the place to make every precious summer day a great one!

Early Bird Savings Ends Sunday, March 10th

Early Bird Registration Saves \$10 Per Child/Per Week

#### **Toddler Time**

### Aspirus Branch | Ages 2-5

Tuesday Mornings, 10:00 - 10:30 am

The class is instructor lead and parents help guide their children during play time. Free for Members. Registration required.

#### **Arts & Crafts**

**Wausau Branch, Youth Lobby** 

Wednesday 4:00 - 7:00 PM - Free - Just stop by!

# **Youth Programs**

## **Gymnastics & Jr. Gymnastics**

## Wausau Branch | Ages 1+

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

Winter 2 Session: January 29 - March 23

#### March 14: Member's Spring Registration at 8:00 am

March 21: Non-Member's Spring Registration

March 23: Winter 2 Ends

March 25–31: No Classes Spring Break

**Spring Break Gymnastics' Camps:** 

**Scan QR Code for more information about Camps** 

**April 1: Spring Session Starts** (8 Weeks)

**April 20: Gymnastics Team Tryouts** 

# **Open Gym Gymnastics**

## Wausau Branch | Ages 14+

Mondays & Wednesdays, 7:30 - 8:30 pm

Former competitive gymnasts practice skills in the Gymnastics Training Center with staff available to help. Pay per visit at front desk.

### **Youth Soccer**

## Aspirus Branch Fields | Ages 4-10

Soccer Clinic: April 8, 9 & 10

Monday, Tuesday & Wednesday, 5:00 - 6:00 pm

#### Soccer League

Thursday Evenings May 2 - June 13

May 23: No League this week.

# **Youth Flag Football**

Aspirus Branch Fields | Ages 4-10

Flag Football Clinic: April 15, 16 & 17

Monday, Tuesday & Wednesday, 5:00 - 6:00 pm

#### Flag Football League

Saturday Mornings May 11 - June 22 May 25: No League this week.









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# Training

### **CPR/AED & First Aid Classes**



### **Wausau & Aspirus Branch**

Learn the skills necessary to respond confidently to breathing, cardiac and first aid emergencies. Scan QR Code for class times. Private classes available. 2 Hours Class - One Meeting Time.

Wausau Branch Classes March 4, 22 & 25 | April 5 & 29 **Aspirus Branch Classes** March 14 | April 11, 15 & 25

# **Lifequard Trainings**



# Wausau Branch | Ages 15+

Learn the knowledge and skills needed to prevent and respond quickly to aquatic emergencies. The Y offers employment opportunities for certified lifeguards, training is free for perspective employees.

March 25, 26 & 27 | Thursday, Friday & Saturday 3 Day Course: 9:00 am - 5:00 pm April 19, 20 & 21 | Thursday, Friday & Saturday

3 Day Course: 9:00 am - 5:00 pm

# **Health & Wellness**

# **Small Group Training**



Wausau Branch | Ages 16+

Strength & Conditioning: Twice a week for 6 weeks.

April 5: Season 4 Ends

Season 5: Info Coming Soon!

### Intro to Pickleball Classes



#### **Wausau & Aspirus Branch**

Learn to play Pickleball Clinic. Equipment is provided. April 11: Thursday at 5:00 pm - 7:00 pm - Aspirus April 18: Thursday at 11:00 am - 1:00 pm - Wausau

# **Recreational Equipment**

#### **Wausau & Aspirus Branch**

Ask Member Services for Pickleball, Racquetball, Volleyball and other recreation games to check-out.

## **Mark Your Calendar**

### **Blood Drive**



**Aspirus Branch** 

Tuesday, March 26 at 10:00 am - 3:00 pm

Make your appointment to give blood.

### **WYNS March Swim Meet**

**Aspirus Branch** 

Friday, Saturday & Sunday | March 8-10

We are hosting a swim meet starting midday Friday, March 8 through Sunday, March 10.

# **Healthy Kids Day**



Free Community Event at the Aspirus Branch

Saturday, April 20th, 10:00 am - 2:00 pm Enjoy open swim, crafts, bounce house, healthy snack face painter and zumba! Registration is not required.

# **Family Time**

# **Open / Family Swim Time**

Scan OR code for current pool schedules.

#### **Wausau Branch South Pool**

Scan Code for Hours Friday

Saturday 1:00 – 4:00 pm South Pool >

Sunday 1:00 - 4:00 pm



Additional Open Swim during Spring Break, March 25-30 Check the QR Code for Open Swim Hours

#### **Aspirus Branch Pool**

Saturday 11:30 am - 2:00 pm **Aspirus Pool >** 

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. No holding breath. Registration is not required.

## Family Open Gym



Wausau Branch, Program Gym

Program Gym - See Scheduled Times

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