



WOODSON YMCA



March & April Program Guide

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

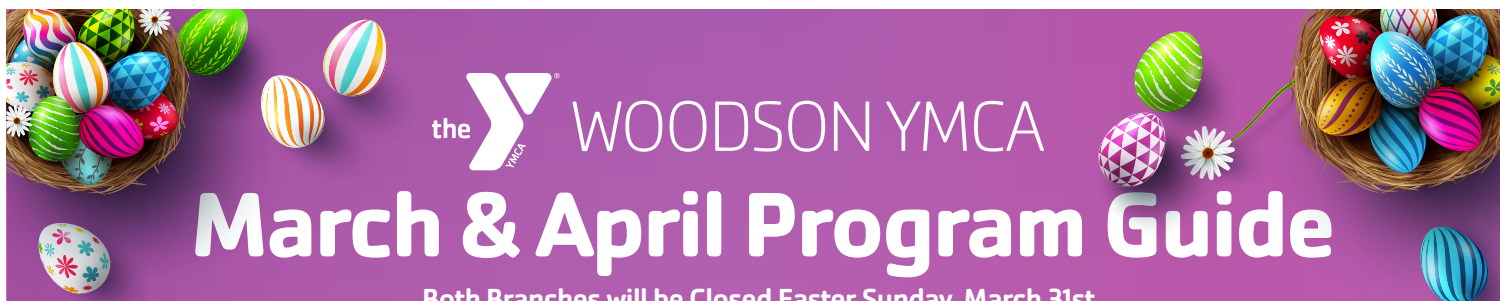
Monday, Tuesday & Wednesday, 5:00 – 6:00 pm

Flag Football League

Saturday Mornings May 11 – June 22

May 25: No League this week.





WOODSON YMCA

March & April Program Guide

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.

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

Lifeguard 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 QR code for current pool schedules.

Wausau Branch South Pool

Friday Scan Code for Hours

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.