



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](http://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

**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

### 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

Scan QR code for current pool schedules.

Open Swim time will be added during March 25-30.

#### Wausau Branch South Pool

Friday Scan QR for times.

Saturday 1:00 – 4:00 pm

Sunday 1:00 – 4:00 pm

South Pool >



#### Wausau Branch North Pool

Lap Swim Scan QR for times.

North Pool >



#### Aspirus Branch Pool

Saturday 11:30 am – 2:00 pm

Sunday 12:00 – 1:45 pm

Lap Swim Scan QR for times.

Aspirus Pool >



Under Age 7 must be with a parent/guardian in the water within arms length. Ages 7-10 must be with a parent/guardian on the pool deck at all times. Ages 11+ may swim unattended if they are able to swim independently. All life jackets must be Coast Guard approved. No breath holding, extended underwater swimming is allowed. Lap Swim is open to all swimmers who can proficiently swim the length of the pool.

### 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.