

April 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.

Youth Programs

Karate Classes

Wausau Branch | Ages 5+

Karate teaches children and adults self-defense skills.
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, 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.

April 4: Members Registration Spring Session
April 11: Non-Members Registration
April 19: Winter 2 Ends
April 22: Spring Starts



Summer Camp

Camp Sturtevant | Ages 5+

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



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!

Gymnastics & Jr. Gymnastics

Wausau Branch | Ages 1+

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

April 1: Spring Session Starts (8 Weeks)

April 20: Gymnastics Team Tryouts



Preschool Open Gym

Ages 18 Months - 4 Years | Wausau Branch

Tuesdays 10:00 - 11:00 am

We are opening our Jr. Gymnastics Area for parent/child unstructured play time. Pay per visit at front desk.



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

April 5 & 29

Aspirus Branch Classes

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.

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.

Season 5: April 15 & Ends May 24

Season 6: Registration Starts - May

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

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.

Wausau Branch South Pool

Friday 5:00 - 7:00 pm

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.