

May Program & Events Guide

Memorial Day, Monday, May 27: Open 8am – 12pm | Summer Hours Start Tuesday, May 28th
Scan QR code or go to: WoodsonYMCA.com for more info. Register online or at the Member Service Desk.

Youth Programs

Youth Summer Memberships

Summer Membership includes June – August, 2024
Under 18: \$81 total | Young Adult/Student: \$132 total

Karate Classes

Ages 5+ | Wausau Branch

Karate teaches children and adults self-defense skills.

May 1st: May Classes Starts



Creative Cooking Class

Ages 3-6 & Ages 7+ | Wausau Branch

May's Class is a Pizza Party! Parent & Child, Register Child Only. All food is provided.

Monday, May 13, Age 3-6 at 5 pm | Ages 7+ at 6 pm



Swim Lessons

Ages 6 Months+ | Wausau & Aspirus Branch

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

Summer 1 Swim Lessons: Runs June 3 – June 28

May 16: Members Registration Summer 1

May 23: Non-Members Registration

May 31: Spring Session Ends

June 3: Summer 1 Starts

Mosinee Swim Lessons

April 29: Spring 2 Runs April 29 – May 16

Antigo Swim Lessons

April 29: Spring 2 Runs April 29 – May 16



Summer Camp

Ages 5+ | Camp Sturtevant

Registration is Open – Camp Starts June 3rd

Camp Open House! Wednesday & Thursday
May 29th & 30th at 4:30-6:30pm

We will be hosting two open houses in May for families to come for a grill-out and tour camp! No registration necessary – Just Come!



Toddler Time

Ages 2-5 | Aspirus Branch

Tuesday Mornings, 10:00 – 10:30 am

Instructor lead with parent's help to guide their children during play. Free for Members. Registration required.



Arts & Crafts

Wausau Branch, Youth Lobby

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

Gymnastics & Jr. Gymnastics

Ages 1-5 & Ages 6+ | Wausau Branch

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

Summer Gymnastics Classes: Runs June 3 – August 24

May 16: Member Registration Summer

May 23: Non-Member Reg. Summer

May 23: Spring Ends

May 24 – June 1: No Classes



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

Ages 14+ | Wausau Branch

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

Ages 4-10 | Aspirus Branch Fields

Soccer League Starts

Thursday Evenings, May 2 – June 13

May 23: No League this week.



Youth Flag Football

Ages 4-10 | Aspirus Branch Fields

Flag Football League Starts

Saturday Mornings, May 11 – June 22

May 25: No League this week.



Youth Sluggerball

Ages 4-9 | Thom Fields

Sluggerball Clinic: June 17, 18 & 19

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

Sluggerball League

Check website for League dates and times.



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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.



Recreational Equipment

Wausau & Aspirus Branch

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

Health & Wellness

Small Group Training

Ages 16+ | Wausau Branch

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 Branch

Learn-to-Play Pickleball Clinic / Equipment Provided

May 9: Intro to Pickleball – 5:00 – 7:00 pm

May 16: Intro to Pickleball – 11:00am – 1:00 pm



Training

CPR/AED & First Aid Classes

Wausau & Aspirus Branch

Learn the skills necessary to respond confidently to breathing, cardiac and first aid emergencies.

2 Hours Class Blended Learning

Wausau Branch: May 13 at 6:00 – 8:00 pm

Aspirus Branch: May 23 at 6:00 – 8:00 pm

Private business classes are available.



Lifeguard Trainings

Ages 15+ | Wausau Branch

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.

May 24, 25 & 26 | Friday, Saturday & Sunday
3 Day Course: 9:00 am – 5:00 pm



Mark Your Calendar

Blood Drive

Wausau Branch

Friday, May 10 at 10:00 am – 3:00 pm

Scan QR code to make your appointment.



Summer Hours

Wausau & Aspirus Branch

Starting Tuesday, May 28 – September 2nd

Monday – Friday 5am – 8pm Closes 1 Hour Earlier

Saturday 7am – 5pm No Change

Sunday 10am – 2pm Closes 3 Hours Earlier

- Mini-Care – No Saturday Hours in Summer
- Youth Lobby – Sc QR Code for Hours

24 Hour Access

Aspirus Branch

- 24 Hours / 365 Days Available at the Aspirus Branch
- Access to the Wellness Center & Gym Access
- \$5 Per Month for Active Adult Members
- One-time \$20 key fee

