



WOODSON YMCA

June Program & Events Guide

Summer Hours

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.
Registration is open every month!



Creative Cooking Class

Ages 3-6 & Ages 7+ | Wausau Branch

Let's roll yummy Sushi! This is a parent/child class.
Register child only. All food is provided.

Monday, June 10: Age 3-6 at 5pm / Ages 7+ at 6pm



Swim Lessons

Ages 6 Months+ | Wausau & Aspirus Branch

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

Dates to Remember:

June 3: Summer 1 Starts

June 20: Members Registration Summer 2

June 27: Non-Members Registration

June 28: Summer 1 Ends

July 1-6: No Classes

July 8: Summer 2 Starts

Antigo Swim Lessons

Summer 1: June 10 – June 27

Registration Opens Friday, May 17 at 12pm [Antigo >](#)

Summer 2: July 8 – July 25

Registration opens Friday, June 28 at 12pm



Family Stretch & Connect

Ages 2-5 | Aspirus Branch

Tuesdays at 10:00 – 10:30 am

Come connect with other families and your own while doing
a guided gentle family friendly work out including various
stretching and yoga moves.

Free for Members / Registration Required



Youth Lobby

Wausau Branch, Youth Lobby

Youth Lobby Summer Hours – Scan QR

Arts & Crafts on Wednesday 4:00 – 7:00 PM – Free



Summer Camp

Ages 5+ | Camp Sturtevant

Join us for a week or an entire summer at Camp Sturtevant!
Day Camp registration is required 2 weeks ahead.



Explorers Camp | Ages 10-14

Explorers take on a new adventure everyday with
trips to parks in the area, local aquatic centers,
hiking, fishing and so much more. Scan QR



Leadership Camp | Ages 13-15

• Minocqua & Zip-Line Camping Trip July 8 – 12

• Green Bay & Bay Beach Amusement Park July 29 – August 2

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

Gymnastics Summer Camps & Mini-Sessions

– Information is available on the website.



Summer Fun Fridays

Boys & Girls Ages 6+ | Wausau Branch

Fun Fridays offer open gym, crafts, games & more!

8:30am – 12:30pm (Fridays in June: 7, 14, 21 & 28)

You do not need to be in gymnastics to sign up!

Bring a packed a lunch, snack provided.



Preschool Open Gym

Ages 18 Months – 4 Years | Wausau Branch

Tuesday, Wednesday & Thursday 10:30-11:30 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 (Pay Per Visit)

Mondays & Wednesdays 7:30 – 8:30 pm

Gymnasts can practice skills in our Training Center with
staff available to help. Pay per visit at front desk.



Youth Sluggerball

Ages 4-9 | Thom Fields

Sluggerball Clinic: June 17, 18 & 19

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

The kids will get a chance to hit the ball off a tee and
practice throwing, catching and base running.





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Family Time

Open / Family Swim

Scan QR code for current pool schedules.

Wausau Branch South Pool

[South Pool >](#)

Saturday 1:00 – 4:00 pm

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 6: June 3 – July 19 (week of 4th off)

Open Pickleball & Basketball

Wausau & Aspirus Branches

See gyms schedule for open time.

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

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: June 17 at 6:00 – 8:00 pm

Aspirus Branch: Jun 27 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.

Mark Your Calendar

Blood Drive

Aspirus Branch

Thursday, July 11 at 10:00 am – 3:00 pm

Scan QR code to make your appointment.

Brewer Game Road Trip

Brewers Trip 2024

Thursday, August 15th

Lamer's Bus Departs at 7:15am from The Landing

Cost: \$125 Per Person

Registration Required – Scan QR for details!

Open to all ages, anyone under the age of 18 must be accompanied with an adult.

Youth Baseball Glove Drive

Wausau Branch

Drive Ends Friday, June 14

We are hosting a youth baseball glove drive, if you have a gently used or new glove that you would like to donate, please drop it off at our Wausau Branch. Thank you!