the 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 Anitgo >



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 ares, 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

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

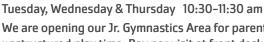
Monday, Tuesday & Wednesday: 5:00 - 6:00 pm

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

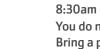












the WOODSON YMCA

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.

Family Time

Open / Family Swim

Wausau Branch South Pool		South
Saturday	1:00 - 4:00 pm	

Wausau Branch North Pool

Lap Swim Scan QR for times.

Aspirus Branch Pool

 Saturday
 11:30 am - 2:00 pm

 Sunday
 12:00 - 1:45 pm

 Lap Swim
 Scan QR for times.

Aspirus Pool >

North Pool >

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

0560
 新花 谷
踏る症

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



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

2 Hours Class Blended Learning

Wausau & Aspirus Branch

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

lifequards, 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!

L.