



WOODSON YMCA

# June Program & Event Guide

Woodson YMCA Hours: Monday – Friday 5am – 8pm | Saturday 7am – 5pm | Sunday 10am – 2pm

Scan QR code or go to: WoodsonYMCA.com for more info. Register online or at the Member Service Desk.

## Mark Your Calendar

### Summer Hours

Monday – Friday 5am–8pm  
Saturday 7am–5pm  
Sunday 10am–2pm



### 21st Annual Giving on the Greens

Monday, June 1, 2026 at Greenwood Hills Country Club

This event supports the Wausau community by raising funds to help youth and families in need participate in YMCA programs and services that strengthen spirit, mind, and body.

#### 18 Holes of Golf with Cart, Lunch & Gift

With your support everyone belongs!

For more information contact

Stephanie Daniels, Senior Director of Child Care & Camp Services  
Email: sdaniels@WoodsonYMCA.com



### Camp Sturtevant Open House

June 3rd & June 4th 5–7PM | Camp Sturtevant

Get a firsthand look at the place where kids unplug and make lifelong memories. Ask questions and see why families love spending their summers with us! We will be providing a hot dog dinner with chips. Other snacks will be available at our camp store – card only.

### Doua's Retirement Party

Friday, June 5th 1:30–4:00PM | The Landing

Join us to share memories and help us send Doua into this next chapter surrounded by the community he has helped shape!

## Health & Wellness

### Small Group Training

Ages 18+ | Wausau Branch  
Season 6: June 1–July 17 | (Bye Week 4th of July Week)



### 24/7 Access

Ages 18+ | Aspirus Branch  
Wellness Center & Gym 24 Hours/365 Days Access  
\$5/Month Members Only with One-Time \$20 Key Fee



### Unlimited Yoga

Wausau & Aspirus Branch | \$15/Month – Members Only  
Unlimited Yoga offers members the opportunity to take more yoga classes for one low monthly fee creating more flexibility and MORE access to the different varieties of yoga.



### Wellness Center Orientation

Wausau & Aspirus Branch | FREE for All Members Ages 16+  
Take a Tour Around Our Wellness Centers. Our staff will help you to get familiar with our cardio and weight equipment.



## Aquatics

### Aspirus Pool

Aspirus Branch – Open Family Swim  
Saturday 10:30am–2:00pm  
Sunday 12:00–1:45pm  
Lap Swim Scan QR for time.



### North Pool

Wausau Branch – Lap Swim & Water Walk  
Lap Swim Scan QR for times.



The North Pool is not for open/family swim. Aged 17 and under must be able to swim 25 yards and cleared by the lifeguard on duty.

### South Pool

Wausau Branch – Open Family Swim  
Saturdays 1:00–4:00pm



A guardian is required during open swim for children ages 11 and under. The guardian must be in the pool for children 8 and under.

### Swim Lessons

Ages 6 Months+ | Wausau & Aspirus Branches  
Summer 1: June 8–27  
Registration Is Open  
Summer 2: July 6–August 1  
Registration Opens June 19th for Members | June 26th for All



### Lifeguard Training Class

Ages 15+ | Wausau Branch  
Friday – Sunday, June 5–7 | Wausau Branch  
\$200 Members | \$225 Non-Members (Free for Perspective Employees)



While Children are Near Water Remember:



## PHONES DOWN – EYES UP!

Checking your phone may seem like a quick task but it can quickly become a distraction... and distractions around water can have major consequences.

That's why families should at all times have an assign **Water Watcher** – an adult who maintains visual contact with all children playing in or near the water.





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## Youth & Family Programs

### Creative Cooking

Ages 3+ | Wausau Branch

Monday, June 8th: Rice Krispy Creations

Monday, July 13th: Sushi

Enjoy a fun cooking class with your child! Take home a kids recipe placemat, food and kitchen tool. Register child only. Food is provided.



### Mini-Care

Ages 6 Weeks – 6 Years | Aspirus & Wausau Branch

Monday-Friday 8:30 – 11:30am

Monday-Thursday 4:00 – 7:00pm

Free with a Family Membership. Reserve time at the front desk.



### Youth Lobby

Ages 7+ | Wausau Branch Scan QR Code to See Hours

Free Arts & Crafts: Wednesdays 4:00 – 7:00pm



### Preschool Open Gym

Ages 2 – 5 Years | Wausau Branch

Fridays 11:00AM-12:00PM

Toddlers can bounce around, walk the beam, hang on the bar, climb, and crawl while gaining strength and balance, and having fun!



## Youth Sports

### Volleyball Clinic

Ages 7+ | Wausau Branch – Program Gym

June 9th-11th | 1:30-3:00PM

Build skills, gain confidence, and have fun at our Volleyball Clinic! Athletes will train in a supportive environment focused on growth and teamwork; grouped by age and skill level to create the best learning experience while developing fundamentals like passing, setting, serving, communication, and overall game play.



### Sports Sampler

Girls Ages 4+ | Aspirus Branch Fields

September 12th 9:00AM-12:00PM

Registration Opens June 1st

This 3-hour session offers a flexible, high-energy environment where athletes can explore Flag Football, Volleyball, Basketball, Softball and Soccer at their own pace focusing on fun, engaging drills that build skills while encouraging movement and teamwork.



### Flag Football League

Girls Ages 8+ | Thom Field

Sept 19 – Oct 24 | Saturday Mornings

Registration Opens June 1st

YMCA Flag Football offers a chance for each athlete to develop football skills in a welcoming and fun environment. League is 6 weeks and features organized games with volunteer coaches to help kids learn as they play.



## The Landing (Ages 55+)

### Birthday Bash

1st Friday Every Month | The Landing Enrichment Room

If it's your birthday month, sign up to enjoy cake, music, and the chance to win fun prizes!



### New Member Welcome Session

4th Monday of Every Month | The Landing Enrichment Room

New to The Landing? Join us to learn what The Landing has to offer, how to register for programs and more!



## Karate

### Karate Classes

Ages 5 – Adults | Wausau Branch

An excellent opportunity for both children and adults to practice self-defense skills and physical exercise. Registration is Open! Scan the QR code to learn more.



### Black Belt Club

Unlimited Karate Classes On Your Path to Black Belt!

Open to all skill levels, BBC builds strong fundamentals, skill progression, and YMCA core values. Members enjoy team-building activities and compete in tournaments across Wisconsin.



### Strike Force Summit Camp

Purple Belt+ | Wausau Branch – Program Gym

July 7th-9th, 1:30 – 3:00PM

Registration Is Open

Designed for athletes with a purple belt or higher, this high-intensity camp focuses on speed, agility, accuracy, and power while pushing skills to the next level.



## Gymnastics

### Gymnastics Classes

Ages 1+ | Wausau Branch

Mini-Movers | Jr. Gymnastics | Developmental Gymnastics & Tumbling

We offer classes based on age, skill level and experience.

Spring 2 Ends June 7

Summer 1: June 15 – July 19

No Classes 7/3 & 7/4

Registration Is Open



### Good Luck at Nationals Whirlers!

Good luck to our 17 gymnasts as they head to the 2026 YMCA

National Gymnastics Championships in Greensboro, North Carolina!

