



WOODSON YMCA

August 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

The Landing Gala

Age 21+ | The Landing – 3rd Floor

Saturday, September 19th | 6:00-10:00 PM

This year's event will feature Raymond Kraemer on the Piano and DJ Dilly P keeping the dance floor hopping. Enjoy dancing, raffles, delicious hors d'oeuvres and cash bar on site.

Non-Members are welcome!

This event supports the Y for All Campaign. Proceeds from this event ensure that no one is turned away from the Woodson YMCA due to an inability to afford fees.



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!



Health & Wellness

Small Group Training

Ages 18+ | Wausau & Aspirus Branch

Season 1: August 24–October 16

Registration Opens August 10th at 8am



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.



Whole Body Vibration Plates

Wausau Branch

In under 10 minutes, Whole Body Vibration Training destabilizes the body and promotes the development in whole-body balance, mobility and stability, strength and motor control.



Wellness Center Orientation

Wausau & Aspirus Branch | FREE for All Members Ages 12+

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.

*Note: the Aspirus Branch pool will be closed August 17–September 9 for maintenance.



North Pool

Wausau Branch – Lap Swim & Water Walk

Lap Swim Scan QR for times.

The North Pool is not for open/family swim. Ages 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 3: August 3–29

Fall 1: September 8th–October 22nd

Registration Opens August 21st for Members | August 28th for All



Youth & Family Programs

Creative Cooking

Ages 3+ | Wausau Branch

Monday, August 10th: Farm Fresh Charcuterie

Monday, September 14th: Muffin Magic

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



Backyard Family Game Night

Open to All | Aspirus Branch

Wednesday, August 26th | 5:00–6:00PM

Family time is the best kind of playtime! Join us for an evening of friendly competition and family bonding. Registration Required.



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





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Youth Sports

Volleyball Clinic

Ages 7+ | Aspirus Branch – Gym
August 11th–13th | 9:00–11:00AM



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

Soccer Clinic & League

Ages 4–10 | Aspirus Branch Fields
Preseason Clinic: August 17–19
Monday, Tuesday & Wednesday, 10:00 – 11:00AM
Thursday Evening League: September 17–October 22



Flag Football Clinic & League

Ages 4–10 | Scan QR Code for Location Details
Preseason Clinic: August 17–19
Monday, Tuesday & Wednesday, 12:00 – 1:00PM
Saturday Morning League: September 19–October 24



Girls Youth Sports

Sports Sampler

Girls Ages 4+ | Aspirus Branch Fields
September 12th 9:00AM–12:00PM
Registration Is Open



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.

Football Combine

Girls Ages 4+ | Aspirus Branch Fields
September 12th 12:00–1:00PM
Registration Is Open



Get ready for flag football season with this fun, one-hour clinic! Participants will build confidence while practicing essential skills such as passing, catching, defense, teamwork, and game strategy.

Girls Flag Football League

Girls Ages 8+ | Thom Field
September 19 – October 24 | Saturday Mornings
Registration Is Open



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

Gymnastics

Gymnastics Classes

Ages 1+ | Wausau Branch
Mini-Movers | Jr. Gymnastics | Developmental Gymnastics & Tumbling
We offer classes based on age, skill level and experience.
Summer 2 Ends August 23
Fall 1: August 31–September 20
Registration Opens August 6th for Members | August 13th for All



Summer Camps

Ages 3+ | Wausau Branch
Preschool Camp | August 10 & 11
3-Day Summer Fun Camp | August 17–19
Registration Is Open



Join us for action-packed days filled with gymnastics skills, games, challenges, crafts, and friendships! Gymnasts will build confidence and skills in all gymnastics events in a positive and encouraging environment. Every camper also receives a T-shirt!

Summer Skills Clinic & Pop Up Classes

Ages 4+ | Wausau Branch
Developmental, Recreational & Competitive Levels
Registration Is Open



This summer, we're offering special skill clinics where athletes will focus on drills, technique, strength, and progressions that build strong, consistent skills. Coaches provide individualized instruction to help gymnasts gain confidence and refine technique and fundamentals.

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, and crawl while gaining strength and balance, and having fun!

*Note: No Preschool Open Gym August 28th due to renovations.

Child Care

Camp Sturtevant

Last Day of Camp is August 28th

Child Care

Ages 6 Weeks to 6 Years | Wausau & Aspirus Branches
Whether you need before/after school or all day care, the Y's Child Care and 4K Programs instill our core values of caring, honesty, respect and responsibility.
Scan the QR code to learn more on enrollment and availability.

