



WOODSON YMCA

September Program & Event Guide

Woodson YMCA Hours as of September 8: Monday – Friday 5am – 9pm | Saturday 7am – 5pm | Sunday 10am – 5pm

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

Mark Your Calendar

Labor Day

Monday, September 7th — Open 8:00am – 12:00pm

Labor Day Dance Fitness Class – Wausau Branch

9:00 – 10:00 am

All regularly scheduled class are canceled at both branches.



Free Blood Pressure Clinic

Multi-Purpose Room – Wausau Branch

Thursday, September, 3rd 2:00–4:00pm

Red Cross Blood Drive

Ages 17+ | Scan the QR Code to see the location

Thursday, September 3rd | 10am–3pm

Friday, September 18th | 10am–3pm

Make Appointments at RedCrossBlood.org



The Landing Gala

Age 21+ | The Landing – 3rd Floor

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

Enjoy live music, 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.



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 until September 8th for maintenance.



North Pool – Wausau Branch

Lap Swim & Water Walk | 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

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

Fall 1: September 8th–October 22nd



Lifeguard Training Class

Ages 15 + | Wausau Branch

Friday–Sunday | September 18, 19 & 20

\$200 Members | \$225 Non-Members (Free for Perspective Employees)



Health & Wellness

Perimenopause Workshop

Ages 35+ | Wausau Branch

Navigate menopause with smarter training and nutrition to boost metabolism and support bone and heart health with less stress. Scan the QR code to learn more and register.

Saturday, September 19th, 12:00 – 2:00pm

Wednesday, September 23rd, 5:30 – 7:30pm



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 15 minutes, Whole Body Vibration Training you feel your best from the ground up by activating muscles, improving strength, balance, bone health, flexibility, circulation, and recovery. Scan the QR code to learn more and register.



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!



PROGRAM CHECK-IN UPDATES

Beginning September 8th, everyone visiting the Woodson YMCA for a program will need to check in at the front desk, whether you're a member or non-member. When you arrive, follow the signs to the appropriate check-in area.

As everyone gets familiar with the new process, there may be some additional congestion in our lobbies — please plan for extra time when arriving for your program. These updates will create a safer, more secure environment by ensuring we know who is in our buildings and where they're headed. Thank you for helping us keep our YMCA a safe and welcoming place for all!



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Youth Sports

Mini Camps

Ages 4-10 | Wausau Branch – Program Gym

Basketball, Soccer & Football

Mini Camps give young athletes the opportunity to learn the basic rules and fundamentals of a variety of sports in a fun environment. These camps are limited to 10 participants per age group. Scan the QR code to learn more and sign up!



Soccer League

Ages 4-10 | Aspirus Branch Fields

Thursday Evening League: September 17–October 22



Flag Football League

Ages 4-10 | Thom Field

Saturday Morning League: September 19–October 24



Ready, Set, Move!

Ages 4-7 | Wausau Branch – Program Gym

September 29 – October 1 | 5:00–5:45PM

Registration Is Open

A movement clinic for children ages 4-7 that builds foundational gross motor skills through games, drills, obstacle courses, and movement activities. Each session builds balance, coordination, agility, running, jumping, kicking, throwing, and catching skills.



Girls Youth Sports

Sports Sampler

Girls Ages 4+ | Aspirus Branch Fields

September 12th 9:00AM–12:00PM

Registration Is Required

This FREE 3-hour session gives girls a flexible, high-energy environment where they can explore Flag Football, Volleyball, Basketball, Softball and Soccer at their own pace focusing on 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 Required

Get ready for flag football season with this FREE 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.

Fall 1 Ends October 25

No Classes September 5-7



Dance

NEW PROGRAM

Dance Classes

Boys & Girls Ages 3+ | Wausau Branch

Ballet, Jazz & Combo Classes

Our Dance program offers a positive and encouraging environment where children can develop coordination, flexibility, balance, rhythm, body awareness, and self-expression..

Classes Start September 7th

Scan the QR Code to learn more and register!



Youth & Family Programs

Creative Cooking

Ages 3+ | Wausau Branch

Monday, September 14th: Muffin Magic

Monday, October 12th: Spooky Treats & Caramel Apples

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



Little Learners

Ages 2-5 | Wausau Branch

Storytime Adventures & Learning in Motion

These fun, engaging classes combine movement, imagination, and learning through play and are a great way to build coordination, listening skills, creativity, confidence, and a love of learning!



Preschool Open Gym

Ages 2-5 Years | Wausau Branch

Monday & Friday Mornings 10:30 – 11:30AM

Sunday Afternoons 2:30 – 3:30PM

A fun way for your little one to gain strength and balance!



Mini-Care

Ages 6 Weeks – 6 Years | Aspirus & Wausau Branch

Monday–Friday 8:30 – 11:30am

Monday–Thursday 4:00 – 7:00pm & Saturdays 8:30 – 11:30am

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



Youth Lobby

Ages 7+ | Aspirus & Wausau Branch

Scan QR Code to See Hours

