



WOODSON YMCA

October Program & Event Guide

Woodson YMCA Hours: 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

Splash Bash

Age 18+ | The Landing – 3rd Floor

Saturday, October 24th | 4:00–8:00 PM

The heart of the event is the dinner and social time, where alumni and the YMCA community can reconnect, share stories, celebrate the program's legacy, and make new memories together. Guests will also have the opportunity to participate in a 50/50 raffle and other special opportunities to support the future of Woodson YMCA Swimming. **Non-Members are welcome!**

This event supports the Woodson YMCA Swim Program. Proceeds from this event help ensure generations of swimmers have the opportunity to learn, compete, grow and experience the same sense of community.



Blood Pressure Clinic

Multi-Purpose Room – Wausau Branch

Friday, October 9th, 1:00–3:00pm



Parent/Child Spooky Nature Scavenger Hunt

Ages 3–6 | Camp Sturtevant Fields

Tuesday, October 27th | 4:00–5:00 PM

Enjoy a fun, spooky scavenger hunt with your child!



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 | 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

Fridays 4:15–7:15 pm

Saturdays 1:00–4:00pm

Sundays 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

Fall 2: October 26–December 17

Registration Opens October 9th for Members | October 16th for All

No Classes Thanksgiving Week



Health & Wellness

Small Group Training

Ages 18+ | Wausau & Aspirus Branch

Season 1 Ends October 16

Season 2: October 19th–December 18th

Registration Opens October 5th 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 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!



Halloween Fun at The Landing!

October 30th | The Landing Social Space

Join us for Halloween Fun at The Landing! Enjoy light snacks, music & good conversation in the Social Space from 9:00–10:00 AM. Kids from the YMCA Childcare will showcase their Halloween Costumes, so come celebrate the season with us. Costumes are welcome!



Fall Craft Fair

November 4th | The Landing Enrichment Room

Support your fellow Landing members at our Craft Fair! Browse a variety of handmade creations and discover something special to take home. There's sure to be something for everyone—or perhaps the perfect start to your holiday shopping! Members will be welcome to be a vendor (must sign up separately)





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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 see camp dates and sign up!



Ready, Set, Move!

Ages 4-7 | Wausau Branch – Program Gym

November 3 & November 5 | 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.



Y-Star Basketball

Ages 4-10 | Aspirus Branch Fields

Registration Is Open

3 Day Preseason Clinic: October 5, 6 & 7

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

Thursday Evening League: October 8 – November 12



Youth & Family Programs

Preschool Programming

Boys & Girls Ages 2-5 | Wausau Branch

Scan the QR Code to See All Class Options

From Toddler Yoga and Movement to Music to Storytime Adventures and Learning in Motion, each class combines movement, imagination, and learning through play while helping children 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



Gymnastics

Gymnastics Classes

Ages 1+ | Wausau Branch

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

Classes are open to all ability levels, with skills and challenges adapted so each gymnast can progress at their own pace.

Fall 1 Ends October 25 — Fall 2: October 26 – December 20

Registration Opens October 1st for Members | October 8th for All

No Evening Classes November 25 & No Classes November 26-28



Tumbling Classes

Boys & Girls Ages 6+ | Wausau Branch

Tumbling is a great complement to cheer and dance, or anyone looking to build acrobatic skills in a supportive setting.

Fall 1 Ends October 25 — Fall 2: October 26 – December 20

Registration Opens October 1st for Members | October 8th for All

No Evening Classes November 25 & No Classes November 26-28



Homeschool Gymnastics Classes

Boys & Girls Ages 5+ | Wausau Branch

Our Homeschool Gymnastics program offers recreational and skill-building class options that help kids stay active, build coordination, and grow in a fun, supportive environment.

Fall 1 Ends October 25 — Fall 2: October 26 – December 20

Registration Opens October 1st for Members | October 8th for All

No Evening Classes November 25 & No Classes November 26-28



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..

Fall 1 Ends October 25 — Fall 2: October 26 – December 20

Registration Opens October 1st for Members | October 8th for All

No Evening Classes November 25 & No Classes November 26-28



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!