



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 Services Desk.

Parent/Child

Kids Cooking Class

Ages 3+ | Wausau Branch

Monday, August 11: Cheesecake & Parfaits

Monday, September 8: Homemade Pasta

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



Preschool Open Gym

Ages 18 Months – 4 Years | Wausau Branch

Tuesday Mornings 10:30 – 11:30

An fun way to spend time with your little one!



Family Open Gym

Program Gym – Wausau Branch

Children must be with a guardian, scan QR for times.



Recreational Equipment

Wausau & Aspirus Branch

Pickleball, Racquetball & Volleyball at Front Desk

Visit the QR link for all of the age requirements at the Y.



Children in the Y

Youth Lobby

Ages 7+ | Wausau Branch

Open & Staffed Hours Available Online

If the Youth Lobby is Open but Not Staffed – Do Not Leave Your Child.

- Children ages 7-9 must be supervised by their guardian at all times.

If the Youth Lobby is Staffed:

- Children ages 7-9 must be signed in & out with the attendant.

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



Mini-Care

Ages 6 Weeks – 6 Years | Aspirus & Wausau Branch

Monday-Friday 8:30 – 11:30am & 4:00 – 7:00pm

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



Child Care

Camp Sturtevant

Last Day of Camp is August 29th

Make every summer day count at Camp Sturtevant!

- Weekly Day & Afternoon Camps: Ages 5-15



4K Programs Wausau & Aspirus Branch

Is your child turning 4 before September 1st? Enroll in FREE 4K at Woodson YMCA! Enroll now at your school district's website!

Youth Sports

Youth Summer Games 4 Day Mini-Camp

Ages 3-6 | Aspirus Branch Fields

August 4-7, 9:00-10:00AM

Monday, Tuesday, Wednesday & Thursday

Capture the Flag, Simon-Says, scavenger hunts and frisbee. Parents cheer on or join in.



Youth Volleyball 3 Day Clinic

Ages 6-11 / Ages 12+ | Aspirus Branch Fields

August 11-13: Monday, Tuesday & Wednesday

Practice skills and improve in an positive environment that values sportsmanship while learning the building blocks of the game.

Age 6-11 10:00 – 11:00am

Age 12+ 11:00am – 12:00pm



Youth Outdoor Soccer

Ages 4-10 | Aspirus Branch Fields

3 Day Clinic: August 25, 26 & 27

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

Thursday Evening League: August 28 – October 2



Youth Flag Football

Ages 4-10 | Aspirus Branch Fields

3 Day Clinic: August 25, 26 & 27

Monday, Tuesday & Wednesday, 6:00 – 7:00 pm

Saturday League: September 6 – October 11



Gymnastics

Gymnastics Classes

Wausau Branch

Jr. Gymnastics Ages 1-5 & Gymnastics Ages 6+

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

Summer 2: July 21 – August 24

No Classes: August 25 – September 1

Fall 1: September 2 – October 12

Fall Registration: Members August 14 | Non-Members August 21



4 Day Summer Fun Camp

Co-Ed Ages 5 – 17 | Wausau Branch

August 11-14 / Monday-Thursday, 9:30am-12:30pm

Learn new skills, play gymnastic games and create crafts.





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Karate

Karate Classes

Ages 5 – Adults | Wausau & Aspirus Branches

An excellent opportunity for both children and adults to practice self-defense skills and physical exercise.

Registration is Open for August Classes

No Classes: Monday, Aug. 18th – Warrior's Dinner

No Class Labor Day Weekend Friday, Aug. 29 – Monday, Sept. 1



Black Belt Club

Unlimited Karate Classes On Your Path to Black Belt!
Open to all skill levels.



Golden Leaves Tournament

Aspirus Branch

Saturday & Sunday, October 18th & 19th

Our karate tournament features 10 events.
Find out more and sign up to compete!



Aquatics

Aspirus Pool

Aspirus Branch – Open Family Swim

Saturday 11:30am – 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 – 4:00 pm

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. Scan QR code for all guardian requirements.



Swim Lessons

Ages 6 Months+ | Wausau & Aspirus Branches

Swim lessons provide essential life-saving skills and confidence in the water, ensuring safety.

Summer 3: August 4 – August 29

Fall 1: September 9 – October 25

Thursday, August 21 at 8am Registration Opens for Y Members

Thursday, August 28 at 8am Non-Members Registration Opens



Mark Your Calendar

Free Blood Pressure Clinic

Multi-Purpose Room – Wausau Branch

Thursday, August 2, 11:00am – 1:00pm at Wausau



Woodson Warrior Fundraiser Dinner

All Ages | The Landing Wausau Branch

Monday, August 18th 5:00–7:00pm at The Landing

Enjoy a Four Course Meal featuring Oven-Roasted Salmon Fillet.
Dinner tickets and mat sponsorships available.



The Landing Gala

Age 21+ | The Elks Club Ballroom

Saturday, September 20, 6:00 – 10:00 pm

Early Bird Ticket Savings Ends August 15th



Health & Wellness

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



Small Group Training

Ages 18+ | Wausau Branch

Season 1: September 8 – October 17

Registration Opens: Monday, August 25 at 8am



Training

Lifeguard Hiring & Training

Age 15+ | Wausau Branch

We are Hiring Summer Lifeguards at the Weston & Schofield/Rothschild Aquatic Centers



CPR/AED & First Aid Classes

Wausau & Aspirus Branches

Individual Training and Private Group Training available.

