



YOUTH SPORTS THE Y IS WHERE GIRLS RISE

AGES 4+

SPORTS SAMPLER & COMBINE

ASPIRUS BRANCH FIELDS

Saturday, September 12, 2026 Registration Opens 6/1

MORE INFORMATION

Sports Sampler 9:00AM - 12:00PM
Sports Combine 12:00PM - 1:00PM

Participants can explore multiple sports at their own pace. The program focuses on fun, engaging drills that build skills while encouraging movement and teamwork. Featured Sports Include: Flag Football, Volleyball, Basketball, Softball and Soccer!

AGES 8+

OUTDOOR FLAG FOOTBALL

THOM FIELD

September 19 - October 24, 2026 Registration Opens 6/1

MORE INFORMATION

Saturday Morning League

Flag Football offers the chance for each participant 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. Tennis shoes or molded cleats are suitable. Players will receive a team t-shirt.

INDOOR

GRADES 2/3 & 4/5

3X3 BASKETBALL TOURNAMENT

ASPIRUS BRANCH GYM

March 13, 2027 Registration Opens 9/30

MORE INFORMATION

2nd & 3rd Grades 9:00AM - 12:00PM
4th & 5th Grades 1:00PM - 4:00PM

This fast-paced, half-court basketball format is high-energy games in a fun, tournament environment with more opportunities to handle the ball and play.

AGES 7 - 12

INDOOR VOLLEYBALL CLINIC

ASPIRUS BRANCH GYM

February 15-18, 2027 Registration Opens 9/30

MORE INFORMATION

Ages 7-9 5:00PM - 6:00PM
Ages 10-12 6:00PM - 7:00PM

Join us for a fun and skill building volleyball clinic designed for girls of all skill levels! Participants will focus on fundamental techniques including passing, setting, and serving.

WORKSHOP

AGES 8-12

STRONG & CONFIDENT GIRLS

WAUSAU BRANCH

November 5 - January 21 Registration Opens 9/30

MORE INFORMATION

6-10 Week Program Thursday Evenings

This empowering workshop is designed to help girls build confidence, strength, and self-esteem through fun, engaging activities. Workshop Components Include: Body Combat/Karate, Strength Training/Weight Room Basics, Yoga or Zumba, Kitchen Skills & Nutrition, Water Confidence and more!

WORKSHOP
SPONSORED BY:



Scan the QR Code for more information!
WoodsonYMCA.com/girls-rise/



Questions? Contact Tyler Leiskau tleiskau@woodsonymca.com

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