



# YOUTH SPORTS THE Y IS WHERE GIRLS RISE



## SPORTS SAMPLER & FOOTBALL COMBINE

AGES 4+

ASPIRUS BRANCH FIELDS

Saturday, September 12, 2026

Registration Open

### MORE INFORMATION

Sports Sampler

9:00AM – 12:00PM

Football Combine

12:00PM – 1:00PM

Explore a variety of sports through fun, skill-building drills that promote movement and teamwork. Sports include Flag Football, Volleyball, Basketball, Softball, and Soccer.

SPORTS SAMPLER  
SPONSORED BY:

**KRISTO**  
ORTHODONTICS

## WORKSHOP STRONG & CONFIDENT GIRLS

AGES 8-12

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:

**Ruder 100 Ware**  
SINCE 1920

## OUTDOOR FLAG FOOTBALL

AGES 8+

THOM FIELD

September 19 – October 24, 2026

Registration Open

### 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 VOLLEYBALL CLINIC

AGES 7 – 12

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.

## INDOOR 3X3 BASKETBALL TOURNAMENT

GRADES 2/3 & 4/5

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.

Scan the QR Code for more information!

[WoodsonYMCA.com/girls-rise/](https://WoodsonYMCA.com/girls-rise/)



Questions? Contact Tyler Leiskau – [tleiskau@woodsonymca.com](mailto:tleiskau@woodsonymca.com)

This is not a Wausau School District-sponsored activity and the opinions expressed are not necessarily those of the school district or its personnel.