YOUTH SPORTS

THE Y IS WHERE GIRLS RISE



WORKSHOP
STRONG & CONFIDENT GIRLS

AGES 8–12

WAUSAU BRANCH
November 5 – January 7 — **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 Ware
BUSINESS ATTORNEYS FOR BUSINESS SUCCESS®

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 fundmental technqiues 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 envirmonment with more opportunities to handle the ball and play.

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

Questions? Contact Tyler Leiskau – 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.