



FOR YOUTH DEVELOPMENT<sup>®</sup>  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# CELEBRATE YOUR VICTORIES BIG OR SMALL

**Fall Program Guide**  
**Aug-Dec 2018**

**Session I**  
**Aug 20-Sept 23**

**Session II**  
**Sept 24-Oct 28**

**Session III**  
**Oct 29-Dec 2**

**Session IV**  
**Dec 3-Dec 16**



# Facility Info

## FACILITY HOURS

Monday–Thursday	5:00 am – 9:30 pm
Friday	5:00 am – 8:00 pm
Saturday	7:00 am – 5:00 pm
Sunday	10:00 am – 5:00 pm

## HOLIDAY HOURS

Labor Day	CLOSED all day
Thanksgiving	7 am–12 pm
Christmas Eve	5 am– 1 pm
Christmas Day	CLOSED all day
New Year’s Eve	5 am–5 pm
New Year’s Day	CLOSED all day

## MEMBERSHIP

Members enjoy full access to our facility, including our pool, track, basketball courts, and more. It also includes free land and water fitness classes, and discounted programs for youth and adults.

## FINANCIAL ASSISTANCE

We don’t want anyone to be turned away; we provide financial assistance for both programs and memberships. Each year, assistance is provided through the Y’s Annual Strong Kids Campaign. For more information, ask at the customer service desk, call 647-1616, or visit us at

[www.cantonfamilyymca.org](http://www.cantonfamilyymca.org).

**Visit the Y’s website at**  
**[www.cantonfamilyymca.org](http://www.cantonfamilyymca.org)**  
**to register, or for program and**  
**membership information.**

## ON OUR COVER

Amanda Larkin, pictured here with daughter Cadence, didn’t always have a concern with her weight. But with working longer hours, and having a baby, it slowly crept up on her. So, while Cadence took tumbling classes, Amanda started working out. She started by using the STRIVE Room and Life Center. She lost a few pounds. Then Margaret Nelson, Kettlebell Instructor, encouraged her to challenge herself.

Amanda said, “She really pushes me beyond my limits. I needed to stop saying ‘I can’t’ and just do it. Now, I realize I can do much more than I ever thought I could.”

In addition to taking kettlebells, Amanda started running and signed up for several 5K races. Amanda decided her diet had to change too, with more protein and veggies, and more regular meals and snacks. With this combination of strength training, cardio, and a better diet, Amanda lost weight more quickly, and saw muscle tone develop. Now, 3 years later, she has lost 146 pounds total, only 4 pounds short of her goal to lose 150. Amanda’s advice to others would be just get started, and focus on establishing new habits.

“Even if you don’t see big changes right away, keep going,” she said. Then, she said, set small goals. “I had to set a goal to lose 20 lbs, then set a goal to lose another 20.”

Amanda’s journey started with changing some habits and meeting small goals, but it has led to a big success.

## OUR MISSION

The Canton Family YMCA is an association of members committed to enhancing the well-being of youth, adults, seniors and families through quality programs and facilities. The YMCA, based on Christian values, provides activities that promote healthy life styles and encourages the development of spirit, mind & body. Our areas of focus are:

**Youth Development**–Nurturing Every Child and Teen

**Healthy Living**–Improving the Nation’s Health and Well-Being

**Social Responsibility**–Giving Back and Providing Support to Our Neighbors

## HERITAGE CLUB

### Strengthening Our Community

The members of the Canton Family YMCA Heritage Club are people who believe in the mission of the YMCA and have made a commitment to ensure that this heritage is continued for future generations. The purpose of the Heritage Club is to encourage thoughtful gifts as a primary means of building a strong endowment capable of providing lasting support for the YMCA’s mission to continue its service for years to come. You can become a member of the Heritage Club by making a commitment to add to the YMCA’s Endowment Fund. This commitment is normally fulfilled by a planned gift in the future. The most often used method for membership is through a will or trust.

**What other investment can yield such a great return?**

**For more information, contact**

**Paula Grigsby at 647-1616 or**

**[pgrigsbycantonymca@sbcglobal.net](mailto:pgrigsbycantonymca@sbcglobal.net)**

# Afterschool/Preschool

## AFTERSCHOOL PROGRAM

### Choose the best program for you!

Kids have fun, build friendships and learn values in a positive, healthy environment in the Y's Afterschool Program.



- Choose from our Academic Program or our Traditional Program. Both are held at Eastview Elementary School.
- Programs are open to all CUSD #66 students in K-6th, offering convenient, affordable care for children.
- Transportation to the program is provided by Canton School District.
- Transportation home is provided by the Y within Canton City limits for \$5/wk.
- Flexible scheduling; pay only for days you attend.
- When school is out, we are ready. Open on early dismissal days and 7 am - 6 pm on most No School Days.
- Healthy Super-Snacks and Physical Activities are offered daily.

## OUR TRADITIONAL PROGRAM

Staff lead and participate in large and small group games, fitness games, STEM activities, and arts and crafts. Kids will have outdoor playtime, weather permitting. Healthy super snacks are served daily, and 30 minutes of physical activity is offered daily.

- Flexible scheduling; you choose which days your child attends, and only pay for those days.
- Offered Mon - Fri from school dismissal until 6 pm.
- Homework assistance is available.

### AFTERSCHOOL PROGRAM FEES:

After School \$10/Day      All Day \$26/Day

30% discount on additional children

Financial assistance is available and Childcare Connection is accepted.

Contact School Age Director Liberty Goldring at [lgoldringymca@gmail.com](mailto:lgoldringymca@gmail.com) for more info.

## PRESCHOOL

YMCA Preschool does more than prepare your young student for kindergarten. It gives them an adventure in learning, making friends and having fun! The YMCA Licensed, Non-Denominational Preschool Program for ages 3 to 5 features centers, group times, hands-on learning, tumbling, swimming, fitness & more. Our caring teachers provide a safe, loving environment for little ones to explore their independence.

**Teachers: Linda Henderson & Pam Downs**

<b>Tues/Thurs Fees:</b>	<b>Limited Openings for</b>
<b>Y Members \$65/mo</b>	<b>Tues/Thurs Class</b>
<b>Community \$80/mo</b>	<b>Available</b>

## OUR ACADEMIC PROGRAM

This program not only provides all of the features of our traditional program, it also includes additional academic support through personalized tutoring. Staff members help students with homework daily and lead students in extra enrichment activities in math and reading, STEM, science experiments, art, and technology to give children what they need to succeed at school.

- Offered Mon-Fri from school dismissal until 6 pm.
- Choose to attend M/W/F, T/TH, or every day.
- Individualized academic support; homework assistance given daily

This program has been made possible by a grant from the Literacy Fund and the Community Impact Fund of the Community Foundation of Central Illinois.



## LIVE UNITED

Thank you to United Way of Spoon River Country for supporting our Preschool Program, Afterschool Program, and Cooperative Services!



# Youth Sports

## YBA SKILL BUILDERS

A 4 week instructional program designed for 1st-3rd and 4th-6th graders to develop basic basketball fundamentals. Enrollment is limited. Meets Tuesday nights September 25th to October 16th.  
6-7 pm 1st-3rd Grade  
7-8 pm 4th-6th Grade

### Fees:

Y Members	\$26
Community	\$54



## CANTON & FARMINGTON YOUTH BASKETBALL

- Coaches & Referees are needed. For more information, contact Frank Eveland.
- Coaches meeting will be held Wed. Oct. 24 at 6 pm in Canton.
- Practice will begin the week of Nov. 5. Day & time will be determined by the coach.
- Games will begin on Saturday, Dec. 1
- Deadline to sign up is Sunday, Oct. 28.
- Picture dates to be announced.
- End of Season Party will be held on Saturday, February 16, 2018.
- Questions? Contact Frank Eveland at 647-1616 or cantonymcasports@gmail.com.

## BASEBALL BUILDERS

5 week training program designed to develop skills for fielding, hitting, pitching & throwing for 2nd-6th grade. Enrollment is limited. Meets Thursday nights 5:30-6:30 pm. Begins Nov. 1. (No training Nov 22)

### Fees:

Y Members	\$26
Community	\$54

### Fees:

Y Members	\$46
Community	\$84

**Save with Early Registration!**  
**Register before Sept. 16 and Save \$10!**

## ROCK CLIMBING WALL

Take a new challenge and attempt to reach the summit of the Y's Climbing Wall. The Climbing Center has 4 walls of varying difficulty. It's a great activity for families and individuals of all ages. All belayers must take & pass the Y Climbing Course before climbing.

**Climbing Course Fees:**  
**\$10**

**Climbing Fees:**

Y Members	Free
Community	
Youth	\$8
Adult	\$13
Family	\$18

Contact Caleb Taylor at cantonymcaaquatics@gmail.com for more info.



## MARTIAL ARTS (YOUTH AND ADULT)

### JUDO

Develop coordination, discipline, self-esteem & group cooperation. Consists mainly of throwing, grappling, safe falling & rolling. No striking of any kind allowed. Held Tues 5:00 pm and Sat 10:00 am  
**Instructor: Mitch Williams**

### KARATE

Kosho-Ryu Kempo Karate participants ages 6 and up learn self-defense through self-discipline & self-control. Held Mon. 6:30 pm & Sat. 8:30 am.  
**Instructors: Roger Fife, Mike Eveland, Neil Lewis & Randy Motsinger**

### MARTIAL ARTS FEES:

Y Members	\$20
Community	\$44

**For more Information about Youth or Adult Sports, contact Frank Eveland at cantonymcasports@gmail.com.**



# Adult Sports



## FALL CO-ED VOLLEYBALL

Games start Oct. 4, played Thurs. nights at 6:30 pm. Deadline for team entries is Sept. 27. All players must register at the front desk. All fees must be paid before the first game.

### Player Fees:

**Y Members Free**  
**Community: \$44**  
**Team Fee: \$100**

## WINTER CO-ED VOLLEYBALL

Games start Jan. 3, played Thurs. nights at 6:30 pm. Deadline for team entries is Dec. 28. All players must register at the front desk. All fees must be paid before the first game.

### Player Fees:

**Y Members Free**  
**Community: \$44**  
**Team \$100**

## FALL MEN'S BASKETBALL LEAGUE

- 3 on 3 short court
- Team deadline Sept. 28
- Games start Oct. 3
- All players must register
- All fees must be paid before Oct. 3

### Player Fees:

**Y Members Free**  
**Community \$44**  
**Team Fee: 100**

## PICKLEBALL PICK-UP GAMES

Pickleball is a racquet sport that combines the elements of badminton, tennis and table tennis. All ages welcome. Played in the Main Gym.

Held Mon-Fri 9 am.

### FEES:

**Y Members Free**  
**Community \$10 Daily Guest Fee**

## WINTER MEN'S BASKETBALL LEAGUE

- 3 on 3 short court
- Team deadline Dec. 28
- Games start Jan. 2
- Games will be played on Wed. nights
- All players must register
- All fees must be paid before Jan. 2

### Player Fees:

**Y Members Free**  
**Community \$44**  
**Team Fee: \$100**

## COURT RESERVATIONS

For tennis, racquetball/handball/wallyball courts.

- FREE for members M-F before 3 pm.
- Non-members must pay a guest fee.
- Racquetball court is \$6/hr after 3 pm & on weekends.
- The tennis court is \$14/hour when available.
- Students in 7-12 grade are 1/2 price.
- Pay fees and sign up for times at the front desk.
- Court reservations can be made in advance.
- For more information call 647-1616.



# Fitness

## INDOOR/OUTDOOR BOOT CAMP

This high energy workout includes cardio, strength, speed & endurance exercises to burn calories, tone muscles, and improve athletic performance. Classes will be held outdoors, weather permitting.

**Instructor: Jennifer Ellinger**

## BODYSHRED®

Jillian Michaels' BODYSHRED is a high-intensity & endurance based **30 minute workout** to help you shed fat, define muscle, and improve athletic performance. Maximize results and minimize the time by alternating 3 min. of strength, 2 min of cardio, and 1 min of abs.

**Instructor: Julie Clendenny**

## INSANITY®

This high-intensity interval training, total body conditioning program results in more calories burned, faster results, and a more efficient metabolism. It combines cardio and body weight exercises for a great workout.

**Instructor: Christa Foster**

## TURBO KICK®

Turbo Kick is a choreographed kickboxing workout. It's a combination of cardio, strength and endurance that work together to give you the ultimate fitness routine.

**Instructor: Tracy Ford**

## STRONG BY ZUMBA®

STRONG is a high-intensity interval training workout driven by music that pushes you to work harder. STRONG will challenge both your muscular and cardio systems to find power, strength, speed and mobility. All toning is body weight training. No dance!

**Instructor: Karen Taylor**

## FITNESS PASS FEES

Y Members Free	10 classes	\$44	
15 classes	\$54	Unlimited	\$64
Drop In	\$8		

Most classes can be done by any level of participant, and modifications can be made. A fitness class schedule can be picked up at the Y or at [www.cantonfamilyymca.org](http://www.cantonfamilyymca.org).

Contact Hillary Knowles for more information at [hknowlescantonymcafitness@gmail.com](mailto:hknowlescantonymcafitness@gmail.com)



## CYCLING

Cycling is designed for all levels of fitness enthusiasts by changing resistance & pedal speed. Experience a different ride every time with great music.

**Instructors: Tracy Ford & Jim Nelson**

## R.I.P.P.E.D.®

Cardio, weights, fun, done! This Plateau Proof Fitness Formula combines Resistance, Interval, Power, Plyometrics, & Endurance training in one workout. Improve your cardio health, increase strength, & gain energy.

**Instructor: Karen Taylor**

## CARDIO BOOTIES AND BELLIES

This class will intermix leg, glute & abdominal work with some great cardio to keep your heart rate up, burn calories, and really sculpt legs, booties and abs.

**Instructor: Trinity Taylor**

## CARDIO/TONE

This workout combines different types of cardio followed by toning with weights, tubes, and more.

**Instructor: Rachel Kenney**

## POWER PUMP

This weight training class will tone all major muscle groups with power pump bars, dumbbells, tubes, balls, & more.

**Instructor: Christa Foster**

## YOGA

Practicing Yoga can lead to improved balance, flexibility, range of motion and strength. A mind/body type of exercise that reduces stress.

**Instructors: Christa Foster and Monika Gaspar**

## KETTLEBELLS

Kettlebells are great for strength, cardio, & flexibility training. This workout takes you through a series of repeated movements that provide a mix of strength & conditioning exercises that targets the whole body, but focuses on the core, leg & gluteal muscles.

Discover new strength, power & endurance!

**Instructors: Margaret Nelson, Sue Maurice, and Joey Brewer**

**Kettlebell FEES: Y Members FREE!**

**Community Fees**

10 classes	\$37	Unlimited	\$57
15 classes	\$47	Drop In	\$ 7



## TAI CHI

This ancient Chinese martial art integrates mind, body & spirit. Slow, focused movements & deep breathing reduces stress & improves health.

**Instructors: Mitch Williams & Greg Shaffer**

**TAI CHI FEES: Y Members FREE!**

**Community \$8 Drop In  
\$20 for 5 classes**

## MONICAL'S CHILDCARE ROOM

**FREE Childcare for all Members & Fitness Class Participants**



**Childcare Hours:**

**Mornings**

Mon-Wed-Fri 8:30 am - 11:30 am

Tues-Thurs 8:20 am - 11:30 am

**Evenings**

Mon - Thurs 4:30 pm - 8:00 pm

Hours subject to change based on participation. Parents must remain on YMCA premises.

## SILVERSNEAKERS FITNESS CLASSES

### SILVERSNEAKERS® CIRCUIT

Combine fun and fitness to increase your cardiovascular and muscular endurance with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head to toe stretching, and complete relaxation in a comfortable position.

**Mon/Wed 10:15 - 11:05 am**

### ACTIVE OLDER ADULTS

**Come join the FUN.... Be a part of AOA!**

The AOA Club meets once a month for a potluck dinner including special events, games, conversation & FUN!!!

Bring a dish to share and join us on these dates:

**Sept. 21      Oct. 26**

**Nov. 16      Dec. 14**

**Held at 12:15 PM in the Cowan Gym**

### SILVERSNEAKERS® CLASSIC

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

**Thurs 10:30 - 11:20 am**

### SILVERSNEAKERS® YOGA

SilverSneakers Yoga will move your whole body through a complete series of seated & standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance & range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**Tues 10:30-11:20 am**

**Fri 10:15 - 11:05 am**

**SilverSneakers Instructor: Karen Taylor**

# Fitness

## PERSONAL FITNESS PROGRAM

Our Fit Coaches have a variety of skills and backgrounds to help you make a plan to reach your fitness goals. With this six-week program, you can choose a coach based on your needs, whether it is weight loss, cardiovascular fitness, strength and conditioning, running, recovery from an injury, or just a good start to your fitness journey. For ages high school and up. Your Fit Coach will:

- Prepare a 6 week exercise program to meet your goals.
- Meet once a week with you to encourage you and keep you on track.
- Administer optional fitness testing in week one and week six plus weekly weigh-ins.

**Sign up now and get started!**

**Fees:**

**Y Members \$40**

**Community \$95**



## HO-HO-HOLD YOUR WEIGHT

Join this 6-week program and challenge yourself to keep that weight off during the Holidays! Life Center staff will post weekly exercise challenges, healthy life-style tips and weekly healthy holiday recipes to help you in your journey. Participants who maintain their weight, lose weight, or stay within two pounds of their initial weight will receive a \$10.00 Y Gift Certificate. Those who gain more than two pounds will have their fee donated to the YMCA Annual Campaign, to help those who cannot afford Y memberships or programs.

**Initial Weigh-In: Nov 19**

**Final Weigh-In: Dec 31**

**Fees: \$10**

## COUCH TO 5K

This running program is geared to new runners, helping individuals reach the goal of running a 5K (3.1 miles) without stopping. Any level runner is welcome.

- Includes free entry to the Turkey Trot
- Running program included
- Starts week of Sept. 17

**Instructor: Jenniffer Swank**

**Fees:**

**Y Members \$35**

**Community \$65**

## FALL WEIGHT LOSS CHALLENGE

Come and be a big loser at the Y!

Take the 10 week challenge to lose weight, have fun, and become or stay physically fit. Membership package includes membership to the YMCA for the 10 weeks of the program.

- Sign Up Sept. 6 & 7
- Held Sept. 10-Nov. 18.
- Life Center Staff are available to help you with your goals.
- You may choose a workout partner.
- Teams will be chosen according to total weight and number of participants.

<b>FEES: Y Members</b>	<b>\$25</b>
<b>Community</b>	<b>\$45</b>
<b>10 Week Membership Package</b>	<b>\$150</b>

## YOUTH WEIGHT ROOM ORIENTATION

This one-time orientation program allows 7th and 8th graders to use Life Center, STRIVE and Olympic Weight Rooms. One class held per month. Sign up at the Customer Service Desk.

**FEES: Free!**

## 7TH ANNUAL TURKEY TROT

**5K Race & 1 Mile Fun Run**

**November 22, 2018**

**Canton Family YMCA**

**8:30 am Start**

**Visit the Y's website,**

**[www.cantonfamilyymca.org](http://www.cantonfamilyymca.org)**

**for more information or to register!**



**Thanks to last year's sponsors:**

**CEFCU**

**Dr. Ben Phillips**

**Spoon River Counseling and Wellness**

**Phillips and Associates**

**Kemper Construction**

**Hanes Physical Therapy**

**State Farm (Chuck Taylor and Dee Clark)**

**Dr. Jason Chamberlin**

**Dr. Todd Lanser**

**Canton Family Restaurant**

**Camille's**

**Hy-Vee Food Store**



# Aquatics

## BUILD SKILLS THAT LAST A LIFETIME

At the Y, our swim lessons build skills, confidence and character. Our curriculum focuses on developing sequence-based skill sets that build on one another. Students will learn faster, be safer sooner, and progress more quickly through the various levels.

### SWIM STARTERS FEES:

Members	\$25	5-Week Session
Community	\$51	5-Week Session

### SWIM BASICS AND SWIM STROKES FEES:

Members	\$30	5-Week Session
Community	\$61	5-Week Session

Fees shown above are for 2 lessons per week.

LESSON SCHEDULE IS AVAILABLE ONLINE AT [WWW.CANTONFAMILYYMCA.ORG](http://WWW.CANTONFAMILYYMCA.ORG) & AT THE Y!

## SWIM STARTERS

Parent and child lessons. Accompanied by an adult, infants and toddlers will learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.  
Ages: 6 months-3 years.

A/Water Discovery: Introduces infants and toddlers to the aquatic environment.

B/Water Exploration: Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.

### Swim Starters Lesson Times:

Tues/Thurs	6:30-7:00 pm
Saturday	10:45-11:15 am

## SWIM BASICS

Recommended skills to have around water. Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills.  
Ages: 3 years and older

1/Water Acclimation: Increases comfort with underwater exploration and introduces basic self-rescue skills.

2/Water Movement: Encourages forward movement in water and basic self-rescue skills.

3/Water Stamina: Develops intermediate self-rescue skills performed at longer distances than in previous stages.

### Swim Basics Lesson Times: Ages 3-5

Tues/Thurs	5:30-6:00pm
Saturday	10:15-10:45 am

### Ages 5 and Up

Tues/Thurs	6:00-6:30 pm
Saturday	9:45-10:15 am



## SWIM STROKES

Skills to support a healthy lifestyle. Having mastered the basics, students of any age learn additional water safety skills and build stroke technique, developing skills that foster a lifetime of physical activity.  
Ages: 5 years and older

4 /Stroke Introduction: Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

5 /Stroke Development: Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke.

6/ Stroke Mechanics: Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

### Swim Strokes Lesson Times:

Tues/Thurs	6:30-7:15 pm
Saturday	9:00-9:45 am (Saturdays Level 4 Only)

Contact Aquatics Director Caleb Taylor at [cantonymcaaquatics@gmail.com](mailto:cantonymcaaquatics@gmail.com) for more information about swimming lessons or aquatic programs. Financial assistance is available.

# Aquatics

## LIFEGUARD TRAINING COURSE

The American Red Cross Lifeguard Blended Learning program trains lifeguards to act with speed and confidence in emergency situations both in and out of the water. It combines online learning with onsite sessions to teach team work, rescue & surveillance skills, First Aid, CPR/AED & other skills you need to work as a professional lifeguard. Prerequisites: Must be at least 15 yrs. & pass certain swimming requirements. See Caleb Taylor for more information.

Classes offered: Dec. 27-30  
Recertification Class: Dec. 15



### CLASS FEES:

**Members \$300**      **Community \$325**  
**Recertification: \$95**

## FIRST AID/AED/CPR TRAINING

Become certified to save a life through the American Red Cross. Classes prepare participants to help respond in an emergency.

Dates: August 17, Oct. 19, Dec 14  
Time: 6-9 pm

**FEES: \$50**

## SCUBA

Official certification & training. This is a lifetime certification course. Instruction materials purchased from instructor.

### FEES:

**Members \$300**      **Community \$325**

## WATER FITNESS

### DEEP WATER

Great cardiovascular fat burning workout with NO impact on your joints! Jog, ski & bicycle your way to better health while wearing a floatation belt.

**Tue/Thurs 9:00 - 9:50 am**

## AQUA ZUMBA ®

A fun water workout done to Latin Music. This workout will provide cardio & strength training and burn fat!

**Mon/Wed 6:00 - 7:00 pm**  
**Mon/Wed/Fri 10:15 - 11:05 am**

## AQUAROBICS/OPEN AQUAROBICS

This class features easy to follow aerobic exercise, using foam barbells & noodles for a fun work out.

**Mon/Wed/Fri 9:15 - 10:05 am**

## PRIVATE LESSONS

Adult, children & family lessons are available. Lessons are 30 minutes each. Contact Caleb Taylor for more information or to schedule.

### FEES:

**Y Members \$15 - 1/2 hour lesson**  
**\$60 - 5 lesson package**  
**Community \$20 - 1/2 hour lesson**  
**\$85 - 5 lesson package**

## SEMI-PRIVATE LESSONS

Do you want your kids to take swim lessons together? Try semi-private lessons for 3 or more people. Contact Caleb Taylor for dates and times. 3:1 student/teacher ratio. Price is per person for a total of 10 lessons.

**FEES: Y Members \$35**  
**Community \$75**

## PRE-COMPETITIVE/CONDITIONING

This class provides specialized instruction and training for competitive swimming, skill development, athletic training & physical endurance. You must be able to swim 25 yards.

Instructor: Asst. Cudas Coach Caleb Taylor  
**Tue/Thurs 5:30 - 6:15 pm**

**FEES: Members \$30 Community \$61**



## ARTHRITIS WATER CLASS

This class is the result of the Arthritis Foundation & the YMCA working together to help relieve arthritis pain through exercising in the pool.

**Mon/Wed/Fri 11:15 am - 12:00 pm**

**Instructor: Laura Powell**

**WATER FITNESS PASS FEES: Y Members FREE**

**Community:**  
**Drop In Rate \$8 2 days/week \$44**  
**3 days/week \$54 Unlimited \$64**  
**Arthritis Class \$44**

# Aquatics

## POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Adult Open 5:30 - 9 am	Adult Open 5:30 - 9 am	Adult Open 5:30 - 9 am	Adult Open 5:30 - 9 am	Adult Open 5:30 - 9 am	Swim Lessons 9- 11:30am	Open Swim 12-4:30pm
Aquarobics 9:15-10:05 am	Deep Water 9-9:50 am	Aquarobics 9:15-10:05 am	Deep Water 9-9:50 am	Aquarobics 9:15-10:05am	Open Swim 11:30-3:30pm	
Aqua Zumba 10:15-11:05 am	Rental 10 am-12 pm	Aqua Zumba 10:15-11:05 am	Rental 10 am-12 pm	Aqua Zumba 10:15-11:05 am		
Arthritis 11:15-12 pm		Arthritis 11:15-12 pm		Arthritis 11:15-12 pm		
Open Swim 12-1 pm	Open Swim 12-1 pm	Open Swim 12-1 pm	Open Swim 12-1 pm	Open Swim 12-1 pm		
Rental 1-2 pm	Closed/Rental 1-3:30 pm	Rental 1-2 pm	Closed/Rental 1-3:30 pm	Rental 1-2 pm		
Adult Open 2-3:30		Adult Open 2-3:30		Adult Open 2-3:30		
Swim Team 3:30-5:30 pm	Swim Team 3:30-5:30 pm	Swim Team 3:30-5:30 pm	Swim Team 3:30-5:30 pm	Swim Team 3:30-5:30 pm		
Aqua Zumba 6-6:50 pm	Swim Lessons 5:30-7:15 pm	Aqua Zumba 6-6:50 pm	Swim Lessons 5:30-7:15 pm	Open Swim 5:30- 7:30 pm		
Open Swim 7-8 pm	Open Swim 7:15 - 8 pm	Open Swim 7-8 pm	Open Swim 7:15 - 8 pm			
Adult Open 8 - 9 pm	Adult Open 8 - 9 pm	Adult Open 8 - 9 pm	Adult Open 8 - 9 pm			

- No Swim Lessons on Sat., Sept. 15 due to the Friendship Festival
- Pool Closed Nov. 17 due to Cuda Classic Swim Meet

Healthy Living

## BARRACUDA SWIM TEAM

Can-Y-Cudas team welcomes all swimmers ages 5-18, from those who have recently learned to swim to national qualifiers. The competitive season runs from October to February. Practice times are two or more times per week, approximately 1 to 1.5 hours, between 3:30-5:30 pm. Choose meets to fit your needs. For more information contact: Susan Miller at [canycuda@gmail.com](mailto:canycuda@gmail.com) or [susan.miller75@gmail.com](mailto:susan.miller75@gmail.com)

Contact Caleb Taylor, Aquatics Director, at [cantonmcaaquatics@gmail.com](mailto:cantonmcaaquatics@gmail.com) for more info on all aquatics programs.



**James J. Elson Jr.**  
Attorney at Law

1522 East Ash Canton, IL 61520 647-6622

# Tumbling and Trampoline



## SPECIAL CLASSES

### POWER TUMBLING-TRAMP-DOUBLE MINI

90 minute class gives more time to focus on skills, technique & routines for competition. Must be able to do back handsprings.

**For Novice/Intermediate/Advanced**

Mon 7:15 – 8:45 pm

**FEES:** Y Members \$38  
Community \$60

### TUMBLING TORNADOS TUMBLING AND TRAMPOLINE TEAM



Ages 3-18 Welcome!

Any youth enrolled in tumbling and trampoline classes may join the Tumbling TORNADOS for extra practice and competition. You decide which meets to attend. Fundraisers throughout the year help with fees. Financial assistance is available. Informational meeting for old and new team members held August 23 at 7 pm in the Preschool Room. For more info, contact: Terrah Cornell at [Terrah11@yahoo.com](mailto:Terrah11@yahoo.com)

### BIRTHDAY PARTIES MORE PARTY, LESS WORK!



Have a birthday party at the Y, and let us handle the mess! Your child's 2 hour party includes 1 dozen cupcakes, ice cream, punch & tableware. This includes 1 hour of your choice of activity: Swimming, Dodgeball, Rock Climbing or Tumbling & Tramp. We do the clean-up.

**Full Party Option:** Y Members \$90  
Community \$110  
**Basic Party Option:** Y Members \$75  
(Food Not Included) Community \$95

\$5 per each additional child after 12.

Contact Zac Rollet at 647-1616 or [zrolletymca@yahoo.com](mailto:zrolletymca@yahoo.com) for birthday party or facility rental information.

### PRESCHOOL CLASSES TUMBLE TOTS (PARENT & TOT)

Tumbling, motor skills & development activities are for tots ages 1 - 3 years old and a parent.

Mon 6:00 pm  
Wed 10:30 am  
Wed 6:15 pm

### TUMBLING & TRAMPOLINE

Teaches basic tumbling and tramp skills for 3 - 5 year olds.

Tues 6:00 pm  
Wed 11:30 am  
Wed 5:15 pm

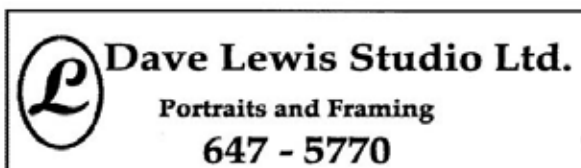
#### TUMBLING AND TRAMPOLINE CLASS FEES:

Y Members \$28 2nd Child \$20

Community \$50 2nd Child \$34

Additional family members must be enrolled in the same program to receive discounts.

**LIKE US ON FACEBOOK**  
**Canton Family YMCA**  
**For discounts,**  
**updates, photos**  
**and more!**



Youth Development



# Tumbling and Trampoline

## SCHOOL AGE CLASSES

Enjoy tumbling, trampoline & double mini tramp.

### BEGINNER

Introductory class emphasizes front & back rolls, cartwheels. Ages 5 & up.

Mon 3:45 pm  
Wed 6:00 pm  
Thurs 4:00 pm

### ADVANCED BEGINNER

Must be able to do round-off & back roll. Learn basic tumbling plus limbering skills, backbends, etc.

Mon 3:45 pm  
Tues 5:00 pm  
Wed 6:00 pm  
Thurs 4:00 pm

### NOVICE

Must be able to do round-off & handstand. Learn front & back handsprings and begin aerial skills.

Mon 5:00 pm  
Mon 6:15 pm  
Tues 4:00 pm  
Wed 4:00 pm  
Thurs 5:00 pm

### INTERMEDIATE/ADVANCED

Must be able to do 5 back handsprings. Learn basic aerials plus bounders and half-twists.

Tues 4:00 pm  
Tues 6:00 pm  
Wed 4:00 pm  
Thur 5:00 pm

## FOR BOYS! TUMBLING & TRAMP

Learn to bend, balance, bounce & build muscle!  
Boys age 5 & up, all levels.

Tues 4:00 pm

### TUMBLING AND TRAMPOLINE CLASS FEES:

Y Members \$28                      2nd Child \$20  
Community \$50                      2nd Child \$34

Additional family members must be enrolled in the same program to receive discounts.

For more information about Tumbling and Trampoline classes or financial assistance, contact Carlye Beadles at [cantonymca.tumbling@gmail.com](mailto:cantonymca.tumbling@gmail.com)



## GENERAL TUMBLING & TRAMP INFO

- Learn from experienced, certified, caring instructors in our tumbling & trampoline complex!
- Our facility features 2 in-ground trampolines, a foam training pit, competition rod floor, 50' tumble track & a double mini-tramp. Classes develop strength, flexibility, balance, coordination & self-confidence in a safe, supervised environment.
- School age classes meet 1 time per week for 60 minutes. Preschool classes are 45 minutes long.
- For maximum learning, students are encouraged to continue classes for the entire school year. Students enrolled for the year receive priority program placement. Awards are given in the spring.
- Payment is due upon registration. Credit is not given for missed classes, but absences may be made up.
- Special Arrangements: Class placement exceptions & special arrangements are made by the instructor.

## HAPPY NEW YEAR'S!

The New Year's Eve overnight lock-in is a party just for kids! Youth K-8th grade can ring in the New Year having fun at the Y. The evening begins at 8:00 pm on December 31 and ends at 8:00 am January 1. Kids will enjoy a safe, supervised night of snacks, movies, tumbling, swimming, basketball, games and more.



Snacks will be provided, but kids are welcome to bring their own. Kids should bring a swimsuit, towel, sleeping bag and pillow!

Register by Dec 23 & Save \$5!

Led by Tracy Ford, Camp Director.

Fees: Y Members \$35                      Community \$45

# Farmington

## SCHOOL AGE CENTER BEFORE AND AFTER SCHOOL CARE



Held on site at the Farmington Elementary School. Kids build friendships and learn values in a positive, healthy environment in the Y's Afterschool Program. The Y's School Age Center in Farmington offers convenient, affordable afterschool care for children in Kindergarten through 6th grade. Staff lead and participate in large and small group games, fitness games, STEM activities, and arts and crafts. Kids will have daily outdoor playtime, weather permitting. Healthy snacks served daily.

- Farmington School Age Center is located at Farmington Central Elementary.
- Flexible scheduling; you choose which days your child attends, and only pay for those days.
- Offered Monday - Friday before school from 6:30-8 am, and from school dismissal until 6:00 pm.
- Healthy Super Snacks now served daily, including fruits, vegetables, whole grains, protein, and milk!



### AFTERSCHOOL PROGRAM FEES:

Before School \$5/Day

After School \$10/Day

All Day \$26/Day

30% discount on additional children

Financial assistance is available.

For more info, contact Liberty Goldring at [lgoldringymca@gmail.com](mailto:lgoldringymca@gmail.com).

## TUMBLING AND TRAMPOLINE

Classes are 45 minutes long for preschool age and 60 minutes for school age.

**Instructor: Traci Whitby**

### Beginner/Advanced Beginner - Tues 5:45 pm

Basic tumbling skills; front & back rolls, cartwheels, round-offs, & limbering skills. Plus, learn basic trampoline skills.

### Novice - Tues 4:45 pm

Learn front and back handsprings plus basic trampoline skills.

### Intermediate - Tues 3:45 pm

Must be able to do a back handsprings. Learn basic aerials plus bounders and half-twists.

### FEES:

Members	\$28	2nd Child	\$20
Program Members	\$50	2nd Child	\$34

Contact Carlye Beadles, Tumbling Director at 647-1616 or

[cantonymca.tumbling@gmail.com](mailto:cantonymca.tumbling@gmail.com) for more tumbling information.



## FARMINGTON YOUTH BASKETBALL

See our Youth Sports Pages For Information

## HAVE A PARTY AT THE FARMINGTON PROGRAM CENTER!

Have a birthday party, shower, meeting or other event at the Farmington YMCA Program Center.

Rent it for 2 hours or a full day.

**2 Hour Party Option: \$65**

**Full Day Rental: Call for details**

Contact Ramona Lacey at 245-9622 or email [ramona\\_lacey@yahoo.com](mailto:ramona_lacey@yahoo.com) for birthday party or facility rental information.



# General Info

## CONTACT INFORMATION

Your questions are important to us. Contact us at 647-1616 or

**Executive Director - Paula Grigsby**  
pgrigsbycantonymca@sbcglobal.net  
**Associate Executive Director - Lori Oaks**  
loakscantonymca@sbcglobal.net  
**Senior Program Director - Mark Sawyer**  
msawycantonymca@gmail.com  
**Admin. Asst. & Membership - Trisha Shubert**  
tshubertcantonymca@gmail.com  
**Aquatics Director - Caleb Taylor**  
cantonymcaaquatics@gmail.com  
**Facility Director - Mike Arnett**  
marnettcantonymca@gmail.com  
**Marketing Director - Christine Fournier**  
cfourniercantonymca@gmail.com

**Fitness Coordinator - Hillary Knowles**  
hknowlescantonymcafitness@gmail.com  
**Tumbling Director - Carlye Beadles**  
cantonymca.tumbling@gmail.com  
**Sports Director & Life Center - Frank Eveland**  
cantonymcasports@gmail.com  
**School Age Director - Liberty Goldring**  
lgoldringymca@gmail.com  
**Preschool Director - Linda Henderson**  
cantonymcaprek@gmail.com  
**Facility Rentals/Birthday Parties - Zac Rollet**  
zrolletymca@yahoo.com  
**Financial Aid/Silver Sneakers - Dayle Sarnes**  
dsarnescantonymca@yahoo.com

## CODE OF CONDUCT

- Members, guests and staff are expected to exhibit behavior in keeping with the YMCA's character values of Caring, Honesty, Respect and Responsibility.
- The YMCA will not tolerate those who try to hurt or steal from others.
- Theft or damage of property belonging to the YMCA or its members will result in criminal prosecution.
- Foul language, arguing, fighting or any type of harassment is not permitted.
- The YMCA facility and property are smoke free environments. Smoking or tobacco usage is not permitted in the facility or on the surrounding grounds.

## FACILITY EXPECTATIONS

- Members please scan your membership card each time you visit the facility.
- Non-member program participants must sign in at the Welcome Center and are limited to the usage of their program area or the Community Room.
- The Canton Family YMCA was constructed with the highest health and safety standards. The YMCA does not provide accident insurance for members or program participants. Each person agrees to hold the YMCA harmless for any injury incurred.
- The Y is not responsible for lost, damaged or stolen articles. For lost and found contact the Welcome Center Staff.
- Food and drink are allowed in the community room & tumbling spectator area only.

## YOUTH GUIDELINES

- Children (under age 6) must be supervised by an adult at all times.
- Youth Jr. High and under are allowed in the North Activity Center when they are participating in a program or supervised by an adult.
- Non-member program participants are limited to the usage of their program area or the Community Room.

**VISIT THE Y'S WEBSITE AT  
[WWW.CANTONFAMILYYMCA.ORG](http://WWW.CANTONFAMILYYMCA.ORG)  
TO REGISTER, OR FOR PROGRAM AND  
MEMBERSHIP INFORMATION.**

- An annual medical exam is recommended for all members embarking on a physical fitness program.
- Payment is due upon registration.
- Participants with an outstanding balance may not enroll in any program until the balance is paid.
- Register in person, by calling 647-1616, or online at [www.cantonfamilyymca.org](http://www.cantonfamilyymca.org).
- Paid registration guarantees a space in class.
- League participants must register and pay prior to the season.
- Photos: The Y reserves the right to take photos of participants for marketing purposes: brochures, publications, website and Facebook. Please let us know if you do not wish to be photographed.
- Refund Policy: Memberships are not refundable.

CANTON FAMILY YMCA  
1325 E. ASH  
CANTON, IL 61520

NONPROFIT ORGANIZATION  
U.S. POSTAGE  
PAID  
PERMIT NO. 92  
CANTON, IL 61520



**CURRENT RESIDENT**