



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

# GROWING STRONGER TOGETHER

Fall Program Guide  
Aug-Dec 2019

Session I  
Aug 19-Sept 22

Session II  
Sept 23-Oct 27

Session III  
Oct 28-Dec 1

Session IV  
Dec 2-Dec 15



# 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

Pictured are some of the Tumbling Tornados at an evening practice, where they not only work on building muscle strength, they work on discipline, courage, confidence, respect, and sportsmanship. Being a part of the Tumbling Tornados has encouraged many children throughout the years, giving them the boost they need to achieve their goals and feel successful. Whether they compete in one meet or all, children ages 3-18 are welcome. There is an informational meeting on September 5 at 6 pm in the preschool room for new and old team members.

Financial assistance is available, and fundraisers are offered throughout the year to help pay fees. For more information, contact Terrah Cornell at [Terrah11@yahoo.com](mailto:Terrah11@yahoo.com).

## 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)**

# School Age Center

## School Age Center: After School Care for Grades K-6

- Flexible scheduling; pay only for days you attend. Individualized academic support offered for grades K-4.
- Affordable for families; financial assistance is available and Child Care Connection is accepted. Siblings receive a 30% discount.
- Reliable care; we are open on half days, school institutes & holidays.
- Healthy meals and physical activities are offered daily.



Staff members help students with homework daily and lead students in extra enrichment activities in math and reading, STEM, arts and crafts, and technology to give children what they need to succeed at school. Kids will have outdoor playtime, weather permitting.

- Program is open to all CUSD #66 students in Grades K-6.
- Held at Eastview Elementary.
- Transportation to the program is provided by Canton School District.
- Offered Mon - Fri from school dismissal until 6 pm.
- Offered 7 am-6 pm on teacher institutes and school holidays.
- Individualized academic support; homework assistance available for children in K-4 grades. See registration forms for more information.

### AFTERSCHOOL PROGRAM FEES:

After School \$10/Day

All Day \$26/Day

30% discount on additional children

Registration forms available online and at the Customer Service Desk. Contact Youth Development Director Liberty Goldring at [lgoldringymca@gmail.com](mailto:lgoldringymca@gmail.com) for more info.

## NEW! KIDS CLUB @ THE Y

Starts this fall, date TBA. Kids in grades 5-8 can enjoy a free, healthy snack in the YMCA Community Room after school Monday-Friday from 3:30-4 pm. After snack time, youth with Y Memberships or who pay guest fees can participate in a variety of group activities.

- Snack is free and open to all children ages 5-18
- Activities are free for Y members, and are geared towards middle school age youth.

**CHECK FACEBOOK AND OUR WEBSITE FOR MORE INFORMATION!**

**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 24th to October 15.

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 Tues Oct. 22 at 6 pm in Canton.
- Practice will begin the week of Nov. 4. Day & time will be determined by the coach.
- Games will begin on Saturday, Dec. 7
- Deadline to sign up is Sunday, Oct. 27.
- Picture dates to be announced.
- End of Season Party will be held on Saturday, February 8, 2020.
- Questions? Contact Frank Eveland at 647-1616 or cantonymcasports@gmail.com.

### 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 Climbling 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.

## 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. 7. (No training Nov 28)

### Fees:

**Y Members**            \$26  
**Community**         \$54

## 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. Meets on YMCA tennis courts.

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. Meets on YMCA tennis courts. 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.**

Youth Development

# Adult Sports



## 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**



## FALL CO-ED VOLLEYBALL

Games start Oct. 3, 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. 9, played Thurs. nights at 6:30 pm. Deadline for team entries is Jan. 3. 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**

## 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.

## 8TH ANNUAL TURKEY TROT

**5K Race & 1 Mile Run  
November 28, 2019  
Canton Family YMCA  
8:30 am Start**

**Pre-register by Nov. 20 to guarantee your shirt!  
Visit the Y's website,  
[www.cantonfamilyymca.org](http://www.cantonfamilyymca.org)  
for more information.**

**Thanks to our 2018 sponsors:**  
CEFCU  
Dr. Ben Phillips  
Spoon River Counseling and Wellness  
Dr. Todd Lanser  
Phillips and Associates  
Kemper Construction  
Hanes Physical Therapy  
State Farm (Chuck Taylor and Dee Clark)  
Dr. Jason Chamberlin  
Canton Family Restaurant  
Camille's  
Hy-Vee Food Store



# Fitness

## INDOOR/OUTDOOR BOOT CAMP

**Instructor: Jennifer Ellinger**

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.

## R.I.P.P.E.D.® Instructor: Karen Taylor

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.

## INSANITY® Instructor: Christa Christensen

This high-intensity interval training, total body conditioning program results in more calories burned, faster results, and a more efficient metabolism. It's a great combination of cardio and body weight exercises.

## TURBO KICK® Instructor: Tracy Ford

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.

## STRONG BY ZUMBA®

**Instructor: Karen Taylor**

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. All toning is body weight training. No dance!

## YOGA

**Instructors: Christa Christensen & Monika Gaspar**

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

## 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)



## BODYSHRED® Instructor: Julie Clendenny

Jillian Michaels' BODYSHRED is a high-intensity & endurance based 30 minute workout to help you shed fat, define muscle, and improve athletic performance.

## POUND® Instructor: Hillary Knowles

Rock out in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements.

## STRENGTH & SPIN

**Instructor: Rachel Kinney**

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

## KETTLEBELLS Alternating Instructors

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!

## CARDIO BOOTIES AND BELLIES

**Instructor: Trinity Taylor**

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.

## STRENGTH & SCULPT

**Instructor: Christa Christensen**

Use a combination of a weighted bar, free-weights, body weight, and stability balls and to strengthen arms, core, and legs. Low-impact aerobic moves will be incorporated in an effort to increase the heart rate and help burn more calories.

# Fitness

## PERSONAL TRAINING

Certified Personal Trainer Hillary Knowles will design an exercise and nutrition plan to meet your goals. Includes:

- 1 on 1 training sessions to fit your schedule
- Personalized diet and nutrition plans
- Personalized strength training and exercise plans

### Personal Training Fees:

**\$35** one hour session

**\$99** 3 one hour sessions

**\$180** 6 one hour sessions

**\$325** 12 one hour sessions



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

## PERSONAL FITNESS PROGRAM

Our Fit Coaches will help you make a plan to reach your fitness goals. This program can help with 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.

### Fees:

**Y Members \$40** **Community \$95**

## HO-HO-HOLD YOUR WEIGHT

Join this 6-week challenge to keep weight off during the holidays! If you maintain your weight, lose weight, or stay within two pounds of your initial weight, you receive a \$10.00 Y Gift Certificate. If you gain more than two pounds, your fee will be donated to the YMCA Annual Campaign, to help those who cannot afford Y memberships or programs.

**Initial Weigh-In: Nov 18**

**Final Weigh-In: Dec 31**

**Fees: \$10**

## MONICAL'S CHILDCARE ROOM

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



### Childcare Hours:

#### Mornings

Mon-Wed-Fri 8:30 am - 11:15 am

Tues-Thurs 8:15 am - 11:15 am

#### Evenings

Mon - Thurs 4:30 pm - 7:30 pm

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

## 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. 30

**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 during the program.

- Sign Up Sept. 5 & 6.
- Held Sept. 9- Nov 15.
- Life Center Staff are available to assist you.
- You may choose a workout partner or make a team.
- Teams will be chosen according to total weight and number of participants.

**Fees: Y Members**

**\$25**

**Community**

**\$45**

**10 Week Membership Package**

**\$150**

## 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.

**Fees: Free!**

# Fitness

## SILVERSNEAKERS FITNESS CLASSES

### 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® 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**

#### SilverSneakers Instructors:

**Karen Taylor, Sue Maurice & Whitney Murphy**



## ACTIVE OLDER ADULTS

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

The AOA Club meets for potluck dinner and includes special events, games, conversation & FUN!!!

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

**Oct. 25**

**Dec. 13**

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

## DOES YOUR INSURANCE COVER SENIOR FITNESS CLASSES OR A SENIOR MEMBERSHIP?

Many health insurance plans have special programs to help seniors stay healthy, including:



See Dayle at the customer service desk for details about your health insurance!

**BE HEALTHY  
BE HAPPY  
BELONG**



# Aquatics

## LEARN SKILLS AND SAFETY

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.



## SWIM STARTERS

**Ages: 6 months–3 years**

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.

**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

## SWIM BASICS

**Ages: 3 years and older**

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

**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 5:30–6:00 pm

Mon/Wed 5:30–6:00 pm  
(Levels 1 & 2)

#### Ages 5 and Up

Tues/Thurs 6:00–6:30 pm

Mon/Wed 5:30–6:00 pm  
(Levels 1 & 2)

## SWIM STROKES

**Ages: 5 years and older**

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.

**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

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

## PRIVATE LESSONS

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

### FEES:

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

## 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.

<b>FEES: Y Members</b>	<b>\$40</b>
<b>Community</b>	<b>\$75</b>

## 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**

## 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 9:00 - 10:05 am**

## 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. 21



### CLASS FEES:

<b>Members</b>	<b>\$300</b>	<b>Community</b>	<b>\$325</b>
<b>Recertification:</b>	<b>\$95</b>		

## 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 16, Oct. 18, Dec 13

Time: 6-9 pm

**FEES: \$50**

## SCUBA

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

**FEES: \$325**



## 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**

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

**Community:**

<b>Drop In Rate</b>	<b>\$8</b>	<b>2 days/week</b>	<b>\$44</b>
<b>3 days/ week</b>	<b>\$54</b>	<b>Unlimited</b>	<b>\$64</b>
<b>Arthritis Class</b>	<b>\$44</b>		

# 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	Adult Open 9 am - 11:30	Open Swim 12-4:30pm
Aquarobics 9:00-9:50 am	Deep Water 9-9:50 am	Aquarobics 9:00-9:50 am	Deep Water 9-9:50 am	Aquarobics 9:00-9:50 am	Open Swim 11:30-3:30pm	
Aqua Zumba 10:15-11:05am	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		
Swim Lessons 5:30-6:00 pm	Swim Lessons 5:30-6:00 pm	Swim Lessons 5:30-7:15 pm	Swim Lessons 5:30-7:15 pm	Open Swim 5:30- 7:30 pm		
Aqua Zumba 6-6:50 pm		Aqua Zumba 6-6:50 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			



Healthy Living

- Lap lane is closed M-F from 3:30-5:30 pm during Swim Team practice.
- Pool will be closed Nov. 23 due to Cuda Classic Swim Meet.

## 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

## PRESCHOOL CLASSES

### TUMBLE TOTS (PARENT & TOT)

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

Mon	5:30 pm
Wed	10:30 am
Wed	6:15 pm



## TUMBLING & TRAMPOLINE

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

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

## 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

## BIRTHDAY PARTIES MORE PARTY, LESS WORK!

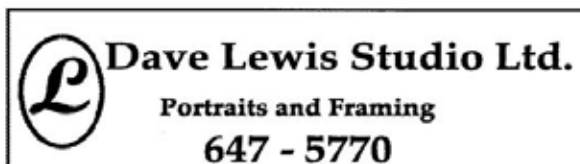


Have a birthday party at the Y, and let us handle the mess! Your child's 2 hour party includes 1 dozen cupcakes, ice cream, punch & tableware. This includes 1 hour of your choice of activity: Swimming, Dodgeball, Rock Climbing or Tumbling & Tramp. We do the clean-up.

<b>Full Party Option:</b>	<b>Y Members</b>	<b>\$90</b>
	<b>Community</b>	<b>\$110</b>
<b>Basic Party Option:</b>	<b>Y Members</b>	<b>\$75</b>
<b>(Food Not Included)</b>	<b>Community</b>	<b>\$95</b>

\$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.



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 4:00 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 4:00 pm  
Mon 6:15 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

### 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**



Youth Development

### 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 will be held on September 5 at 6 pm in the Preschool Room. For more info, contact: Terrah Cornell at [Terrah11@yahoo.com](mailto:Terrah11@yahoo.com)

#### 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)

# 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 snacks served daily!

### 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  
**Administrative Assistant - 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 & Wellness Director - Frank Eveland**  
cantonymcasports@gmail.com  
**Youth Development Director - Liberty Goldring**  
lgoldringymca@gmail.com  
**Preschool Director - Linda Henderson**  
cantonymcaprek@gmail.com  
**Facility Rentals/Birthday Parties - Zac Rollet**  
zrolletymca@yahoo.com  
**Financial Aid/Senior Fitness - 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**

