



CANTON FALL 2026 PROGRAM GUIDE

Session Dates:
Aug 24th - Sept 27th
Sept 28th - Nov 1st
Nov 2nd - Dec 6th

Canton Family YMCA
(309) 647-1616
cantonfamilyymca.org

MISSION STATEMENT

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 CAUSE

At the Y, strengthening community is our cause. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

OUR AREAS OF FOCUS

The Y is a cause-driven organization that is for youth development, for healthy living and for social responsibility. That's because a strong community can only be achieved when we invest in our kids, our health and our neighbors.

MEMBERSHIP ASSISTANCE

We make assistance available to you and your family. We don't want anyone to be turned away. Assistance is provided through donations made to the Y's Annual Campaign. These funds will help you and your family become a member and take part in programs. Applications are available at our front desk and at www.cantonfamilyymca.org.

THE POWER OF GIVING

When you give to the Y, you continue to strengthen our community and move us all forward. Your gift will have a meaningful, enduring impact right in your own neighborhood. At the Y, no child, family or adult is turned away. We recognize that for the communities to succeed, everyone must be given the opportunity to be healthy, confident, connected and secure. Become part of something great; donate today online at www.cantonfamilyymca.org.

Did You Know?

**Youth Soccer & Basketball
Registration Dates
Are The Same Each Year**

Youth Sport

Fall Soccer

Youth Basketball

Spring Soccer

Registration Date

May 1st

October 1st

January 1st



SESSION DATES

Session 1

Session 2

Session 3

Aug 24th - Sept 27th

Sept 28th - Nov 1st

Nov 2nd - Dec 6th

FALL HOURS

Mon. - Thurs.

Friday

Saturday

Sunday

5am - 8:30pm

5am - 7pm

7am - 12pm

10am - 2pm

HOLIDAY HOURS

Labor Day

Thanksgiving

Christmas Eve

Christmas

New Year's Eve

New Year's Day

Closed

Closed

5am - 1pm

Closed

5am - 1pm

Closed

GENERAL INFORMATION

- **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.
- **Payment is due upon registration.**
- **Register** in person, by calling (309) 647-1616, or online at www.cantonfamilyymca.org.
- **Participants with an outstanding program or membership balance** may not enroll in any YMCA program until the past due amount is paid.
- **Paid registration guarantees** a space in class.
- **Class Schedules** subject to change based on interest & attendance levels.
- **League participants** must register and pay prior to the season.
- **Food and drink** are allowed in the community room & tumbling spectator area only.
- **The Y is not responsible for lost, damaged or stolen articles.** For lost and found contact the Welcome Center Staff.
- **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.
- **An annual medical exam** is recommended for all members embarking on a physical fitness program.
- **Facility Rentals:** For information on after hour use of the YMCA facility by community or individual groups call Mike Arnett at 309 647-1616.
- **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.

YOUTH PARTICIPATION GUIDELINES

- **Children (under age 10)** 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.
- **Youth Jr. High and under** must be supervised by an adult after 7:30pm Mon - Thurs, after 6:30pm on Friday.
- **Non-member program participants** are limited to the usage of their program area or the Community Room.
- **Y members with 24/7 access** may bring their children to the Y to use the Main Gym, Track and Community room on the weekends from 7am to 8:30pm. Children must be supervised by a parent at all times during unstaffed hours.

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.

**Your questions are important to us.
Please contact us at 647-1616, or:**

CEO/Executive Director

Mark Sawyer msawyer@cantonfamilyymca.org

Associate Executive Director

Carlye Beadles cbeadles@cantonfamilyymca.org

Administrative Assistant

Trisha Shubert trish@cantonfamilyymca.org

Program Director/Aquatics

Caleb Taylor ctaylor@cantonfamilyymca.org

Tumbling/Trampoline Director

Carlye Beadles cbeadles@cantonfamilyymca.org

Membership Services Coordinator/Sponsorships

Dakotah Walker dwalker@cantonfamilyymca.org

Evening Supervisor/Birthday Parties

Patty Keller pkeller@cantonfamilyymca.org

Maintenance/Rentals/Fitness

Mike Arnett marnett@cantonfamilyymca.org

Youth Development Director

Kathy Langlais klanglais@cantonfamilyymca.org

Youth Sports

Whitney Murphy wmurphy@cantonfamilyymca.org

Preschool Director/Teacher

Linda Henderson lhenderson@cantonfamilyymca.org

Preschool Teacher

Pam Downs pdowns@cantonfamilyymca.org

Morning Clerical Supervisor

Donna Breason dbreason@cantonfamilyymca.org

SCHOOL AGE - AFTER SCHOOL CARE

For Kids K-6th Grades

The Y's School Age Centers provide affordable, afterschool care in a safe, nurturing, active, fun environment for kids in Kindergarten - 6th Grade. The program is conveniently located on site at Eastview School. Canton School District students are provided transportation to Eastview after school.

Children participate in a balanced program of open play and structured activities, while being supervised by well trained & caring staff who teach, model & reinforce the values of Caring, Honesty, Respect & Responsibility.

Our staff provide homework assistance, lead sports, games, arts & crafts and organize special events keeping your children safe & happy until they are picked up!

FEES:	Y Member	Non-Member
1 day	\$11	\$17
2 days	\$22	\$34
3 days	\$33	\$51
4 days	\$44	\$68
5 days	\$55	\$85
Half Day	\$22	\$30
All Day	\$30	\$44

- All families must fill out a bank draft form
- Fees may be set up to be drafted from your checking, savings or your credit/debit card, weekly, bi-weekly or monthly
- 20% discount for additional children

- Afterschool care held Monday - Friday from school dismissal until 6pm
- Canton School-Age All Day Program is held 7am to 6pm on institute days, school holidays, Christmas and Spring Breaks.
- Scheduled early dismissal days, we are staffed and ready for children (please refer to Canton School District calendar).
- Child Care Connection is accepted.
- Enrollment is open, sign up now for the 2026-2027 school year!

For more information contact Kathy Langlais, Youth Development Director at klanglais@cantonfamilyymca.org or 309-647-1616.

YOUTH SPORTS

YOUTH BASKETBALL

Leagues will be formed grades Pre-K Kindergarten, 1st-2nd and 3rd-4th. Communities served last year include, Canton, Cuba, Farmington, Hannah City, Lewistown, London Mills, Elmwood and Illini Bluffs.

Sign Up: October 1st - November 20th

Games held: January 16th - February. 20th

Fees: Y Members \$45 Non-Member \$90

Late Registration Fee \$25 begins Nov. 21st

FALL SOCCER LEAGUE

Leagues age groups: U-5, U-7, U-10, U-13

- Age based on January 1, 2026
- Players will be provided a T-shirt
- Players will supply their own shin guards and non-metal cleats (cleats are not mandatory)
- Practices begin the week of Sept 7th
- Games run September 21st - October 25th

Register By: August 30th

Y Member \$45 Non-Member \$90

VOLLEYBALL LESSONS

Individual or small group instruction from Amanda Pratt for 3rd grade through High School Age.

Contact Whitney Murphy 647-1616 to sign up for a 5 week session

Y Member: \$45 Non-Member: \$90

7TH & 8TH GRADE STUDENTS

Life Center-Strive-Weight Room

Youth must be a Y member and attend the Y's introduction training before use of the rooms.

FEE: \$5 for training class

Stop by the customer service desk for more information or to set up a training.

FLAG FOOTBALL LEAGUE

Leagues will be formed in two groups: K-1st and 2nd-4th Grade. Players will be supplied a shirt. Players will need a mouth guard and cleats (cleats are not mandatory). Practices begin the week of September 7th and there will be 6 weeks of games.

Fees: Y Member \$21 Non-Member \$42

FULTON COUNTY SOCCER CLUB

The Y is proud to partner with the Fulton County Soccer Club (FCSC). FCSC gives kids in 7th-12th grades the opportunity to develop soccer skills at a higher level with US Soccer Certified coaching staff and a travel league that competes in surrounding communities.

- U15 (Junior High, Co-Ed, Fall and Spring)
- U18 (High School: Girls in Fall and Boys in Spring)

Fees include practice 2-3x/week, travel league games and possibly a tournament.

Members \$45 Non-Members \$90

Fall Season: Early August-Late October (Tryouts beginning August)

For more information:

Email:

fultoncountysoccerclub@gmail.com

Call/Text Emily Gates

309-431-1595



Be sure to follow our
YMCA of Canton
Facebook page

YOUTH & ADULT SPORTS

KOSHO RYU KEMPO KARATE (YOUTH & ADULT)

Participants ages 6 & up learn self-defense through self-discipline & self control.

Instructors: Roger Fife & Randy Motsinger

Mondays: 6:30pm Saturdays 8:30am

Fees: Y Member \$30 Non-Member \$67

JUDO (YOUTH & ADULT)

Develop coordination, discipline, self esteem, & group cooperation. Consists mainly of throwing, grappling, safe falling & rolling.

Instructor: Mitch Williams

Saturdays: 10:30am

Fees: Y Member \$16 Non-Member \$37

ADULT SPORTS

CO-ED VOLLEYBALL

- Tuesday nights, 6-8 PM
- Format is Open Play; forming a team is not necessary.
- July 7th through November 3rd

Fees: Y Member FREE

Non-Member \$5 per week

ADULT PICKLEBALL (INDOOR)

Have you heard about Pickleball but never taken that first step to learn how to play? Let the YMCA motivate you to learn the game and meet new people. Bring a group and get in the game.

Fees: Y Member FREE

Non-Member \$5

FAMILY ACTIVITY

TURKEY TROT



**Turkey Trot
Registration
Opens October 1st**



TURKEY TROT

TUMBLING & TRAMPOLINE

TUMBLETOTS (PARENT & TOTS)

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

Mon 5:15-6:00pm
Wed 6:15-7:00pm

PRESCHOOL TUMBLING & TRAMPOLINE

Basic tumbling and tramp skills for children 3-5 years old.

Mon 6:15-7:00pm **Wed 5:30-6:00pm**
Tue 6:15-7:00pm

BEGINNER

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

Mon 3:45-4:30pm **Wed 4:45-5:30pm**
Tue 5:30-6:15pm

ADVANCED BEGINNER

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

Mon 3:45-4:30pm **Tue 5:30-6:15pm**
Mon 5:15-6:00pm **Wed 4:45-5:30pm**
Tue 4:45-5:30pm **Thur 4:30-5:15**

NOVICE

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

Mon 4:30-5:15pm **Tue 4:45-5:30pm**
Mon 5:15-6:00pm **Thur 4:30-5:15pm**
Tue 4:00-4:45pm

INTERMEDIATE & SubAdvanced

Must be able to do 5 back handsprings. Learn basic aerials plus bounders and twisting.

Mon 4:30-5:15pm **Tue 5:30-6:15pm**
Tue 4:00-4:45pm

POWER CLASS

Novice-Intermediate-Advanced. 90 minute class gives more time to focus on technique, skills & routines for competition. Must be able to do back handspring.

Mon 7:00-8:30pm
Y Member: \$55 **2nd Child: \$40**
Non-Member: \$110 **2nd Child: \$80**

GENERAL INFORMATION

- ☐ Pre-registration is required. Payment is due upon registration. Classes are 45 minutes long. Credit is not given for missed classes, but absences may be made up
- ☐ Our classes help youth develop strength, flexibility, balance, coordination & self confidence in a safe, supervised environment.
- ☐ Students learn from experienced, certified, caring instructors in our tumbling and trampoline complex! Our facility features 3 in-ground trampolines, a foam training pit, competition rod floor, 50' tumbling track & a double mini-tramp.
- ☐ 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.
- ☐ Special Arrangements: Class placement exceptions & special arrangements are made by the instructor.

TUMBLING & TRAMPOLINE

Fees: 45 MINUTE CLASSES

Y Member: \$40 **2nd Child \$30**
Non-Member: \$80 **2nd Child \$60**

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



Tumbling Tornados

Want to join our competitive tumbling & trampoline team?
Join us for an informational meeting
Thurs, Sept 10th 6pm

***Must be enrolled in Y tumbling class to be in Tornados. Be sure to register for a class listed above.**

YMCA PRESCHOOL- AGES 3-5

YMCA Preschool is more than preparing your preschooler for kindergarten. It's an adventure in learning, making friends & having fun! The YMCA Licensed Preschool program for ages 3 to 5 features centers, group activity times, hands on learning, swimming tumbling and more. There are limited openings available! Preschool follows the Canton School District schedule. Our Teachers are Linda Henderson & Pam Downs. Substitutes are Donna Breason and Aliyah Smith.

Limited Spots!

Open House!

Join us to meet the teachers, check out our classroom.

See what great things are in store for your preschooler!

Friday, August 23th
10am

We will also be offering a virtual tour/open house at 9am

M/W/F		T/TH	
Y Member	\$81	Y Member	\$66
NonMember	\$107	NonMember	\$92



LEARN



FRIENDS & FUN



**YMCA
PRESCHOOL
EXTRAS**



Register in person or call 647-1616

Questions: Contact Linda Henderson at lhenderson@cantonfamilyymca.org
or Pam Downs at pdowns@cantonfamilyymca.org

AQUA FITNESS

AQUAROBTICS

This class uses easy to follow aerobic exercises, occasionally adding foam barbells and noodles for a fun way to get a great calorie burning, muscle toning workout.

M/W/F 9:00 - 9:50am

AQUA POWER

This class uses easy to follow aerobic exercises, occasionally adding foam barbells and noodles for a fun way to get a great calorie burning, muscle toning workout.

M/W 6:30-7:30pm

T/Th 6:00-7:00am

WATER FITNESS PASS FEES:

Y MEMBER- FREE

Non-Members:

2 days a week \$58

Daily Drop In \$10

3 day a week \$70

Unlimited \$80



Contact Caleb Taylor, Program Director,
309-647-1616 or
ctaylor@cantonfamilyymca.org for more
information on
Private or Semi Private Lessons,
Water Fitness and Lifeguard Training.

SILVERSNEAKERS FITNESS

SILVERSNEAKERS CLASSIC Thursday 10:15am

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.

SILVERSNEAKERS CIRCUIT Mon/Wed 8:00am & 10:15am

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.

SILVERSNEAKERS YOGA Tues 10:15am & Fri 10:15am

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.

Instructors: Sue Maurice, Whitney Murphy, Lisa Davis, Ann Ackerman

Most classes can be done by any level of participant, and modifications can be made. Does your insurance cover Senior Fitness? See the Customer Service Desk or call us at 309-647-1616 for more information on insurance and senior fitness.

Additional information can be found online at silversneakers.com.



**Fitness Pass Fees:
Y Members FREE**

**Non-Members: 5 week classes
2 days a week \$58
3 days a week \$70
Unlimited \$80
Drop in \$10**

AQUATICS

FALL POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Aqua Power 6:00-7:00am		Aqua Power 6:00-7:00am		Open Swim 8:00-11:00pm	Open Swim 10:30-1:30pm
Adult Open/ Lap Swim 5:15-9:00am	Adult Open/ Lap Swim 5:15-9:00am	Adult Open/ Lap Swim 5:15-9:00am	Adult Open/ Lap Swim 5:15-9:00am	Adult Open/ Lap Swim 5:15-9:00am		
Aquarobics 9:00-9:50am		Aquarobics 9:00-9:50am		Aquarobics 9:00-9:50am		
	Open Swim 9:00-1:00pm		Open Swim 9:00-1:00pm			
Open Swim 10:00-3:30pm	Pool Closed 1:00-3:30pm	Open Swim 10:00-3:30pm	Pool Closed 1:00-3:30pm	Open Swim 10:00-3:30pm		
Swim Team 3:30-5:30PM						
Open Swim 5:45-8:00pm	Swim Lessons 5:30-7:00pm	Open Swim 5:45-8:00pm	Swim Lessons 5:30-7:00pm	Open Swim 5:30-6:30pm		
Aqua Power 6:30-7:30pm	Open Swim 7:00-8:00pm	Aqua Power 6:30-7:30pm	Open Swim 7:00-8:00pm			



POOL CLOSURE

the y

August 7th - 24th

**Questions/Concerns
Contact**

**Program Director
Caleb Taylor**

ctaylor@cantonfamilyymca.org

647-1616

- **Fall Sessions:** Aug 24-Sept 25, Sept 28-Nov 1, Nov 2-Dec 6
- **Schedule is subject to change;** watch our website, www.cantonfamilyymca.org, and Facebook for updates
- **One lap lane will be available, except during swim team**

SWIM LESSONS

SWIM LESSONS FOR ALL AGES

At the Y, our swim lessons build skills, confidence and character. Our curriculum develops sequence-based skill sets that build on one another. Students will learn faster, be safer sooner, and progress more quickly through levels. To help you determine swim level go to www.cantonfamilyymca.org/swim-lessons and click on LESSON SELECTOR. This is a three page document that breaks down the various levels.

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.

Class Times:

Tues/Thurs 6:15-6:45pm

Swim Starters Fees:

Y Member \$36 Non-Member \$72

SWIM BASICS

Ages 3 Years and up

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

Class Times:

Preschool

Tues/Thurs 5:30-6:00pm

School Age

Tues/Thurs 6:15-6:45pm

Swim Basics Fees:

Y Member \$41 Non-Member \$82



SWIM STROKES

Ages 5 Years and up

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.

Class Times:

Tues/Thurs 5:30-6:15pm

Swim Strokes Fees:

Y Member \$41 Non-Member \$82

PRE-COMPETITIVE CONDITIONING

This class provides specialized instruction and training for competitive swimming, skill development, athletic training and physical endurance. Requires Aquatics Director's approval. Instructor: Head Coach Caleb Taylor

Tues/Thurs 5:30-6:15pm

Y Member \$40 Non-Member \$80

PRIVATE & SEMI PRIVATE LESSONS

PRIVATE & SEMI PRIVATE LESSONS

For adults and children. 5 - 1/2 hour lessons

	<u>Member</u>	<u>Non-Member</u>
1 Swimmer	\$100	\$130
2 Swimmers	\$75 each	\$105 each

CUDAS SWIM TEAM

The Canton Y Barracudas, alias Can-Y-Cudas or Cudas, is a team which accommodates all swimmers from those who have recently learned to swim to national qualifiers. Age range from 5 to 18 years of age. We strive for quality instruction and workouts, which suit each swimmer's abilities and goals. Short Course Season is October 1st - Mid March.

For more information on becoming part of the team or various swimming levels go to our website, at cantonfamilyymca.org/cudas-swim-team or contact Head Coach, Caleb Taylor, 309-647-1616.

**Contact Caleb Taylor, Program Director
309-647-1616**

**ctaylor@cantonfamilyymca.org
for more information on Swim Lessons**

FITNESS SCHEDULE

KETTLEBELLS - Kettlebells are used in a variety of repeated movements to build lean muscle, strength, endurance, balance and flexibility. Target areas include the core, legs & glutes.

INSTRUCTOR: SUE & STAFF

PILATES - A low-impact form of exercise that combines deep breathing with gentle stretching to boost strength, balance & mobility.

INSTRUCTOR: LAUREN

SWEAT & SCULPT - Circuit style format with focus on strength, cardio and core. This class offers full body exercises with options to modify. This class is appropriate for all skill levels.

INSTRUCTOR: JULIE

YOGA - Practicing Yoga can lead to improved balance, flexibility range of motion and strength. Relaxes and reduces stress.

INSTRUCTOR: LAUREN

TAI CHI - Tai Chi has been shown to improve balance, stress relief, strength, flexibility, cardiovascular health & lower blood pressure.

INSTRUCTOR: MITCH

PILATES / BARRE- 30 minute low-impact class that blends Pilates-inspired core work with barre-style strengthening exercises. Class begins with a light warm-up to increase mobility and prepare the body for movement, then moves into focused exercises designed to tone and strengthen the legs, glutes, arms, back, shoulders, and abdomen. Core-focused moves are included throughout to improve stability, posture, and balance. The class ends with a relaxing stretch to release tension and leave participants feeling strong, lengthened, and refreshed.

INSTRUCTOR: NATALIE MONDAY

MARANDA WEDNESDAY

WEIGHT TRAINING - 30-minute Weight Training class designed to help you build strength and endurance in a supportive, welcoming setting. We'll start with a light warm-up to get your body ready, then use a variety of weights and equipment for focused exercises that strengthen and tone the legs, glutes, arms, back, shoulders, chest, and abdomen. Core moves will be included throughout to help with balance, stability, and good form. We'll finish with a relaxing stretch, so you leave feeling strong, energized, and accomplished.

INSTRUCTOR: NATALIE TUESDAY

MARANDA THURSDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6:00am	KETTLEBELLS STAFF		KETTLEBELLS STAFF		KETTLEBELLS STAFF	
8:00-9:00am	SILVERSNEAKERS CIRCUIT		SILVERSNEAKERS CIRCUIT			
8:30-9:15am		KETTLEBELLS SUE		KETTLEBELLS SUE		
8:30-9:15am		YOGA LAUREN		YOGA LAUREN		
9:00-10:00am						TAI CHI MITCH
9:15-9:45am	PILATES LAUREN		PILATES LAUREN			
10:15-11:00am	SILVERSNEAKERS CIRCUIT	SILVERSNEAKERS YOGA	SILVERSNEAKERS CIRCUIT	SILVERSNEAKERS CLASSIC	SILVERSNEAKERS YOGA	
5:15-5:45pm	PILATES / BARRE NATALIE	WEIGHT TRAINING NATALIE	PILATES / BARRE MARANDA	WEIGHT TRAINING MARANDA		
6:00-6:45pm			SWEAT & SCULPT JULIE			



Birthday Parties

More Party, Less Work! Have a birthday party at the Y!

YOU PROVIDE: the cake, food, beverages, decorations and adult supervision

CHOOSE YOUR PARTY For 12 Children (Additional Children \$5 Each)

FEES: Y Member \$120 Non-Member \$175

POOL 2 HOUR PARTY

Party time includes:

1 hour of swim and 1 hour of cake and presents. Get ready to make a splash! Kids will have a blast playing in the water, testing their handstands skills, or just having fun playing with their friends in a fun and safe way.

TUMBLING & TRAMPOLINE 90 MINUTE PARTY

Party time includes:

90 minutes of jumping, cake and presents. Bring your friends to tumble, bounce and leap into our foam pit! It's all in our Tumbling Center. Fun music, tumble track, trampoline and great staff makes our tumbling parties a birthday to remember!



Contact Patty to schedule your party at pkeller@cantonfamilyymca.org or 647-1616



Celebrate a special occasion and give the gift of good health. Consider giving a Y Gift Certificate that can be used toward all Y Programs and Memberships. Available in all denominations at our customer service desk.

HERITAGE CLUB "Continuing the Tradition"

PURPOSE - The purpose of the Heritage Club is to encourage thoughtful estate planning gifts as a primary means of building a strong endowment capable of providing lasting support for the Y's mission to continue its service for generations.

MAKING A GIFT - Some of the planned gifts are through a will or living trust, gifts of life insurance, pension plan gifts or IRA gifts. Gifts of personal property, appreciated assets or securities may also be given.

TRADITION - Our YMCA is built on tradition and has been a cornerstone member of our community for over a century. It has been able to meet the community's needs in the past and will also well into the future. Imagine the Y a generation from now. What might the YMCA accomplish if we all show our support today? What other investment would yield such a great return?

JOIN THE YMCA

Y MEMBERSHIP

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 lifestyles, and encourages the development of spirit, mind & body.

Members receive discounts on all classes plus free land and water fitness programs. The Y offers a variety of classes and programs for all ages. There are many ways to register for programs and classes. You may call in, come in, or enroll online at www.cantonfamilyymca.org. See our program brochure online, for a complete listing of all programs.

A YMCA Membership gives you so much more than access to our facility. It helps you lead a healthier life-by building relationships, providing a way for you to be part of your community, helping you help others - not to mention the great workout you get through our programs and equipment. A YMCA membership sets you on the path to good health, helping you to enjoy living a full and balanced life.

MEMBERSHIP BENEFITS INCLUDE

- Free group fitness classes
- 5 + hours open swim time daily
- Adult lap swim available, see Pool Schedule (<https://cantonfamilyymca.org/pool-schedule>)
- Weight lifting in the Olympic Weight Room
- Free tennis & racquet-ball court time Mon-Fri till 3 pm
- Indoor track 1/10 mile
- Free use of Community Room
- 6 lane Pool, Jacuzzi and Sauna
- 2 gyms with 2 basketball courts each
- 3 Weight Rooms (STRIVE, Olympic Weight Room, and Life Center)
- Life Center with treadmills, bikes, ellipticals, stair climber, rowing machine, & step mill
- Discounted programs for kids and adults.
- Use of other YMCAs across the U. S.
- 24-hour access for adults to the Y's Life Center, Olympic Weight Room, Main Gym, Track & Community Room for members who are 18 years of age and older. Children must be supervised at all times during unstaffed hours. Children (17 years and under) may only use main gym, track and community room on weekends 7am to 8:30pm with direct supervision of 24/7 adult member.

FEES AND PAYMENT PLANS

- Monthly Bank Draft - Your monthly payment may be drafted from your checking, savings, or credit card on the 1st or the 15th of the month.
- Annual Payment - Pay memberships in full by cash, check, or debit or credit card.
- Two Payment Plan - Pay 1/2 your membership fee at sign up with the balance due in 60 days.

<u>TYPE</u>	<u>DESCRIPTION</u>	<u>MONTHLY</u>	<u>YEARLY</u>
YOUTH	6 - 11 YEARS	\$25.75	\$309
STUDENT	12 - 18 YRS (HIGH SCHOOL)	\$29.75	\$357
ADULT	18 (OUT OF HIGH SCHOOL) - 64 YRS	\$60.25	\$723
COUPLES	INCLUDES 2 ADULTS	\$74.50	\$894
SINGLE PARENT	INCLUDES *CHILDREN UNDER 23 YRS	\$74.75	\$897
FAMILY	INCLUDES *CHILDREN UNDER 23 YRS	\$84.25	\$1,011
SENIOR	65 YRS AND UP	\$55.25	\$663

*Students who are out of high school must be attending college full time.