



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

GROWING STRONGER TOGETHER

**FALL 2024
PROGRAM GUIDE
August 26 - December 8**



**Canton Family YMCA
1325 East Ash
309-647-1616
www.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, grown 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.

- Youth Development - Nurturing the potential of every child and teen.
- Healthy Living - Improving our community's health and well-being.
- Social Responsibility - Giving back and providing support to our neighbors.

MEMBERSHIP ASSISTANCE

In these uncertain times, 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 main 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 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.

SESSION DATES

Session 1	Aug 26–Sept 29
Session 2	Sept 30– Nov 3
Session 3	Nov 4 – Dec 8

WINTER HOURS

Mon – Thurs	5 am – 8:30 pm
Friday	5 am – 7 pm
Saturday	7 am – 12 pm
Sunday	10 am – 2 pm

HOLIDAY HOURS

Labor Day	Closed
Thanksgiving	7–11 am
Christmas	Closed
New Year's Day	Closed

DID YOU KNOW?

**We offer 24/7 Access to all our members ages 18 and up!
Stop by our customer service desk for more information!**



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 7:30 pm Mon - Thurs, after 6:30 pm 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 309-647-1616,
or by email.**

CEO/Executive Director - Mark Sawyer
msawyer@cantonfamilyymca.org

Associate Executive Director - Carlye Beadles
cbeadles@cantonfamilyymca.org

Administrative Assistant - Trisha Shubert
trish@cantonfamilyymca.org

Senior Program Director - Rick Eddy
reddy@cantonfamilyymca.org

Program Director - Caleb Taylor
ctaylor@cantonfamilyymca.org

Youth Development Director - Kathy Langlais
klanglais@cantonfamilyymca.org

Day Supervisor/Sponsorships - Dayle Sarnes
dsarnes@cantonfamilyymca.org

Eve Supervisor/Birthday Parties - Patty Keller
pkeller@cantonfamilyymca.org

Maintenance/Rentals/Fitness - Mike Arnett
marnett@cantonfamilyymca.org

Youth & Adult Sports - Whitney Murphy
wmurphy@cantonfamilyymca.org

Preschool Director - Linda Henderson
lhenderson@cantonfamilyymca.org

Preschool - Pam Downs
pdowns@cantonfamilyymca.org

SCHOOL AGE – AFTERSCHOOL CARE

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 in Canton & Farmington Elementary.

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, Respect, Responsibility & Honesty.

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



	<u>Y Member</u>	<u>Non-Member</u>
Fees: 1 day	\$10	\$15
2 days	\$20	\$30
3 days	\$30	\$45
4 days	\$40	\$60
5 days	\$50	\$75
Half Day	\$20	\$25
All Day	\$28	\$35

- 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
- 30% discount for additional children

- Afterschool care held Monday - Friday from school dismissal until 6 pm.
- All day programs are held 7 am to 6 pm on institute days, school holidays, Christmas & Spring breaks. **On early dismissal days & days when school is dismissed early due to weather, we are staffed & ready for the children.**
- YMCA financial assistance is available. Child Care Connection is accepted too!
- **Enroll now for the 2024-2025 school year!**



Contact our Youth Development Director Kathy Langlais at 309-647-1616 or klanglais@cantonfamilyymca.org for more information on the School Age Center Program or Financial Assistance

PRESCHOOL – AGES 3 to 5 (2024-2025 School Year)

YMCA Preschool: It's 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 times, hands-on learning, swimming, tumbling & more. **There are limited openings available, so sign up now!** Preschool follows the Canton School District schedule. Our Teachers are Linda Henderson & Pam Downs. Our sub is Donna Breason.



Enroll now
for the
**2024-2025
School
Year**



Contact Linda at lhenderson@cantonfamilyymca.org or Pam at pdowns@cantonfamilyymca.org for more information on the Preschool classes or call the Y at 309-647-1616. Financial Assistance is also available.

YOUTH SPORTS

FALL FLAG FOOTBALL LEAGUE

Leagues will be formed in two groups: ages 7-9 and 10-13; based on age before November 1, 2024. Players will be supplied a t-shirt: Players will need to provide cleats and a mouth guard.



Fees: \$20 Y Members
\$40 Non-Members

Registration Dates:
Now thru Aug 7
(\$25 late fee after Aug 7)
Practices begin week of August 14.

Games begin week of Sept 5 thru week of Oct 16

WINTER BASKETBALL LEAGUE

Leagues will be formed in grades Pre-K-Kindergarten, 1st-2nd, 3rd-4th, and 5th-6th. Communities served last year include Canton, Cuba, Farmington, Hanna City, Lewistown, London Mills, Elmwood and Illini Bluffs.

Sign up: Sept 15 thru Nov 13.

Games held: January 4 thru March 1

Fees: Members \$44 Non-Members \$88

7TH & 8TH GRADE STUDENTS

Weight Room Usage

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



FEE: \$5 for training class. Stop by the customer service desk for more information or to set up a training.

FULTON COUNTY SOCCER CLUB

The YMCA is proud to partner with the Fulton County Soccer Club travel teams. The club welcomes students with birthdates from 2010-2011, to develop their soccer skills and play competitively against other communities.



FEES: Members \$44 Non-Members \$88

Tryouts: All players wanting to tryout must attend practice on Sat, Aug 3rd, 11am-1pm (approx). Player must have a signed waiver to participate in the practice. In the event there is a conflict during that time, please call/text Andrea Phillips at 309-255-6839 or email FultonCountySoccerClub@gmail.com

FALL SOCCER LEAGUE

Leagues will be formed into following groups: U-5, U-10, U-13 (6th grade) Age groups based on age on January 1, 2024. Players will be provided a t-shirt; players will need to provide their own cleats and shin guards.

**FEES: \$44 Members
\$88 Non-Members**

Registration:
Now thru Aug 7
(\$25 late fee after Aug 7)

**Games run
Sept 7 thru Oct 26**



Contact Rick Eddy at reddy@cantonfamilyymca.org or Whitney Murphy at wmurphy@cantonfamilyymca.org or call the Y at 309-647-1616 for more information on youth and adult sports & financial assistance.

MARTIAL ARTS

KOSHO RYU KEMPO KARATE (YOUTH & ADULT)

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

Mondays: 6:30 pm
Saturdays 8:30 am

Fees: Members \$29
Non-Member \$65



JUDO (YOUTH & ADULT)

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

Instructor: Mitch Williams

Saturdays: 10:30 am

Fees: Members \$15 Non-Member \$35

ADULT SPORTS

VOLLEYBALL

Adult Coed Volleyball for players college age and up. No pre-registration needed.



Tuesday evenings 6 to 8 pm.

August 20 thru November 5

Y Members: Free

Non-Members: \$5 per visit

PICKLEBALL

If you are looking for a sport to play that provides a great workout plus social time, try Pickleball! It's fun, good exercise and easy to learn. Pickleball is a racquet sport that combines the elements of badminton, tennis and table tennis.

Come join the FUN!

**It's free for Y members &
\$5 for non-members.**

**Call the Y at 309-647-1616
for more information.**

YMCA BIRTHDAY PARTY



More Party, Less Work! Have a birthday party at the Y. Your child's party will begin and end in your chosen activity area. This includes 1 hour and 30 minutes of your choice of activity!

CHOOSE YOUR PARTY:

POOL: Get ready to make a splash! With a lifeguard dedicated to your party, 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: 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!

WE PROVIDE:

- A two hour party for 12 children (each additional child is \$5) with areas for eating, opening presents, etc., and tables and chairs.
- You provide: Food, beverages, decorations and adult supervision.

FEES: Y Members \$90 Non-Members \$115

Contact Patty at pkeller@cantonfamilyymca.org or at 309-647-1616 to schedule your party.

A non-refundable \$20 deposit is due when your party is booked. The remaining balance is due no later than the day of the party.

MONICAL'S CHILD CARE ROOM



**FREE Child Care for all
Members and Class Participants
while you workout!**

Mornings Mon - Fri 8:00 am - 11 am

**Due to staffing please reserve your time, the
day before by calling the Y at 309-647-1616**

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

TUMBLING & TRAMPOLINE

TUMBLETOTS (PARENT & TOTS)

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

Mon	5:30 - 6:15 pm
Wed	6:15 - 7:00 pm
Fri	10:30- 11:15 am

PRESCHOOL TUMBLING & TRAMPOLINE

Basic tumbling and tramp skills for children 3-5 years old. 4:1 student/instructor ratio max

Mon	6:15 - 7:00 pm
Tue	6:00 - 6:45 pm
Wed	5:15 - 6:00 pm
Thurs	4:00 - 4:45 pm
Fri	11:30 - 12:15 pm

BEGINNER

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

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

ADVANCED BEGINNER

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

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

NOVICE

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

Mon	4:45- 5:30 pm
Mon	6:15 - 7:00 pm
Tue	3:45 - 4:30 pm
Tue	5:15 - 6:00 pm
Thurs	4:45 - 5:30 pm

INTERMEDIATE/ADVANCED

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

Mon	4:45 - 5:30 pm
Tue	3:45 - 4:30 pm
Tue	5:15 - 6:00 pm
Thurs	4:45 - 5:30 pm

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 handsprings.

Mon 7:00 - 8:30 pm

Y Member: \$55

Community: \$85

2nd Child: \$40

2nd Child: \$58

GENERAL INFORMATION

- 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' tumbling track & a double mini-tramp.
- Our classes help youth develop strength, flexibility, balance, coordination & self confidence in a safe, supervised environment.
- Payment is due upon registration
- Credit is not given for missed classes, but absences may be made up
- Equipment will be sanitized regularly
- Special Arrangements: Class placement exceptions & special arrangements are made by the instructors.

JOIN THE TUMBLING TORNADOS AGES 3-18 WELCOME!

Tumbling Tornados is great for extra practice and competition! You decide which meets to attend. Fundraisers throughout the year help with fees and financial assistance is available.

Informational Meeting

Thursday, August 29th at 6 PM

**Questions? Contact Carlye Beadles,
Associate Executive Director and
Tumbling Director at 309-647-1616 or
at cbeadles@cantonfamilyymca.org**

Tumbling and Trampoline — 45 Minute Classes

Y Member: 1st Child \$33 2nd Child \$25

Community: 1st Child \$64 2nd Child \$44

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

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.

Class Times:

Mon/Wed 6:15–6:45 pm
(Levels A & B)

Swim Starters Fees:

Member \$34

Non-Member \$68

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

Mon/Wed 5:30–6:00 pm

School Age

Mon/Wed 6:15–6:45pm

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:

Mon/Wed 5:30–6:15 pm

Swim Basics and Strokes Fees:

Member \$39

Non-Member \$78

PRIVATE & SEMI PRIVATE LESSONS

Adult, Children & Family Five – 1/2 hour Lessons

	Members	Non-Members
1 Swimmer	\$100	\$200
2 Swimmers	\$75 each	\$150 each
3 Swimmers	\$60 each	\$120 each
4 Swimmers	\$45 each	\$90 each

Financial Assistance is available!

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

ctaylor@cantonfamilyymca.org

for more information on

Financial Assistance and Swim Lessons.

Pre-Competitive/Conditioning

This 45 minute class provides specialized instruction and training for competitive swimming, skill development, athletic training and physical endurance. Requires Program Director/Head Coach/Instructor Caleb Taylor's approval.

Mon/Wed 5:30–6:15 pm

Members \$39 Non-Members \$78

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, at 309-647-1616 or at ctaylor@cantonfamilyymca.org

FALL 2024 POOL SCHEDULE

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

ctaylor@cantonfamilyymca.org

- **Fall Sessions: Aug 26 - Sept 29, Sept 30 - Nov 3, & Nov 4 - Dec 8**
- **Schedule is subject to change; watch our website, at www.cantonfamilyymca.org, and Facebook for updates.**
- **One lap lane will be available, except during swim team.**
- **OPEN AQUAROBICS - Is set time for Aquatics Fitness Participants WITHOUT an instructor.**

WATER FITNESS

AQUAROBICS

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 – 9:50 am

OPEN AQUAROBICS

Open Aquatics - is set time for Aquatics Fitness participants without an instructor.

T/TH 9:00 – 9:50 am

WATER FITNESS PASS FEES:

Y MEMBER– FREE

Non-Members:

2 day/week– \$55

Daily Drop in– \$10

3 day/week– \$67

Unlimited– \$76



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 10:15 am

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 8:00–9am & 10:15–11am

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 10:15 am & Fri 10:15 am

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.



Fitness Pass Fees:

Members FREE

Non-Members: 5 week classes

2 days a week \$55

3 days a week \$67

Unlimited \$76

Drop in \$10

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 Dayle at the customer service desk or call 309-647-1616 for more information on insurance and senior fitness. Contact marnett@cantonfamilyymca.org for more information on fitness.

FITNESS CLASS SCHEDULE

MORNING CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 - 6:00 AM	KETTLEBELLS STAFF		KETTLEBELLS STAFF		KETTLEBELLS STAFF	
8:30 - 9:15 AM		KETTLEBELLS SUE		KETTLEBELLS SUE		
8:30 - 9:15 AM		YOGA LAUREN		YOGA LAUREN		TAI CHI MITCH
9:15 - 9:45 AM	PILATES LAUREN		PILATES LAUREN			

EVENING CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 - 6:15 PM	PILATES FUSION JENETT					
6:00 - 6:45 PM			SHRED JULIE			
6:00 - 6:30 PM						

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

Instructor Lauren

KETTLEBELLS - Kettlebells use repeated movements to build strength & condition the core, leg & gluteal muscles.

Instructor Sue

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

Instructor Lauren

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

Instructor Mitch

FITNESS PASS FEES - Y MEMBERS FREE

NON Y MEMBERS: 2 day/week \$55
Unlimited \$76

3 day/week \$67
Drop Ins \$10



Most classes can be done by any level of participant, and modifications can be made. Contact Mike Arnett for more information on Fitness classes at marnett@cantonfamilyymca.org or call 309-647-1616

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 pickle ball, tennis & racquet-ball court time Mon-Fri till 3 pm
- New, just installed, 1/10 mile indoor track
- 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, elliptical, stair climber, rowing machine, & step mill
- Free child care while you workout on Mon- Fri 8-11 am. Reservations are required. Reserve your space the day before by Calling 309-647-1616 or by stopping by the Y's customer service desk.
- Discounted programs for kids and adults.
- Use of other YMCAs across the U. S.
- 24-hour access to the Y's Life Center Olympic Weight Room, Main Gym, Track & Community Room for Members who are ages 18 & up.

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>ANNUAL & 2 PAY</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.