



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HELPING YOU LIVE BETTER

**WINTER 2023
Program Guide
January 9 – May 28**

**Canton Family YMCA
1325 East Ash
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, 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.

- **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	Jan. 9 – Feb. 12
Session 2	Feb. 13 – Mar. 19
Session 3	Mar. 20 – Apr. 23
Session 4	Apr. 24 – May 28

WINTER HOURS

Monday – Thursday	5 am – 8:30 pm
Friday	5 am – 7 pm
Saturday	7 am – 12 pm
Sunday	10 am – 2 pm

HOLIDAY HOURS

Good Friday	Open until 1pm
Easter	Closed
Memorial 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 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 more information on after hour use of the YMCA facility by community or individual groups call Patty at 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 647-1616, or:**

CEO/Executive Director - Mark Sawyer
msawycantonymca@gmail.com

Associate Executive Director - Lori Oaks
loaks.ymca@gmail.com

Administrative Assistant - Trisha Shubert
tshubercantonymca@gmail.com

Senior Program Director - Rick Eddy
rickeddy.ymca@gmail.com

Program Director - Caleb Taylor
cantonymcaaquatics@gmail.com

Youth Development Director - Liberty Goldring
lgoldringymca@gmail.com

Day Supervisor/Sponsorships - Dayle Sarnes
dsarnescantonymca@yahoo.com

Eve Supervisor/Birthday Party/Rentals - Patty Keller
YMBirthdayParty@gmail.com

Maintenance - Mike Arnett
marnettcantonymca@gmail.com

Tumbling Director - Carlye Beadles
cantonymca.tumbling@gmail.com

Youth & Adult Sports - Whitney Murphy
cantonymcasports@gmail.com

Fitness Coordinator - Hillary Knowles
fitnesscantonfamilyymca@yahoo.com

Preschool Director - Linda Henderson
prekcantonymca@gmail.com

School Age Center – 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!



- 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!
- During the summer months children may attend our Day Camp Program.



	<u>Y Member</u>	<u>Non-Member</u>
Fees: 1 day	\$10	\$13
2 days	\$20	\$26
3 days	\$30	\$39
4 days	\$40	\$52
5 days	\$50	\$65
Half Day	\$20	\$22
All Day	\$26	\$30

- 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

Enroll now! Contact Liberty Goldring at 309-647-1616 or lgoldringymca@gmail.com for more information on the School Age Center Program or Financial Assistance.

Preschool – Ages 3 to 5

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.

For more information contact the Y at 647-1616 or cantonymca@yahoo.com. Financial Assistance available.

Enrollment for the 2023 – 2024 school year begins January 30 for current students and February 6 for new students.



Swim Lesson

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 6:15–6:45 pm

Swim Starters Fees:

Member \$34

Non-Member \$59

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.

1-Water Acclimation: Increases comfort with underwater exploration and introduces 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.

Class Times:
Preschool ages 3 – 5
Tues/Thurs 5:30–6:00 pm

School Age 5 & up
Tues/Thurs 6:15–6:45 pm

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.

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: Reinforces stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

Class Times:
Tues/Thurs 5:30–6:15 pm

Swim Basics and Strokes Fees: Member \$39 Non-Member \$74

**Contact Caleb Taylor, Program Director,
309-647-1616 or cantonymcaaquatics@gmail.com
for more information on Swim Lessons**

PRIVATE & SEMI PRIVATE SWIM LESSONS



**American
Red Cross**

PRIVATE LESSONS

Adult and children 1/2 hour long lessons are available. Work one on one to advance your skill. Open to anyone. Lessons are 30 minutes.

Member: 1 lesson \$15/5 lessons \$75

Program Member: 1 lesson \$25/5 lessons \$100

SEMI-PRIVATE LESSONS

Have multiple children? Do you want them to take swim lessons together? Check out Semi-Private lesson. Semi-private lessons may have 2 or more people from the same family. 2 to 1 student/teacher ratio. Price is per person for a total of 10 lessons.

Members \$50

Program Members \$85

LIFEGUARD TRAINING COURSE BLENDED TRAINING

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 years old & pass certain swimming requirements. See Caleb Taylor for more information, plus information on recertification.

Lifeguard Classes: Members \$300

Non-Members \$325

Offered March 10-12, March 31-April 2, April 21-23, April 28-30, May 5-7, May 19-21, May 23-26.

Lifeguard Recertification: \$100

Offered April 15, May 13, June 3

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 9:15 – 10:05 am

AQUA ZUMBA

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

M/W/F 10:15 – 11:05 am

OPEN AQUAROBICS

Open Aquatics – is set time for Aquatic Fitness Participants without instructor.

T/Th 9:00-9:50 am

WATER FITNESS PASS FEES:

Y MEMBER– FREE

Non-Members:

2 day/week- \$53

Daily Drop in- \$8

3 day/week- \$65

Unlimited- \$74

**Contact Caleb Taylor, Program Director,
309-647-1616 or cantonmcaaquatics@gmail.com for more information
on Lifeguard Classes, Water Fitness and Private Swim Lessons**

Winter 2023 Aquatics Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Open / Lap Swim 5:15-9:00 am	Adult Open / Lap Swim 5:15-9:00 am	Adult Open / Lap Swim 5:15-9:00 am	Adult Open / Lap Swim 5:15-9:00 am	Adult Open / Lap Swim 5:15-9:00 am	Open Swim 8:00-11:00am	Open Swim 10:30-1:30pm
Aquarobics 9:15-10:05am	Open Aquarobics 9:00-9:50am	Aquarobics 9:15-10:05am	Open Aquarobics 9:00-9:50am	Aquarobics 9:15-10:05am	<div>Schedule is subject to change.</div> <div>Watch our website: cantonfamily ymca.org</div> <div>Call us at: 309-647-1616</div>	
Aquazumba 10:15-11:05am	Open Swim 10:00-1:00pm	Aquazumba 10:15-11:05am	Open Swim 10:00-1:00pm	Aquazumba 10:15-11:05am		
Open Swim 11:15-3:30pm	Pool Closed 1:00-3:30pm	Open Swim 11:15-3:30pm	Pool Closed 1:00-3:30pm	Open Swim 11:15-3:30pm		
Swim Team 3:30-5:30pm	Swim Team 3:30-5:30pm	Swim Team 3:30-5:30pm	Swim Team 3:30-5:30pm	Swim Team 3:30-5:30pm		
Open Swim 5:30-8:00pm	Swim Lessons 5:30-7:00pm	Open Swim 5:30-8:00pm	Swim Lessons 5:30-7:00pm	Open Swim 5:30-6:30pm		
	Open Swim 7:00-8:00pm		Open Swim 7:00-8:00pm			

- Winter Sessions: Jan 9 – Feb 12, Feb 13 – Mar 19, Mar 20 – Apr 23, Apr 24 – May 28
- 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.
- Open Aquarobics – Is set time for Aquatic Fitness Participants without an instructor.

Questions? Contact Program Director Caleb Taylor at cantonymcaaquatics@gmail.com.

Tumbling and 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 6:00 - 6:45 pm

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

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

Wed 6:15 - 7:00 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

Mon 6:15 - 7:00 pm

Tue 4:30 - 5:15 pm

Wed 4:30 - 5:15 pm

NOVICE

Must be able to do round-off & handstand. Learn front & back handsprings & intro to 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

Tue 6:00 - 6:45 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: \$48

Community: \$76

2nd Child: \$35

2nd Child: \$54

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.



Fees: 45 MINUTE CLASSES

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

Community: 1st Child \$61 2nd Child \$41

Questions? Contact Carlye Beadles,
Tumbling Director at 647-1616 or
cantonmca.tumbling@gmail.com

YOUTH SPORTS

SPRING SOCCER LEAGUES

- Leagues will be formed in the following age groups: U-5, U-7, U-10, U-13 (not in 7th grade)
- Age groups based off of August 1, 2022
- Players will be supplied a T-Shirt
- Players will need cleats and shin guards
- Register now through March 12

Games Run: April 8 – May 27

Fees: Members \$44 Non-Members \$85

Sign up by February 13 and save \$10

SPRING VOLLEYBALL LEAGUE

- Designed for beginners and experienced players
- The goal of the league is to develop skills and to improve their skills
- Age groups U17, U15, U13, U11
- Sign up now through March 5th
- SAVE \$10 – sign up by February 13

Practices Start: Mid March

Fees: Members \$44 Non-Members \$85

FULTON COUNTY SOCCER CLUB

The Y is proud to be a partner of the Fulton County Soccer Club Travel Teams. The club gives students from 7-12 grade the opportunity to develop their Soccer skills and play competitively against other communities.

U15 (Jr High School)

Fees: Members \$44

Non-Members \$85

Includes league games and 1 tournament

U19 (High School)

Fees: Members \$44

Non-Members \$85

Includes 2-3 tournaments

Season runs March-May.

Sign up by February 13 and save \$10

For more information:

Email: FultonCountySoccerClub@gmail.com or

Call/text Andrea Phillips 309-255-6839

ADULT SPORTS

CO-ED VOLLEYBALL

- Games on Monday/Tuesday nights
- Games begin in March
- Sign up now through – March 1

Fees: Members \$30

Non-Members \$50

ADULT BASKETBALL OPEN GYM

Take a break from your workday and come out to the Y for a little basketball over the lunch hour. There will be pickup games or simply just shoot around. Everyone over the age of 18 is welcome to participate.

Tuesdays and Thursdays 11:45-1:30 pm

Now through March 30

Members Free Non-Members \$5 per visit

MARTIAL ARTS

KOSHO RYU KEMPO KARATE

Participants ages 6 & up learn self-defense through self-discipline & self control
Instructors: Roger Fife & Randy Motsinger

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

Contact Rick Eddy at
rickeddyymca@gmail.com or
Whitney Murphy at
cantonymcasports@gmail.com or
call the Y at 309-647-1616 for
information on youth and adult sports
& financial assistance.

Fitness Classes

BOOTCAMP: Instructor Ed

This high energy workout includes cardiovascular, strength & endurance exercises. Move from one exercise to the next with little or no rest time doing circuits, sports type drills, explosive intervals, & more to burn maximum calories plus tone & tighten every muscle group. Some classes will be held outdoors, weather permitting, to add hill drills, tire flips, & more. Guys & gals will love this invigorating workout! Classes will be held outdoors, weather permitting.

INSANITY: Instructor Christa

Insanity group exercise brings the revolutionary high-intensity interval training, total body conditioning program to the gym. It is based on the principles of MAX Interval Training which will push you to new training heights, resulting in more calories burned, faster results, & a more efficient metabolism. It is the pinnacle of cardio training. This plateau proof workout has been designed to give participants a safe, challenging & results driven experience by providing a variety of modifications for the ultimate workout regardless of your fitness level, from beginners to athletes!

KETTLEBELLS: Instructor Sue

Kettlebells provide functional, real-world strength for just about anyone. Resembling a mini bowling ball with a handle, they're great for cardio, strength & flexibility training. This workout delivers an unparalleled mix of strength & conditioning that targets the whole body, but focuses on core, leg & gluteal muscles. Led by alternating instructors.

SHRED: Instructor Julie

Shred is a high-intensity & endurance based 30 minute workout utilizing the 3-2-1 interval approach: 3 min. of strength, 2 min. of cardio, 1 min. of abs. You will shed fat, define muscle, transform your physique, enhance your overall health & improve your athletic performance.

PILATES FUSION: Instructor Jenett

Pilates Fusion offers different workout styles including barre, yoga, and strength training. This class will help enhance body tone, core strength, flexibility and is adjustable to all fitness levels.

TAI CHI: Instructors Mitch & Greg

Regular Tai Chi practice has been shown to improve balance, stress relief, strength, flexibility, cardiovascular health, and to lower blood pressure. Tai Chi consists of a series of postures linked together by graceful, slow motion movements into a relaxing choreography combining mind/body integration.

YOGA: Instructor Monika

Practicing Yoga can lead to improved balance, flexibility, range of motion & strength. Considered a mind/body type of exercise, Yoga can also help reduce stress & anxiety plus enhance your mood & overall sense of well-being.

PILATES: Instructor Lauren

A low-impact form of exercise that combines deep breathing with gentle stretching to boost strength, balance, and mobility. Workouts target your "powerhouse" (your abs, lower back, pelvic floor, hips, and glutes), but you'll hit other areas too.

PERSONAL TRAINING - SCW Certified Personal Trainer Hillary Knowles

Trainer will design an exercise & nutrition plan to meet your goals. Includes:

- 1 on 1 training sessions to fit your schedule
- Personalized diet & nutrition plans
- Personalized strength training & exercise plans
- FEES: \$35 1 one-hour session
- \$99 3 one-hour sessions
- \$180 6 one-hour sessions



MORNING FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
KETTLEBELLS 5:30 – 6 AM STAFF		KETTLEBELLS 5:30–6 AM STAFF		KETTLEBELLS 5:30–6 AM STAFF	
	KETTLEBELLS 8:15 – 9 AM SUE		KETTLEBELLS 8:15 – 9 AM SUE		
PILATES 9:15 –9:45AM LAUREN	YOGA 9:00 – 10 am MONIKA	PILATES 9:15 –9:45AM LAUREN	YOGA 9:00 – 10 am MONIKA		TAI-CHI 9:00 – 10 AM MITCH

EVENING FITNESS CLASS SCHEDULE

INSANITY 4:30–5:20 PM KRISTA				INSANITY 5:30–6:20 PM KRISTA	
PLATES FUSION 5:30–6:15 PM JENETT	SHRED 6 – 6:30PM JULIE	PLATES FUSION 5:30–6:15 PM JENETT	BOOTCAMP 5:30–6:20PM ED		

Questions? Call the Y at 309-647-1616

FITNESS PASS FEES:



Members: Free

Non-Members: 12 classes \$53

18 classes \$65

Unlimited \$74

Drop Ins \$8

Senior Fitness – Healthy Living

MORNING FITNESS CLASS SCHEDULE				
Monday	Tuesday	Wednesday	Thursday	Friday
SilverSneakers CIRCUIT	SilverSneakers YOGA	SilverSneakers CIRCUIT	SilverSneakers CLASSIC	SilverSneakers YOGA
10:15–11:00 AM Sue	10:15–11:00 AM	10:15–11:00 AM Sue	10:15–11:00 AM	10:15–11:00 AM Whitney

SilverSneakers classes are fitness classes designed specifically for seniors and led by certified instructors. Active older adults feel better, have more energy, and meet friends with these classes.

SilverSneakers Instructors: Sue Maurice, Whitney Murphy

Does your health insurance cover Silver Sneakers? Senior Fitness Classes are covered by many health insurance plans, including:

- SilverSneakers
- Renew Active by United Healthcare
- Silver & Fit

Please contact Dayle at the customer service desk or at dsarnescantonymca@yahoo.com for details about your health insurance.

SilverSneakers Circuit

Combine fun and fitness to increase your cardiovascular and muscular endurance power 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, offering head to toe stretching, and complete relaxation in a comfortable position.



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 Silver Sneakers ball are offered for resistance, and a chair is used for seated and/or standing support.

SilverSneakers Yoga

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

Modifications can be made & all fitness levels are welcome.

FITNESS FEES

Y Members Free

Community Fees:
12 classes \$53
18 classes \$65
Unlimited \$74
Drop Ins \$8

Birthday Parties

“What could be more fun than a Birthday Party at the Y?”

Your choice of a Tumbling & Trampoline, or Swimming Party!



Your child's two hour party includes your activity choice, cake, ice cream, punch and tableware. And we do all the clean-up! **Fees for up to 12 kids:**

Members \$75 Program Members \$95

(\$5 for each additional child after 12)

Contact Patty at 309-647-1616, after 4 pm to book your party!

Y GIFT CERTIFICATES

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. A Y Gift Certificate makes the perfect healthy gift for the special person in your life. Gift Certificates are available in all denominations at our customer service desk.

7th & 8th Graders

Life Center-STRIVE-Weight Room

Now open to 7th & 8th grade members. All Youth must attend the Y's Introduction Training before use of rooms. **Stop by the customer service desk for more information or to set up a training.**

Monical's Child Care Room



FREE Child Care for all Members & Fitness Class Participants while you workout!

Mornings	Mon & Wed 9:00 am - 11 am
	Tue & Thurs 8:10 am - 11 am
Evenings	Mon - Thurs 5:30 pm - 7:30 pm



Hours subject to change based on participation.

Parents must remain on YMCA premises.

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?

Please contact Mark Sawyer CEO at the Y 309-647-1616 for more information on the Heritage Club.



Y GIFT CERTIFICATES

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. A Y Gift Certificate makes the perfect healthy gift for the special person in your life. Gift Certificates are available in all denominations at our customer service desk.

Financial assistance is available through donations made to the Y's annual Strong Kids Campaign. These generous donation will help you and your family become a Y member and take part in programs. Applications are available at our front desk and at www.cantonfamilyymca.org

COURT RESERVATIONS

- Tennis, racquetball/handball/wallyball courts.
- FREE for members Mon-Fri before 3 pm.
- Non-Members must pay a court & guest fee
- Racquetball courts are \$6 per hour, and Tennis Court is \$14 per hour after 3 pm & on weekends. Youth 7th grade-college are 1/2 price. (Payment must be made before using.)
- Reserve court time & pay fees at Main Desk.
- Reservations can be made in advance at the Main Desk.
- Paid reservations are taken anytime.

For more information call the Y at 309-647-1616

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 played on the Tennis Court.

Fees: Members Free

Program Members \$5

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

24-HOUR ACCESS IS INCLUDED IN YOUR MEMBERSHIP!

- 24-Hour Access to the Y's Life Center, Olympic Weight Room, Main Gym, Track and Community Room
- Canton Family YMCA members only, who are 18 years of ages and older
- The rest of the Y will be closed, and only open during the hours of operation
- Once the Y closes for the day, there will be no Y staff on hand to assist members
- Stop by the Front Desk during staffed hours to sign up for 24-Hour Access
- Members will be required to sign a 24/7 access waiver to receive approval for access entry
- Each Member wanting 24-Hour Access is required to have their own Key Fob. The one time fee is \$10 for a Fob
- Your Key Fob can not be shared with others
- The Y has a 24-hour video recording system for security purposes. It's reviewed on a daily basis to address any security concerns

YOUR HEALTH ON YOUR TIME!

