



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FUELING SUMMER FUN



Summer Program Guide- Session II: July 5-August 15, 2021

Canton Family YMCA * 1325 E. Ash * 647-1616 * www.cantonfamilyymca.org

Facility Info

FACILITY HOURS

| | |
|-----------------|------------------|
| Monday–Thursday | 5:00 am–8:30 pm |
| Friday | 5:00 am–7:00 pm |
| Saturday | 7:00 am–12:00 pm |
| Sunday | 10:00 am–2:00 pm |

HOLIDAY HOURS

| | |
|------------------|----------------|
| Independence Day | CLOSED all day |
| Labor Day | CLOSED all day |

MEMBERSHIP

Membership grants full access to our facility, including our pool, track, basketball courts, and more. It also includes free land and water fitness classes, and discounted program 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 Campaign. For more information, ask at the customer service desk, call 647-1616, or visit www.cantonfamilyymca.org.

GUIDELINES

- 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.
- An annual medical exam is recommended for all members embarking on a physical fitness program.
- Food and drink are allowed in the community room & tumbling spectator area only.
- Facility Rentals: For more information on after hour use of the YMCA facility by community or individual groups call 647-1616.

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 lifestyles and encourages the development of spirit, mind and body. Our areas of focus are:

Youth Development–Nurturing Every Child & Teen
Healthy Living–Improving the Nation's Health & Well-Being
Social Responsibility–Giving Back & 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? Contact Paula Grigsby.

LIKE US ON FACEBOOK

Canton Family YMCA
For updates, photos,
event information,
and more!



Youth Development

PRESCHOOL DAY CAMP

Summer is fast approaching and we are happy to announce we have scheduled summer preschool! We have 3 weeks of fun, games, songs, stories, and learning. You may sign your child up for one week or all three weeks. We hope to see you there. Registration is open ONLY to 2020-2021 or 2021-2022 students.

CAMP is MONDAY-FRIDAY from 8:30-11:15a.m.

Week 5- July 12

Week 6- July 19

Week 7- July 26

MEMBERS \$40/WEEK
COMMUNITY \$60/WEEK

Questions? Contact us at 647-1616 or prekcantonymca@gmail.com.

DAY CAMP

CAMP AT THE Y IS MORE THAN A PLACE TO GO

Our purpose is to offer a wonderful atmosphere that focuses on creating memories for our campers based on our four core values: caring, honesty, respect and responsibility. Your child will spend this summer making friends, enhancing social skills, trying new things and gaining self-confidence through positive reinforcement, safe surroundings and fun with our trained and committed staff! All staff are required to attend hours of training before working at camp. Their training hours are spent on CPR, First Aid, Character Development, Child Abuse Awareness, age appropriate activities, and a variety of other topics to ensure your children have a safe and fun experience at camp.

FEES:

Y MEMBERS \$26/DAY

COMMUNITY \$30/DAY

(30% Discount for each additional sibling.)

Camps



DAY CAMP

Week 8: YMCA's Got Talent- July 5th-9th

Turn your creative side loose as you experiment with movement, drama and improvisation! Complete your week with your acting debut on YMCA's Got Talent!

Week 9: Out of this World- July 12th-16th

From NASA and the Space Station, we will learn to be a Rocketeer, explore space, and make rockets! We will also have some fun learning about fantastical creatures like unicorns and mermaids!

Week 10: Game Show Challenge- July 19th-23rd

COME ON DOWN! YOU'RE THE NEXT CONTESTANT! as we take on the game show world and play Name that Tune, Friendly Feud, Let's Make a Deal and Wheel of Fortune!

Week 11: A Bug's Life- July 26th-30th

Insects are the most abundant animals on Earth! Come and explore ants, butterflies, grasshoppers and more as we learn just how much insects help us everyday!

Week 12: Splashdown- August 2nd-6th

A week full of fun and water! Water relays, a sponge run, water balloons, sprinklers and more!

Week 13: Greatest Hits of Summer!- August 9th-13th

Our summer comes to an end, but not without memories to last a lifetime!! Join us for a medley of the favorite and best activities from this year!

Aquatics

SWIM 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.

Call or email Aquatics Director Caleb Taylor, 647-1616 or cantonymcaaquatics@gmail.com

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. Classes are 30 min.

Class Times:

Tues/Thurs 10:45 am–11:15 am (Levels A & B)

Swim Starters Fees:

Y Members \$34 Community \$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. Classes are 30 min. long.

Class Times:

Preschool

Mon/Wed 5:30 – 6 pm (Levels 1 & 2)

Tues/Thurs 10:15 – 10:45 am (Levels 1,2 & 3)

Tues/Thurs 5:30 – 6:00 pm (Levels 1,2 & 3)

School Age

Mon/Wed 5:30 – 6 pm (Levels 1 & 2)

Tues/Thurs 9:45 – 10:15 am (Levels 1,2 & 3)

Tues/Thurs 6:00–6:30 pm (Levels 1,2 & 3)

Swim Basics Fees:

Y Members \$39 Community \$74

Youth Development

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. Classes are 45 min long and are for levels 4,5 & 6.

Class Times:

Tues/Thurs 9–9:45 am (Level 4 only)

Tues/Thurs 5:30–6:15 pm (Pre Competitive/Conditioning)

Tues/Thurs 6:15–7:00 pm (Levels 4, 5 & 6)

Swim Strokes Fees:

Y Members \$39 Community \$74

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. **Ages range from 5 to 18 years of age.** We strive for quality instruction and workouts, which suit each swimmer's abilities and goals. Typical swim season begins in October and ends in March.

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

The team is currently practicing 4:30–5:30 Monday–Friday.

**Visit the Y's website at
www.cantonfamilyymca.org
for program and membership
information and to register!**

Healthy Living



PRIVATE LESSONS

Adult, children & family 1/2 hour long lessons are available. Lessons for younger children (Levels 1-3) may require a parent or caregiver on the pool deck or in the water, depending on the child's comfort level in the water. This will allow instructors to stay socially distanced on the pool deck or in the water.

Private Lesson Fees:

Members-1 lesson \$15 / 5 lessons \$75

Community-1 lesson \$25 / 5 lessons \$100

SEMI PRIVATE LESSONS

Have multiple children? Do you want them to take swim lessons together? Check out our Semi-Private lesson. Semi-Private lessons may have 3 or more people from the same family. 3 to 1 student/teacher ratio. Price is per person for a total of 10 lessons.

Semi-Private Lesson Fees:

Y Members \$50 Community \$85

Aquatics

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 9:05 - 10:00 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 - 11:00 am

WATER FITNESS PASS FEES:

Y MEMBER- FREE

Program Member:

2 day/week- \$53

3 day/week- \$65

UNLIMITED- \$74

Daily Drop in Rate- \$8

MONICAL'S CHILD CARE ROOM

FREE Child Care for all

Members & Fitness Class

Participants while you work

out! By Appointment Only! Appointments must be made **24 hours in advance**. To do so you can stop by the front desk or call, 647-1616.

MONDAY-THURSDAY:

9:00-11 :00 a.m. & 5:30-7:30 p.m.

Hours subject to change based on participation. Parents must remain on Y premises. Children age 2 and up will need to wear a mask to follow current DCFS guidelines.



James J. Elson Jr.
Attorney at Law

1522 East Ash Canton, IL 61520 647-6622

Aquatics

Healthy Living

POOL SCHEDULE

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | | |
|--|--|--|--|--|--|----------------------------------|--|--|
| Adult Open / Lap Swim 5:15-9:00 am 2 lap lanes open | Adult Open / Lap Swim 5:15-9:00 am 2 lap lanes open | Adult Open / Lap Swim 5:15-9:00 am 2 lap lanes open | Adult Open / Lap Swim 5:15-9:00 am 2 lap lanes open | Adult Open / Lap Swim 5:15-9:00 am 2 lap lanes open | Open Swim 8:00-11:00am | Open Swim 10:30-1:30pm | | |
| Aquarobics 9:05-10:00am 2 lap lanes open | Swim Lessons 9:00-11:30am | Aquarobics 9:05-10:00am 2 lap lanes open | Swim Lessons 9:00-11:30am | Aquarobics 9:05-10:00am 2 lap lanes open |  | | | |
| Aquazumba 10:15-11:00am 2 lap lanes open | | Aquazumba 10:15-11:00am 2 lap lanes open | | Aquazumba 10:15-11:00am 2 lap lanes open | | | | |
| Open Swim 11:15-4:15pm 2 lap lanes open | Open Swim 11:30-4:15pm 2 lap lanes open | Open Swim 11:15-4:15pm 2 lap lanes open | Open Swim 11:15-4:15pm 2 lap lanes open | Open Swim 11:15-4:15pm 2 lap lanes open | | | | |
| Swim Team 4:30-5:30pm | Swim Team 4:30-5:30pm | Swim Team 4:30-5:30pm | Swim Team 4:30-5:30pm | Swim Team 4:30-5:30pm | | | | |
| Swim Lessons 5:30-6:00pm | Swim Lessons 5:30-7:00pm | Swim Lessons 5:30-6:00pm | Swim Lessons 5:30-7:00pm | Open Swim 5:30-6:30pm | | | | |
| Open Swim 6:00-8:15pm 2 lap lanes open | Open Swim 7:00-8:15pm 2 lap lanes open | Open Swim 6:00-8:15pm 2 lap lanes open | Open Swim 7:00-8:15pm 2 lap lanes open | 2 lap lanes open | | | | |

- Schedule is subject to change; watch our website, www.cantonfamilyymca.org, and Facebook for updates.
- Lockers and showers are available. Please enter the pool through the locker rooms.
- One lap lane will be available, except during swim team.
- The lap lane will only be taken out during Water Fitness classes if it prevents social distancing.
- Pool Shutdown will be the week of August 7th-23rd.

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



SCHOOL AGE CLASSES

BEGINNER

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

Tuesday 11:15–12:00 p.m.

Wednesday 5:15–6:00 p.m.

ADVANCED BEGINNER

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

Tuesday 10:30–11:15 a.m.

Wednesday 5:15–6:00 p.m.

NOVICE

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

Monday 5:15–6:00 p.m.

Tuesday 9:45–10:30 a.m.

Wednesday 11:15–12:00 p.m.

INTERMEDIATE/SUBADVANCED/

ADVANCED

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

Tuesday 9–9:45 a.m.

FEES/SESSION:

Y MEMBER: 1st Child– \$38, 2nd Child– \$29

COMMUNITY: 1st Child– \$71, 2nd Child– \$46

POWER TUMBLING–TRAMPOLINE–

DOUBLE MINI

Novice–Intermediate–Advanced: 90 minute class gives more time to focus on technique, skills and routines for competition. Must be able to do back handsprings.

Monday 6:45–8:15 p.m.

FEES: Y MEMBER: \$55 COMMUNITY: \$85



PRESCHOOL CLASSES

TUMBLETOTS (PARENTS & TOTS)

Tumbling, motor skills & development activities are for tots ages 1 – 3 years old and a parent. 4:1 student/instructor ratio max.

Monday 6–6:45 p.m.

Wednesday 9:30–10:15 a.m.

PRESCHOOL TUMBLING & TRAMPOLINE

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

Wednesday 10:30–11:15 a.m. & 6–6:45 p.m.

FEES/SESSION:

Y MEMBER: 1st Child– \$38, 2nd Child– \$29

COMMUNITY: 1st Child– \$71, 2nd Child– \$46

United
Way



Tumbling and Trampoline

Youth Development

GENERAL INFORMATION

- Equipment will be sanitized regularly.
- All classes are 45 minutes long, allowing time to sanitize and adhere to social distancing procedures.
- Payment is due upon registration.
- Credit is not given for missed classes, but absences may be made up.
- 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.
- Special Arrangements: Class placement exceptions & special arrangements are made by the instructor.

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



JOIN THE TUMBLING TORNADOS

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 and financial assistance is available.

For more information contact: Carlye Beadles, Tumbling Director at 647-1616 or cantonymca.tumbling@gmail.com



BIRTHDAY PARTIES

CELEBRATE AT THE Y! More Party, Less Work! Have a birthday party at the Y, and let us handle the mess! Your child's 2 hour party will begin and end in your chosen activity area. We do the clean-up. This includes 1 hour of your choice of activity.

There is a **\$20 deposit** that's due at the time your party is booked, the remaining balance is due no later than the day of the party before the party starts.

Choose from the following activities:

- Swimming
- Tumbling & Trampoline

Full party Option: We supply cupcakes, ice cream, punch, and tableware.

Y Members \$90, Community \$115

Basic Party Option (Food Not Included):

Y Members \$75, Community \$100

To schedule your party contact Patty Keller at YMBirthdayParty@gmail.com or at 647-1616.

Fitness

BOOTCAMP–Instructor: Ed Zaborac

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 Christensen

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–Instructors: Sue Maurice & Corey Maurice

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.

R.I.P.P.E.D.–Instructor: Karen Taylor & Christa Christensen

This workout is a Plateau Proof Fitness Formula that combines Resistance, Interval, Power, Plyometrics, & Endurance training in one workout. You will lose pounds & inches, increase your metabolism, sculpt lean muscles & improve overall cardiovascular performance. Feel your energy & strength go through the roof & have a blast doing it!

SHRED–Instructor: Julie Clendenny

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.

TAI CHI–Instructors: Mitch Williams

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–Instructors: Christa Christensen & Monika Gaspar

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.

FITNESS PASS FEES

Y Members Free

Community Fees:

12 classes \$53

18 classes \$65

Unlimited \$74

Drop Ins \$8

Questions? Contact Hillary Knowles at
hknowlescantonmca@gmail.com.

PERSONAL TRAINING–SCW Certified

Personal Trainer Hillary Knowles

Trainer 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

FEES: \$35 1 one-hour session

\$99 3 one-hour sessions

\$180 6 one-hour sessions



Senior Fitness

SILVERSNEAKERS FITNESS CLASSES

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: Karen Taylor, Sue Maurice, Whitney Murphy

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

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.

Healthy Living



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

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



SilverSneakers

RenewActive™
by UnitedHealthcare



Silver&Fit®

Please contact Dayle at the Front Desk or at dsarnescantonymca@yahoo.com for details about your health insurance.



Dave Lewis Studio Ltd.

Portraits and Framing

647 - 5770

FITNESS SCHEDULE

MORNING FITNESS CLASS SCHEDULE

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|---|--|---|
| KETTLEBELLS 5:30-6:00 AM STAFF | | KETTLEBELLS 5:30-6:00 AM STAFF | | KETTLEBELLS 5:30-6:00 AM STAFF | |
| | | | | | KETTLEBELLS 7:15-8:00 AM COREY |
| | KETTLEBELLS 8:15-9:00 AM SUE | | KETTLEBELLS 8:15-9:00 AM SUE | | |
| | YOGA 9:00-10:00 AM MONIKA | RIPPED 9:00-10:00 AM KAREN | YOGA 9:00-10:00 AM MONIKA | | TAI CHI 9:00-10:00 AM MITCH |
| Silversneakers CIRCUIT 10:15-11:00 AM SUE | Silversneakers YOGA 10:15-11:00 AM KAREN | Silversneakers CIRCUIT 10:15-11:00 AM SUE | Silversneakers CLASSIC 10:15-11:00 AM KAREN | Silversneakers YOGA 10:15-11:00 AM WHITNEY | |

EVENING FITNESS CLASS SCHEDULE

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---------------------------------------|--|---------------------------------------|--|
| INSANITY 5:30-6:20 PM CHRISTA | | INSANITY 5:30-6:00 PM CHRISTA | BOOTCAMP 5:30-6:20 PM ED | INSANITY 5:30-6:20 PM CHRISTA |
| | SHRED 6:00-6:45 PM JULIE | | | |

Fitness Class Information:

- You will be asked to practice safe social distancing during class (6 ft. apart).

Questions? Contact Hillary Knowles at hknowlescantonmca@gmail.com.

Healthy Living

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 in the Tennis Courts.

FEES:

MEMBERS FREE COMMUNITY \$5

TENNIS & RACQUETBALL

Tennis and Racquetball/Handball/Wallyball courts are available.

- **FREE** for members **Mon-Fri** before 3 pm.
- Racquetball court **\$6 per hr**, and Tennis **\$14 per hr** after 3 pm & on weekends.
- Youth 7th grade-college are **1/2 price**.
- **Non-Members** pay court & guest fee.
- Reserve court time & pay fees at Main Desk.
- Reservations can be made in advance.
- Paid reservations are taken anytime.

For information call **647-1616**.



Soccer Camp
July 12-15
8AM-10AM
With Coaches Mel, Colton,
and Ethan.

FALL SOCCER LEAGUE (YOUTH)

Leagues will be formed in the following age groups: U (Under)-5, U-7, U10, U13*(not in 7th grade).

- Age groups based off of Aug. 1, 2021
- Coaches meeting August 12th, at 6PM
- Practice will begin Aug. 23rd, 2021
- Games Held Saturday mornings Sept. 11th - October 30th
- Fees include a team shirt
- Pictures TBD

******Sign up by July 31st, Save \$10******

Sports

TRAVELING SOCCER (YOUTH)

Traveling league for players in Jr. High (7th and 8th grades). Jerseys with numbers included in fees. Games will be played mostly on weekends away. Home games TBD.

Soccer Fees for All Ages:

Y Members: \$44

Community: \$85



YOUTH & ADULT JUDO

Develop coordination, discipline, self-esteem & group cooperation. Consists mainly of throwing, grappling, safe falling & rolling. No striking of any kind allowed.

Instructor: Mitch Williams

Saturdays 10:30 AM

YOUTH & ADULT KARATE

Kosho-Ryu Kempo Karate participants ages 6 and up. Learn self-defense through self discipline & self-control.

Instructors Roger Fife & Randy Motsinger

Mondays 6:30 PM & Saturdays 8:30 AM

Judo & Karate Fees:

Community \$65

Y Members \$29

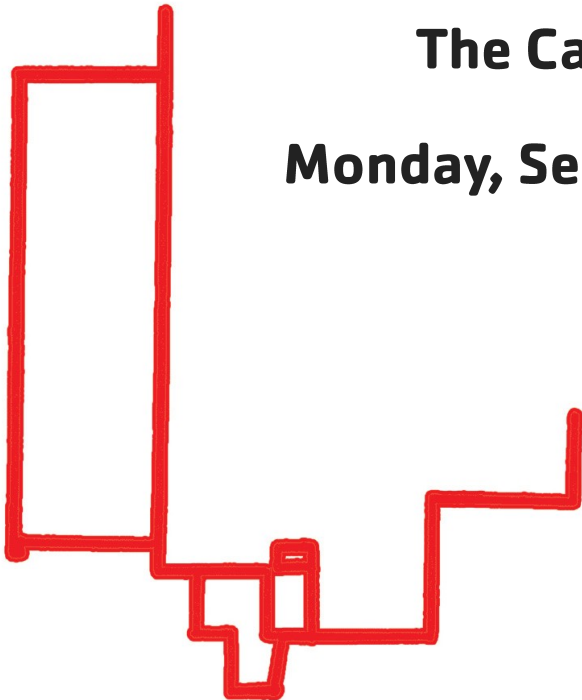


FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ON LABOR DAY WE RUN 13.1

The Canton Half is Back!

Monday, Sept. 6, 2021 at 8:00 a.m.



Race Fees:
5K

\$35-short sleeve shirt

\$25-no shirt

\$40-Race Day Registration

Half Marathon

\$60-long sleeve shirt

\$50-no Shirt

\$65-Race Day Registration

Take the half-marathon challenge on Canton city streets, or join us for a 5K race this fall. All ability levels are welcome, but there will be a 3 hour time limit. Volunteers will not be on the route after this time period, but you may still finish the race. This is a chip-timed event.

To Register: Go to <https://cantonfamilyymca.org/upcoming-races>

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General Info

CONTACT INFORMATION

Paula Grigsby, Executive Director

pgrigsbycantonymca@sbcglobal.net

Lori Oaks, Associate Executive Director

loaks.ymca@gmail.com

Mark Sawyer, Senior Program Director

msawyercantonymca@gmail.com

Trisha Shubert, Administrative Assistant

tshubertcantonymca@gmail.com

Hillary Knowles, Fitness Coordinator

hknowlescantonymcafitness@gmail.com

Caleb Taylor, Aquatics Director

cantonymcaaquatics@gmail.com

Carlye Beadles, Tumbling Director

cantonymca.tumbling@gmail.com

Liberty Goldring, Youth Development Director

lgoldringymca@gmail.com

Linda Henderson, Preschool Director

prekcantonymca@gmail.com

Dayle Sarnes, Financial Aid/Silver Sneakers

dsarnescantonymca@yahoo.com

Patty Keller, Birthdays/ Rentals Coordinator

YMBirthdayParty@gmail.com

Whitney Murphy, Youth Sports Director

cantonymcasports@gmail.com

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.
- 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 (309) 647-1616, or online at 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.

YOUTH GUIDELINES-

Watch for Updates!

- Children (under age 13) 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 8:30 pm daily.
- Non-member program participants are limited to the usage of their program area or the Ingersoll Community Room.

CODE OF CONDUCT

- Members, guests and staff are expected to exhibit behavior in keeping with the YMCA character values of Caring, Honesty, Respect and Responsibility.
- The YMCA will not tolerate those who 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 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.