



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

# **INSPIRE SHARE GROW**



**Winter Program  
Guide January–  
May 2022**

**Session I  
Session II  
Session II**

**January 10–February 20  
February 21–April 3  
April 4–May 15**

**Canton Family YMCA \* 1325 E. Ash \* 647-1616 \* [www.cantonfamilyymca.org](http://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

Good Friday	5:00 am – 1:00 pm
Easter	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.

## 24 HOUR ACCESS

24-hour access to the Y's Life Center, Olympic Weight Room, Main Gym, Track and Community Room is for Canton Family YMCA members only, who are 18 years of age and older.

**A special keyfob must be used to gain access to the building. The keyfob is a onetime \$10 fee.**

## 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](http://www.cantonfamilyymca.org).

## 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.**

## 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 STRONG  
KIDS  
CAMPAIGN  
will be  
beginning  
soon!**

**YMCA  
STRONG  
KIDS  
CAMPAIGN**

# General Info

## CONTACT INFORMATION

Paula Grigsby, Executive Director

[pgrigsbycantonymca@sbcglobal.net](mailto:pgrigsbycantonymca@sbcglobal.net)

Lori Oaks, Associate Executive Director

[loaks.ymca@gmail.com](mailto:loaks.ymca@gmail.com)

Trisha Shubert, Administrative Assistant

[tshubertcantonymca@gmail.com](mailto:tshubertcantonymca@gmail.com)

Hillary Knowles, Fitness Coordinator

[hknowlescantonymcafitness@gmail.com](mailto:hknowlescantonymcafitness@gmail.com)

Caleb Taylor, Aquatics Director

[cantonymcaaquatics@gmail.com](mailto:cantonymcaaquatics@gmail.com)

Carlye Beadles, Tumbling Director

[cantonymca.tumbling@gmail.com](mailto:cantonymca.tumbling@gmail.com)

Liberty Goldring, Youth Development Director

[lgoldringymca@gmail.com](mailto:lgoldringymca@gmail.com)

Linda Henderson, Preschool Director

[prekcantonymca@gmail.com](mailto:prekcantonymca@gmail.com)

Dayle Sarnes, Financial Aid/Silver Sneakers

[dsarnescantonymca@yahoo.com](mailto:dsarnescantonymca@yahoo.com)

Patty Keller, Birthdays/ Rentals Coordinator

[YMBirthdayParty@gmail.com](mailto:YMBirthdayParty@gmail.com)

Whitney Murphy, Youth Sports Director

[cantonymcasports@gmail.com](mailto: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](http://www.cantonfamilyymca.org).
- Paid registration guarantees a space in class.
- League participants must register and pay prior to the season.
- Photos: The Y reserves the right to take photos of participants for marketing purposes: brochures, publications, website and Facebook. Please let us know if you do not wish to be photographed.

## YOUTH 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 8:30 pm daily.
- Non-member program participants are limited to the usage of their program area or the Ingersoll Community Room.



**Dave Lewis Studio Ltd.**

Portraits and Framing

**647 - 5770**

## 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.

# Aquatics

# Youth Development

## 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](http://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](mailto: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.

**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:** 30 minutes  
Tues/Thurs 6:30 am–7:00 pm  
(Levels A & B)

**Swim Starters Fees:**  
**Y Members \$40**  
**Community \$71**

## 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**

## 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:** 30 minutes  
Preschool  
Tues/Thurs 5:30 – 6:00 pm  
(Levels 1,2 & 3)  
School Age  
Tues/Thurs 6:00–6:30 pm  
(Levels 1,2 & 3)

**Swim Basics Fees:**  
**Y Members \$46**  
**Community \$88**

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

**Swim Strokes Fees:**  
**Y Members \$46**  
**Community \$88**

## 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**



# Healthy Living



## 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.

**Class Times:** 45 minutes  
Tues/Thurs 5:30-6:15 pm

### Fees:

**Y Members \$46      Community \$88**

## 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](http://cantonfamilyymca.org/cudas-swim-team), or contact our Head Coach, Aquatics Director, Caleb Taylor, 647-1616 or [cantonymcaaquatics@gmail.com](mailto:cantonymcaaquatics@gmail.com).**

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

# Aquatics

## WATER FITNESS

### AQUAROBCICS

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**

## WATER FITNESS PASS FEES:

### Y MEMBER- FREE

**Program Member:**      **2 day/week- \$53**  
**3 day/week- \$65      UNLIMITED- \$74**  
**Daily Drop in Rate- \$8**

## 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](mailto:YMBirthdayParty@gmail.com) or at 647-1616.**

# Aquatics

# Healthy Living

## Winter 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Adult Open / Lap Swim</b> 5:15-9:00 am	<b>Adult Open / Lap Swim</b> 5:15-9:00 am	<b>Adult Open / Lap Swim</b> 5:15-9:00 am	<b>Adult Open / Lap Swim</b> 5:15-9:00 am	<b>Adult Open / Lap Swim</b> 5:15-9:00 am	<b>Open Swim</b> 8:00-11:00am	<b>Open Swim</b> 10:30-1:30pm
<b>Aquarobics</b> 9:15-10:05am 2 lap lanes open	<b>Open Aquarobics</b> 9:00-10:00am 2 lap lanes open	<b>Aquarobics</b> 9:15-10:05am 2 lap lanes open	<b>Open Aquarobics</b> 9:00-10:00am 2 lap lanes open	<b>Aquarobics</b> 9:05-10:00am 2 lap lanes open	<div>Schedule is subject to change.</div> <div>Watch our website: <a href="http://canton-familyymca.org">canton-familyymca.org</a></div> <div>Call us at: 309-647-1616</div>	
<b>Aquazumba</b> 10:15-11:05am 2 lap lanes open	<b>Open Swim</b> 10:00-1:00pm 2 lap lanes open	<b>Aquazumba</b> 10:15-11:05am 2 lap lanes open	<b>Open Swim</b> 10:00-1:00pm 2 lap lanes open	<b>Aquazumba</b> 10:15-11:05am 2 lap lanes open		
<b>Open Swim</b> 11:15-3:30pm 2 lap lanes open	<b>Closed/Rental</b> 1:00-3:30pm	<b>Open Swim</b> 11:15-3:30pm 2 lap lanes open	<b>Closed/Rental</b> 1:00-3:30pm	<b>Open Swim</b> 11:15-3:30pm 2 lap lanes open		
<b>Swim Team</b> 3:30-5:45pm	<b>Swim Team</b> 3:30-5:30pm	<b>Swim Team</b> 3:30-5:45pm	<b>Swim Team</b> 3:30-5:30pm	<b>Swim Team</b> 3:30-5:45pm		
<b>Open Swim</b> 5:30-8:15pm 2 lap lanes open	<b>Swim Lessons</b> 5:30-7:00pm  <b>Open Swim</b> 7:00-8:15pm 2 lap lanes open	<b>Open Swim</b> 5:30-8:15pm 2 lap lanes open	<b>Swim Lessons</b> 5:30-7:00pm  <b>Open Swim</b> 7:00-8:15pm 2 lap lanes open	<b>Open Swim</b> 5:30-6:30pm 2 lap lanes open		

- Schedule is subject to change; watch our website, [www.cantonfamilyymca.org](http://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.

Questions? Contact Aquatics Director Caleb Taylor at [cantonymcaaquatics@gmail.com](mailto:cantonymcaaquatics@gmail.com).



**James J. Elson Jr.**  
**Attorney at Law**

1522 East Ash Canton, IL 61520 647-6622

## 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.

<b>Monday</b>	<b>5:30–6:15 p.m.</b>
<b>Wednesday</b>	<b>6:15–7:00 p.m.</b>
<b>Friday</b>	<b>10:30–11:15 a.m.</b>

### PRESCHOOL TUMBLING & TRAMPOLINE

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

<b>Monday</b>	<b>6:15–7:00 p.m.</b>
<b>Tuesday</b>	<b>6:15–7:00 p.m.</b>
<b>Wednesday</b>	<b>5:15–6:00 p.m.</b>
<b>Friday</b>	<b>11:30–12:15 a.m.</b>

## SCHOOL AGE CLASSES

### BEGINNER

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

<b>Monday</b>	<b>4:00–4:45 p.m.</b>
	<b>5:30–6:15 p.m.</b>
<b>Tuesday</b>	<b>4:30–5:15 p.m.</b>
<b>Wednesday</b>	<b>4:15–5:00 p.m.</b>
	<b>6:00–6:45 p.m.</b>
<b>Thursday</b>	<b>4:00–4:45 p.m.</b>



### ADVANCED BEGINNER

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

<b>Monday</b>	<b>4:00–4:45 p.m.</b>
	<b>5:30–6:15 p.m.</b>
	<b>6:15–7:00 p.m.</b>
<b>Tuesday</b>	<b>4:30–5:15 p.m.</b>
<b>Wednesday</b>	<b>4:15–5:00 p.m.</b>
<b>Thursday</b>	<b>4:00–4:45 p.m.</b>

### NOVICE

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

<b>Monday</b>	<b>4:45–5:30 p.m.</b>
	<b>6:15–7:00 p.m.</b>
<b>Tuesday</b>	<b>3:45–4:30 p.m.</b>
	<b>5:15–6:00 p.m.</b>
<b>Thursday</b>	<b>5:00–5:45 p.m.</b>

### INTERMEDIATE/

### SUBADVANCED/ADVANCED

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

<b>Monday</b>	<b>4:45–5:30 p.m.</b>
<b>Tuesday</b>	<b>3:45–4:30 p.m.</b>
	<b>5:15–6:00 p.m.</b>
	<b>6:00–6:45 p.m.</b>
<b>Thursday</b>	<b>5:00–5:45 p.m.</b>

### POWER TUMBLING TUMBLING-TRAMPOLINE-DOUBLE MINI

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

<b>Y MEMBER: \$55</b>	<b>COMMUNITY: \$85</b>
<b>Monday</b>	<b>7:15–8:45 p.m.</b>

# Tumbling and Trampoline

Youth  
Development

**FEES/SESSION: 45 MINUTE CLASSES**

**Y MEMBER: 1<sup>st</sup> Child- \$38, 2<sup>nd</sup> Child- \$29**

**COMMUNITY: 1<sup>st</sup> Child- \$71, 2<sup>nd</sup> Child- \$46**

## 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!**

Tumbling Tornos 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.

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



## FARMINGTON SCHEDULE

### BEGINNER/ADVANCED BEGINNER

Introductory class emphasizes front & back rolls, cartwheels. Learn basic tumbling plus limbering skills, back-bends, etc. Ages 5 and up.

**Tuesday 5:45-6:30 p.m.**

### NOVICE

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

**Tuesday 4:45-5:30 p.m.**

### INTERMEDIATE

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

**Tuesday 3:45-4:30 p.m.**



## 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.





Winter I 2022: Jan. 10<sup>th</sup>—Feb. 20<sup>th</sup>

## MORNING FITNESS CLASS SCHEDULE

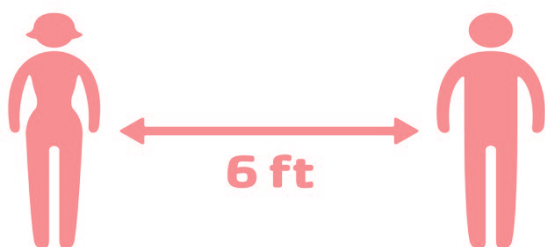
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>KETTLEBELLS</b> 5:30–6:00 AM STAFF	<b>CYCLING</b> 5:30–6:15 AM KIM	<b>KETTLEBELLS</b> 5:30–6:00 AM STAFF	<b>CYCLING</b> 5:30–6:15 AM KIM	<b>KETTLEBELLS</b> 5:30–6:00 AM STAFF	
	<b>KETTLEBELLS</b> 8:15–9:00 AM SUE		<b>KETTLEBELLS</b> 8:15–9:00 AM SUE		
	<b>YOGA</b> 9:00–10:00 AM MONIKA		<b>YOGA</b> 9:00–10:00 AM MONIKA		<b>TAI CHI</b> 9:00–10:00 AM MITCH
<b>Silversneakers</b> <b>CIRCUIT</b> 10:15–11:00 AM SUE	<b>Silversneakers</b> <b>YOGA</b> 10:15–11:00 AM KAREN	<b>Silversneakers</b> <b>CIRCUIT</b> 10:15–11:00 AM SUE	<b>Silversneakers</b> <b>CLASSIC</b> 10:15–11:00 AM KAREN	<b>Silversneakers</b> <b>YOGA</b> 10:15–11:00 AM WHITNEY	

## EVENING FITNESS CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
<b>BOOTCAMP</b> 5:30–6:20 PM ED		<b>INSANITY</b> 5:30–6:00 PM CHRISTA	<b>STRENGTH &amp; SCULPT</b> 5:30–6:20 PM CHRISTA	<b>INSANITY</b> 5:30–6:00 PM CHRISTA
	<b>SHRED</b> 6:00–6:45 PM JULIE	<b>CORE</b> 6:15–6:45 PM CHRISTA		

### Fitness Class Information:

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



### FITNESS PASS FEES

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

# 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.

## **CORE**—Instructor: Christa

This workout is for beginners to advanced participants. Focus is on strength and abdominal muscles with a variety of core-specific exercises.

## **CYCLING**—Instructor: Kim

Cycling is a high intensity, non-important workout. Seated & standing, you will ride flat roads, climb hills, do jumps, sprints, TABATAs & more. Cycling is designed for all levels of fitness enthusiasts: you make the ride easier or harder by the amount of resistance you use & your pedal speed. Come prepared to sweat, burn calories & experience great rides to music that keeps you motivated!



## **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** —Instructors: 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.

## **STRENGTH & SCULPT**—Instructor: Christa

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

## **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**—Instructors: Karen, Monika, & Whitney

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.

## **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

# Senior Fitness

## Healthy Living

Winter I 2022: Jan. 10<sup>th</sup> — Feb. 20<sup>th</sup>

### MORNING FITNESS CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
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

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**

**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](mailto: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

Questions? Contact Hillary Knowles at [hknowlescantonymcafitness@gmail.com](mailto:hknowlescantonymcafitness@gmail.com).

# Sports



## 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.

## 3 VS 3 ADULT BASKETBALL LEAGUE

January 30-February 27. Entry Deadline January 15. Max of 5 per team. Games will be played on Sundays from 1-4PM, Round Robin style.

Call Whitney Murphy at 309-647-1616 or email at cantonymcasports@gmail.com if you have any questions. Also if your entry was mailed close to the deadline, please call to confirm that your entry was received.

**Fees: Y Members: \$10**  
**Community: \$45**  
**Team: \$50**

# Healthy Living

## 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:

**Y Members \$29**

**Community \$65**



## WINTER BASKETBALL LEAGUE (YOUTH)

- PreK-6th Grade
- Practice times will be decided by the coach.
- Games will be held in Canton, on Saturdays from 1/8-2/26.

**LIKE US ON FACEBOOK**  
**Canton Family YMCA**  
**For updates, photos,**  
**event information,**  
**and more!**

