



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TOGETHER WE CAN BUILD A BETTER US

**SUMMER 2024  
PROGRAM GUIDE**

**June 3 - August 11**

**Canton Family YMCA  
1325 East Ash  
309-647-1616  
[www.cantonfamilyymca.org](http://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](http://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](http://www.cantonfamilyymca.org).

## SESSION DATES

Session 1 June 3 – July 7  
Session 2 July 8 – Aug 11

## SUMMER 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

Memorial Day Closed  
Fourth of July 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](http://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 647-1616, or:**

**CEO/Executive Director - Mark Sawyer**  
[msawyer@cantonfamilyymca.org](mailto:msawyer@cantonfamilyymca.org)

**Associate Executive Director - Lori Oaks**  
[loaks@cantonfamilyymca.org](mailto:loaks@cantonfamilyymca.org)

**Administrative Assistant - Trisha Shubert**  
[trish@cantonfamilyymca.org](mailto:trish@cantonfamilyymca.org)

**Senior Program Director - Rick Eddy**  
[reddy@cantonfamilyymca.org](mailto:reddy@cantonfamilyymca.org)

**Program Director - Caleb Taylor**  
[ctaylor@cantonfamilyymca.org](mailto:ctaylor@cantonfamilyymca.org)

**Youth Development Director - Kathy Langlais**  
[klanglais@cantonfamilyymca.org](mailto:klanglais@cantonfamilyymca.org)

**Day Supervisor/Sponsorships - Dayle Sarnes**  
[dsarnes@cantonfamilyymca.org](mailto:dsarnes@cantonfamilyymca.org)

**Eve Supervisor/Birthday Parties - Patty Keller**  
[pkeller@cantonfamilyymca.org](mailto:pkeller@cantonfamilyymca.org)

**Maintenance/Rentals/Fitness - Mike Arnett**  
[marnett@cantonfamilyymca.org](mailto:marnett@cantonfamilyymca.org)

**Tumbling Director - Carlye Beadles**  
[cbeadles@cantonfamilyymca.org](mailto:cbeadles@cantonfamilyymca.org)

**Youth & Adult Sports - Whitney Murphy**  
[wmurphy@cantonfamilyymca.org](mailto:wmurphy@cantonfamilyymca.org)

**Preschool Director - Linda Henderson**  
[lhenderson@cantonfamilyymca.org](mailto:lhenderson@cantonfamilyymca.org)

**Preschool - Pam Downs**  
[pdowns@cantonfamilyymca.org](mailto:pdowns@cantonfamilyymca.org)

## SUMMER DAY CAMP



### For kids in K-8th Grades Attend one week or the whole summer!

Summer is a time for building friendships, exploring the outdoors, learning through hands-on activities, and fostering creativity.

YMCA Day Camp, for kids K-8th grade encourage children to keep growing and learning all summer long. Activities include STEM, science experiments, arts & crafts, sports, group games, tumbling, swimming daily, trips to Big Creek Water Park, and a variety of other fieldtrips.

**DAY CAMP FEES:** Y Members            \$140 per week        \$28 daily rate  
Non Y Members    \$165 per week        \$37 daily rate

30% discount on additional children. YMCA Financial Assistance and Childcare Connection also available. Sign up for a summer youth membership and save on programs and camp.

**For more information Contact Kathy Langlais, Youth Development Director  
at [klanglais@cantonfamilyymca.org](mailto:klanglais@cantonfamilyymca.org) or 309-647-1616.**

### WEEKLY THEMES INCLUDE:

**SUMMER FUN! May 28-31** (No camp May 27) Start the summer off by making new friends, memories and having fun! We will explore the Y's main Core Values of Caring, Honesty, Respect and Responsibility through our daily activities.

**GARDENING June 3-7** Who has a green thumb? We will be learning about a variety of gardens. We will make seed bombs and plant a variety of seeds.

**OUR COMMUNITY June 10-14** This week we will learn about our community and all the different heroes who make our community special.

**CREEPY CRAWLERS (Bugs & insects) June 17-21** We will explore all the insects that live around us. We will go a scavenger hunt to see who can find the most bugs!

**AN ADVENTURE TO THE RAINFOREST! June 24-28** Watch as we turn the Cowan Gym into a Rainforest, by using our creativity! We will learn about the habitat of the rainforest!

**HAPPY BIRTHDAY AMERICA July 1-5 (No Camp July 4th)** We will spend the week celebrating America through our arts, crafts and activities.

**LET'S PLAY BALL! July 8-12** This week we will have fun playing baseball, soccer, kickball and other sports! We will learn about being a team player and good sportsmanship!

**GOING TO THE BEACH! (Oceans) July 15-19** This week we will combine water play and learning about oceans! We will create a mural of creatures who live in the ocean.

**CAMPING July 22-26** This week we will go on a pretend camping trip. We will sing campfire songs and go on a bear hunt! What is camping trip without s'mores (Yum!)

**OUT OF THIS WORLD July 29-Aug 2** We will learn about outer space this week. We will make a spaceship, and create our very own aliens!

**YOU CAN BE A STAR! August 5-9** What is your hidden talent? The children will have the opportunity to choose a talent to perform in our Talent Show! This has always been a favorite camp activity.

**SIGN UP NOW!**

## YOUTH SPORTS

### YOUTH WHIFFLE BALL

Kids have the opportunity to get a full game in during a shorter time frame. Show off your skills with a group of your friends. Season runs week of June 10—week of July 29.

**Team cost is \$80 per team with maximum of 6 players per team; Groups separated by grades 5th-8th and high school age. Sign up May 3—May 31**

### 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: May 8 - Aug 7 (\$25 late fee after Aug 7)**

**Practices begin week of August 14; games begin week of Sept 5 - week of Oct 16**

### 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:

**May 8-Aug 7**

**(\$25 late fee after Aug 7)**

**Games run Sept 7 - Oct 26**

## ADULT SPORTS

### ADULT WHIFFLE BALL

Work like an adult and play like a kid as the YMCA brings back a childhood favorite for those who want to turn back the clock. Season begins week of June 5th.

**Team cost is \$100 with a maximum 6 players per team. Sign up May 3rd - May 31st**

## 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**

### 7TH & 8TH GRADE STUDENTS

#### Life Center-Strive-Weight Room

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

**FEE: \$5 for training class**

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



**SOCCER SUMMER CAMP: SAVE THE DATES!** The YMCA Soccer Camp will take place June 24-28. Look for more information in the weeks to come.

**Contact Rick Eddy at [reddy@cantonfamilyymca.org](mailto:reddy@cantonfamilyymca.org) or Whitney Murphy at [wmurphy@cantonfamilyymca.org](mailto:wmurphy@cantonfamilyymca.org) or call the Y at 309-647-1616 for information on youth**

# TUMBLING & TRAMPOLINE

## TUMBLETOTS (PARENT & TOTS)

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

Tues 11:15 - 12:30 pm  
Tues 6:00 - 6:45 pm  
Wed 5:30 - 6:15 pm

## PRESCHOOL TUMBLING & TRAMPOLINE

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

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

## BEGINNER

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

Mon 11:00 - 11:45 am  
Mon 5:00 - 5:45 pm  
Tue 9:45 - 10:30 am

## ADVANCED BEGINNER

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

Mon 9:00 - 9:45 am  
Mon 5:45 - 6:30 pm  
Tue 9:45 - 10:30 am

## NOVICE

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

Mon 10:00 - 10:45 am  
Mon 6:30 - 7:15 pm  
Tue 9:00 - 9:45 am

## INTERMEDIATE

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

Mon 6:30 - 7:15 pm  
Tue 9:00 - 9:45 am

## 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.

Tues 6:45 - 8:15 pm

Y Member: \$48

2nd Child: \$35

Community: \$79

2nd Child: \$57

## GENERAL INFORMATION

- Pre-registration is required. Payment is due upon registration. Classes are 45 minutes long. Credit is not given for missed classes, but absences may be made up
- Our classes help youth develop strength, flexibility, balance, coordination & self confidence in a safe, supervised environment.
- Students learn from experienced, certified, caring instructors in our tumbling and trampoline complex! Our facility features 2 in-ground trampolines, a foam training pit, competition rod floor, 50' tumbling track & a double mini-tramp.
- For maximum learning, students are encouraged to continue classes for the entire school year. Students enrolled for the year receive priority program placement. Awards are given in the spring.
- Special Arrangements: Class placement exceptions & special arrangements are made by the instructor.



## Tumbling and Trampoline

Fees: 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

No Classes the week of  
June 17th

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

## PRESCHOOL SUMMER CAMP



**In our Preschool Summer Camp students have the opportunity to be creative, explore their interests, and develop problem solving skills through self discovery and teacher assisted activities. We integrate purposeful and intentionally planned activities designed to be fun and engaging while teaching students valuable skills. Camp is held 8:30 - 11:15 am each day.**

**June 3-7 Planes, trains and automobiles** - This will be a STEM centered week of building, estimating, and problem solving to find out how and why things move. We will become mini engineers, physicists, and inventors.

**June 17-21 The great American Preschool Bake Off** - We love to cook and eat! Following a recipe helps to build our skills to count and follow directions. Not a competition, but the students will get plenty of handshakes. We will be cooking up a lot of fun.

**July 8-12 Mystery at preschool manor** - A fun week of problem solving and skill building for mini Sherlock Holmes and Agatha Christies. Perhaps we can solve the age old mystery of who really did steal the cookies from the cookie jar.

**July 22-25 Christmas in July** - A chance to escape the heat of summer and listen for sleigh bells ringing. We will explore the magic and joy of every child's favorite holiday.

**Fees: Y Members \$40 Non Y Members \$65**

**Contact Linda Henderson at [lhenderson@cantonfamilyymca.org](mailto:lhenderson@cantonfamilyymca.org) or Pam Downs at [pdowns@cantonfamilyymca.org](mailto:pdowns@cantonfamilyymca.org) or at 309-647-1616 for more information.**

## 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](mailto:lhenderson@cantonfamilyymca.org) or Pam at [pdowns@cantonfamilyymca.org](mailto:pdowns@cantonfamilyymca.org) for more information on Preschool Summer Camp and the Preschool classes or call the Y at 309-647-1616. Financial Assistance is also available.**



**PRESCHOOL CAMP & PRESCHOOL CLASSES ARE BOTH HELD 8:30 - 11:15am**

# 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](http://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:

Tues/Thurs 6:15–6:45 pm

#### 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

Tues/Thursday

10:30–11 am & 5:30–6:00 pm

##### School Age

Tues/Thursday

10–10:30am & 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:

Tues/Thurs 9:00–9:45 pm

5:30–6:15 pm

#### Swim Basics and

#### Strokes Fees:

Member \$39

Non-Member \$78

## 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

## PRE-COMPETITIVE CONDITIONING

This 45 minute class provides specialized instruction and training for competitive swimming, skill development, athletic training and physical endurance.

Requires Head Coach Caleb Taylor's approval.

Tues/Thurs 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. Summer Swim is June 1st – July 31st. For more information on becoming part of the team or various swimming levels go to our website, at [cantonfamilyymca.org/cudas-swim-team](http://cantonfamilyymca.org/cudas-swim-team) or contact Head Coach, Caleb Taylor, 309-647-1616.

Contact Caleb Taylor, Program Director,  
309-647-1616 or  
[ctaylor@cantonfamilyymca.org](mailto:ctaylor@cantonfamilyymca.org)  
for more information on Swim Lessons.  
Financial Assistance Available



# SUMMER 2024 POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Adult Open/ Lap Swim</b> 5:15 - 9 am	<b>Adult Open/ Lap Swim</b> 5:15 - 9 am	<b>Adult Open/ Lap Swim</b> 5:15 - 9 am	<b>Adult Open/ Lap Swim</b> 5:15 - 9 am	<b>Adult Open/ Lap Swim</b> 5:15 - 9 am	<b>Open Swim</b> 8 - 11 am	<b>Open Swim</b> 10:30-1:30pm
<b>Aquarobics</b> 9-10:00 am	<b>Swim Lessons</b> 9-11:30 am	<b>Aquarobics</b> 9-10:00 am	<b>Swim Lessons</b> 9-11:30 am	<b>Aquarobics</b> 9-10:00 am		
	<b>Open Aquarobics</b> 9-9:50 am		<b>Open Aquarobics</b> 9-9:50 am			
<b>Open Swim</b> 10-4:00 pm	<b>Open Swim</b> 11:30-4 pm	<b>Open Swim</b> 10-4:00 pm	<b>Open Swim</b> 11:30-4 pm	<b>Open Swim</b> 10-4:00 pm		
	<b>Swim Team</b> 4:00-5 pm		<b>Swim Team</b> 4:00-5 pm			
<b>Open Swim</b> 4:00-8 pm	<b>Swim Lessons</b> 5:30-7 pm	<b>Open Swim</b> 4:00-8 pm	<b>Swim Lessons</b> 5:30-7 pm	<b>Open Swim</b> 4-6:30 pm		
	<b>Open Swim</b> 7:00- 8 pm		<b>Open Swim</b> 7:00- 8 pm			

**[ctaylor@cantonfamilyymca.org](mailto:ctaylor@cantonfamilyymca.org)**

- **SUMMER SESSIONS:** June 3rd - July 7th & July 8th—August 9th
- **POOL SHUTDOWN:** August 9th - 25th
- **Schedule is subject to change; watch our website, at [www.cantonfamilyymca.org](http://www.cantonfamilyymca.org) 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 – 10 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](mailto: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 8:15–9am & 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](mailto: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					
5:30 - 6:20 PM						
6:00 - 6:30 PM		ZUMBA GABRIELLE		ZUMBA GABRIELLE		

**ZUMBA** - Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance.

Instructor Gabrielle

**INSANITY** - This high-intensity interval training, total body conditioning program combines cardio and body weight exercise.

Instructor Christa

**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 5 WEEK 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](mailto:marnett@cantonfamilyymca.org) or call 309-647-1616**



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

### 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.**

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

## Heritage Club "Continuing the Tradition"



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

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

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

**Contact Mark Sawyer, CEO/Executive Director, at 309-647-1616 for more information on the Heritage Club.**

## 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>	
<b>Fees:</b> 1 day	\$10	\$15	<ul style="list-style-type: none"><li>• All families must fill out a bank draft form</li><li>• Fees may be set up to be drafted from your checking, savings, or your credit/debit card, weekly, bi-weekly or monthly</li><li>• 30% discount for additional children</li></ul>
2 days	\$20	\$30	
3 days	\$30	\$45	
4 days	\$40	\$60	
5 days	\$50	\$75	
Half Day	\$20	\$25	
All Day	\$28	\$35	

- 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!
- **Enrollment starts July 8th for the 2024-2025 school year!**

Contact Kathy Langlais at 309-647-1616 or [klanglais@cantonfamilyymca.org](mailto:klanglais@cantonfamilyymca.org) for more information on the School Age Center Program or Financial Assistance.



# 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](http://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, bikes, 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 &amp; 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.



Dear Y Friends,

I'd like to share a story with you that was recently relayed to me by one of our sponsorship families. "When my children and I started our family membership at the Y, I did it because we needed to be healthier, and I needed a safe space for my children to be while I worked out. What I found was so much more than a workout facility, I found an extended family that cared for my family and our wellbeing. I hope you know that you are providing an extremely beneficial service for our community, and I am truly thankful for the sponsorship you provided".

It is stories like these that warm my heart and why I do what I do. I am asking for your support to make sure other lives are impacted. Every child deserves to learn how to swim, to play on a team and learn a new skill. **With your help, we can offer financial assistance to those who cannot afford a Y membership or Y programming and never turn anyone away because of their inability to pay.** Your gifts to The Strong Kids Campaign create opportunities for youth, adults, and families by providing scholarships and programs to those who need it. Last year, we were able to provide over \$100,000 in financial assistance and my hope is to increase that amount in 2024.

At our Y, strengthening community is our cause and as a result the Strong Kids Campaign makes accessible opportunities that empower people and our community to learn, grow and thrive. We focus on our four core values of respect, responsibility, honesty and caring into everything we do. **Please donate today!**

Making a gift is as simple as completing the included brochure and sending it back to us or donate through our website at [www.cantonfamilyymca.org](http://www.cantonfamilyymca.org) by clicking the donate button or by calling the YMCA at 309-647-1616.

We thank you for your generosity!

Blessings,

Mark

Mark Sawyer  
CEO/Executive Director



### 2024 STRONG KIDS CAMPAIGN

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ Email \_\_\_\_\_

Pledge Amount \$ \_\_\_\_\_ Signature \_\_\_\_\_

I will fulfill my pledge gift as follows:

\_\_\_\_\_ With my credit card in the amount of \$ \_\_\_\_\_

\_\_\_\_\_ Make a one-time gift      \_\_\_\_\_ Gift enclosed      \_\_\_\_\_ Please bill me

\_\_\_\_\_ Make gift payments, please note special arrangements \_\_\_\_\_

\_\_\_\_\_ Through my bankdraft membership \$ \_\_\_\_\_

Name \_\_\_\_\_ Card # \_\_\_\_\_ Expiration Date \_\_\_\_\_

CVV \_\_\_\_\_ on back credit card      \_\_\_\_\_ I wish this gift to be anonymous

### YMCA BANNER PROGRAM

The Canton Family YMCA Banner Program is an integral part of our Strong Kids Campaign. Funds raised from the Y's Banner Program directly support scholarships for families and individuals in Canton, and surrounding communities who could not otherwise benefit from the programs and services the Y offers. The banner for your family, business, or even honoring the memory of a loved one, or special friend would make a powerful statement that you share the Y's mission to give all families, children, teens, adults, and seniors access to all the Y has to offer.

The Banner Program recognizes those that make a gift to the Strong Kids Campaign of \$1,000 or more with a banner that is displayed in the Main Gym. All banners will be displayed for one year from the time of the gift and can be renewed each year.

**Become a Heritage Club Member and learn more about our Endowment for the future of the YMCA**