



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

SUMMER 2025 PROGRAM GUIDE

SUMMER 2025

SESSION 1 June 2 - July 6

SESSION 2 July 7 - Aug. 10



**Canton Family YMCA
309.647.1616
cantonfamilyymca.org**

MISSION STATEMENT

The Canton Family YMCA is an association of members committed to enhancing the well-being of youth, adults, seniors and families through quality programs and facilities. The YMCA, based on Christian values, provides activities that promote healthy life styles and encourages the development of spirit, mind & body.

OUR CAUSE

At the Y, strengthening community is our cause. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

OUR AREAS OF FOCUS

The Y is a cause-driven organization that is for youth development, for healthy living and for social responsibility. That's because a strong community can only be achieved when we invest in our kids, our health and our neighbors.

MEMBERSHIP ASSISTANCE

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 front desk and at www.cantonfamilyymca.org.

THE POWER OF GIVING

When you give to the Y, you continue to strengthen our community and move us all forward. Your gift will have a meaningful, enduring impact right in your own neighborhood. At the Y, no child, family or adult is turned away. We recognize that for the 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.

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!



SESSION DATES

Session 1	June 2 - July 6
Session 2	July 7 - Aug 10

SUMMER HOURS

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

HOLIDAY HOURS

Memorial Day	Closed
Fourth of July	Closed

GENERAL INFORMATION

- **Members** please scan your membership card each time you visit the facility.
- **Non-member program participants** must sign in at the Welcome Center and are limited to the usage of their program area or the Community Room.
- **Payment is due upon registration.**
- **Register** in person, by calling 309-647-1616, or online at www.cantonfamilyymca.org.
- **Participants with an outstanding program or membership balance** may not enroll in any YMCA program until the past due amount is paid.
- **Paid registration guarantees** a space in class.
- **Class Schedules** subject to change based on interest & attendance levels.
- **League participants** must register and pay prior to the season.
- **Food and drink** are allowed in the community room & tumbling spectator area only.
- **The Y is not responsible for lost, damaged or stolen articles.** For lost and found contact the Welcome Center Staff.
- **The Canton Family YMCA was constructed with the highest health and safety standards.** The YMCA does not provide accident insurance for members or program participants. Each person agrees to hold the YMCA harmless for any injury incurred.
- **An annual medical exam** is recommended for all members embarking on a physical fitness program.
- **Facility Rentals:** For information on after hour use of the YMCA facility by community or individual groups call Mike Arnett at 309 647-1616.
- **Photos:** The Y reserves the right to take photos of participants for marketing purposes: brochures, publications, website and Facebook. Please let us know if you do not wish to be photographed.
- **Refund Policy:** Memberships are not refundable.

YOUTH PARTICIPATION GUIDELINES

- **Children (under age 10)** must be supervised by an adult at all times.
- **Youth Jr. High and under** are allowed in the North Activity Center when they are participating in a program, or supervised by an adult.
- **Youth Jr. High and under** must be supervised by an adult after 7:30 pm Mon - Thurs, after 6:30 pm on Friday.
- **Non-member program participants** are limited to the usage of their program area or the Community Room.
- **Y members with 24/7 access** may bring their children to the Y to use the Main Gym, Track and Community room on the weekends from 7am to 8:30pm. Children must be supervised by a parent at all times during unstaffed hours.

CODE OF CONDUCT

- **Members, guests and staff** are expected to exhibit behavior in keeping with the YMCA's character values of Caring, Honesty, Respect and Responsibility.
- **The YMCA will not tolerate** those who try to hurt or steal from others.
- **Theft or damage of property** belonging to the YMCA or its members will result in criminal prosecution.
- **Foul language**, arguing, fighting or any type of harassment is not permitted.
- **The YMCA facility and property are smoke free** environments. Smoking or tobacco usage is not permitted in the facility or on the surrounding grounds.

**Your questions are important to us.
Please contact us at 647-1616, or:**

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

Associate Executive Director - Carlye Beadles
cbeadles@cantonfamilyymca.org

Administrative Assistant - Trisha Shubert
trish@cantonfamilyymca.org

Senior Program Director - Rick Eddy
reddy@cantonfamilyymca.org

Program Director/Aquatics - Caleb Taylor
ctaylor@cantonfamilyymca.org

Youth Development Director - Kathy Langlais
klanglais@cantonfamilyymca.org

Tumbling/Trampoline Director - Carlye Beadles
cbeadles@cantonfamilyymca.org

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

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

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

Youth Sports - Whitney Murphy
wmurphy@cantonfamilyymca.org

Preschool Director - Linda Henderson
lhenderson@cantonfamilyymca.org

Preschool - Pam Downs
pdowns@cantonfamilyymca.org

SUMMER DAY CAMP



For kids in K-6th 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-6th 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 field trips.

DAY CAMP FEES:	Y Members	\$140 per week	\$28 daily rate
	Non Y Members	\$170 per week	\$40 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 or 309-647-1616.

Week 1: Welcome to Camp! Friendship

May 27-30 (No Camp May 26th) We will explore the YMCA's Core Values: Caring, Honesty, Respect and Responsibility. We will focus on making new friends and ways to show kindness to everyone!

Week 2: STEAM Week

June 2-6 This week we will be scientists, engineers and artists. Our activities will be hands on and creative.

Week 3: Going on a Safari!

June 9-13 We will be learning about animals you might see on a safari! We will make binoculars and use them to see how many animals we can find.

Week 4: "We've Got the Beat"

June 16-20 We will be learning about different musical instruments and making our own instruments. We will end our week with a dance party!

Week 5: Sports

June 23-27 This week we will have fun playing baseball, kickball, soccer, basketball and other sports. We will learn about being a team player and good sportsmanship!

Week 6: Summer Foods

June 30-July 3 (No Camp on July 4th) Our activities this week will be based on our favorite summer foods! We will do a simple cooking activity and enjoy eating some of these foods!

Week 7: Camping

July 7-11 We will pretend to go on a camping trip! We will sing songs around a campfire (pretend) and tell some stories. We will make indoor s'mores too!

Week 8: Oceans/Beaches

July 14-18 This week we will turn the gym into an ocean. We will make a mural of sea creatures . We will do activities involving water play.

Week 9: Puppets

July 21-25 This week we will make different types of puppets. The children will get in small groups and create their own puppet shows!

Week 10: Dinosaurs

July 28-Aug. 1 We will go back in time to when the dinosaurs roamed the earth. We will make fossils, crack open dinosaur eggs and create a mural of dinosaurs!

Week 11: Carnival Week

Aug. 4-8 For our last week of camp we are going to create our own carnival games and have a small carnival at the end of the week.

YOUTH SPORTS

FALL SOCCER LEAGUE

Leagues age groups: U-5, U-7, U-10, U-13

- Age based on January 1, 2025
- Players will be provided a T-shirt
- Players will supply their own shin guards and non-metal cleats (cleats are not mandatory)
- Games run September 20 - October 25

Registration: May 1 - August 30

Members \$44 Non-Members \$88

VOLLEYBALL LESSONS

Individual or small group instruction from Amanda Pratt for 3rd grade through High School Age. Contact Rick Eddy 647-1616 to sign up.

LITTLES VOLLEYBALL LEAGUE

A league designed for 3rd - 6th graders to develop skills and fundamentals to prepare for middle school volleyball. Watch for more information in the Fall brochure.

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 up a training.

ADULT SPORTS

CO-ED VOLLEYBALL

- Tuesday nights, 6-8 PM
- Format is Open Play; forming a team is not necessary.
- March 18 through summer.

Fees: Members FREE

Non-Members \$5 per week

ADULT PICKLEBALL (INDOOR)

Have you heard about Pickleball but never taken that first step to learn how to play? Let the YMCA motivate you to learn the game and meet new people. Bring a group and get in the game.

KOSHO RYU KEMPO KARATE (YOUTH & ADULT)

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

Instructors: Roger Fife & Randy Motsinger

Mondays: 6:30 pm Saturdays 8:30 am

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

JUDO (YOUTH & ADULT)

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

Instructor: Mitch Williams

Saturdays: 10:30 am

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

TUMBLING & TRAMPOLINE

TUMBLING & TRAMPOLINE

Fees: 45 MINUTE CLASSES

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

Non-Member: \$66 2nd Child \$46

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

No Classes the week of June 16th.

TUMBLETOTS (PARENT & TOTS)

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

Tues 11:15 - 12:00 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

Tues 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

Non-Member: \$96 2nd Child: \$70

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.**



YMCA PRESCHOOL SUMMER CAMPS

In our Preschool Summer Camp students ages 3-5 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.

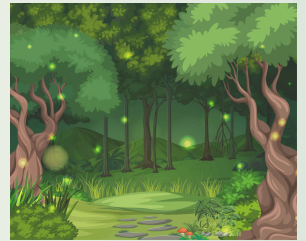
Camp is held 8:30 - 11:15 am each day
Fees Per 5 Day Camp: Y Member \$40 Non Y Member \$65



THE GREAT OUTDOORS

We will go “exploring” into the forest where all the wild things live and grow.

We will also learn how we can help take care of the Earth’s resources and conserve our beautiful world.



DISNEY LOVE

Our classroom will become a place of wonder, adventure and exploration. Your preschooler is in for a magical experience in the happiest classroom on earth!



MINDFULNESS CAMP

Summer is a wonderful time for children to explore interests and discover more about themselves. They will discover new skills and channel their energy through yoga, music and dance. They will build confidence, communication skills, enhance concentration and manage emotions all while creating a calm and happy atmosphere.



PRESCHOOLERS HAVE TALENT

Watch out Simon Cowell...

These preschoolers are Idols, captivate all with their Voice, can Survive whatever is thrown their way and put Mike Rowe to shame!



Register in person, online at cantonfamilyymca.org, or call 647-1616

Questions: Contact Linda Henderson at
lhenderson@cantonfamilyymca.org
or Pam Downs at pdowns@cantonfamilyymca.org

WATER FITNESS

AQUAROBBICS

This class uses easy to follow aerobic exercises, occasionally adding foam barbells and noodles for a fun way to get a great calorie burning, muscle toning workout.

M/W/F 9:00 - 9:50 am

OPEN AQUAROBBICS

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

T/TH 8:00 - 9:00 am

WATER FITNESS PASS FEES:

Y MEMBER- FREE

Non-Members:

2 days a week \$55

Daily Drop In \$10

3 day a week \$67

Unlimited \$76



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

ctaylor@cantonfamilyymca.org for more
information on

Private or Semi Private Lessons,
Water Fitness and Lifeguard Training.

SILVERSNEAKERS FITNESS

SILVERSNEAKERS CLASSIC Thursday 10:15 am

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

SILVERSNEAKERS CIRCUIT Mon/Wed 8:00 am & 10:15 am

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 us at 309-647-1616 for more information on insurance and senior fitness. Additional information can be found online at silversneakers.com.

AQUAATICS POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Open/ Lap Swim 5:15-9:00am	Adult Open/ Lap Swim 5:15-9:00am	Adult Open/ Lap Swim 5:15-9:00am	Adult Open/ Lap Swim 5:15-9:00am	Adult Open/ Lap Swim 5:15-9:00am	Open Swim 8:00-11:00am	Open Swim 10:30-1:30pm
Aquarobics 9:00-10:00am	Swim Lessons 9:00-11:30am	Aquarobics 9:00-10:00am	Swim Lessons 9:00-11:30am	Aquarobics 9:00-10:00am	<div><h2>Summer Sessions</h2><ul style="list-style-type: none">• June 2nd - July 6th• July 7th - August 8th<div><p>the y</p><p>August 8th - 24th</p></div><h3>Questions/Concerns Contact</h3><p>Program Director Caleb Taylor</p><p>ctaylor@cantonfamilyymca.org</p><p>647-1616</p></div>	
	Open Aquarobics 9:00-9:50am		Open Aquarobics 9:00-9:50am			
Open Swim 10:00-4:00pm	Open Swim 11:30-4:00pm	Open Swim 10:00-4:00pm	Open Swim 11:30-4:00pm	Open Swim 10:00-4:00pm		
	Swim Team 4:15-5:15pm		Swim Team 4:15-5:15pm			
Open Swim 4:00-8:00pm	Swim Lessons 5:30-7:00pm	Open Swim 4:00-8:00pm	Swim Lessons 5:30-7:00pm	Open Swim 4:00-6:30pm		
	Open Swim 7:00-8:00pm		Open Swim 7:00-8:00pm			

- Schedule is subject to change; watch our website, www.cantonfamilyymca.org, and Facebook for updates
- One lap lane will be available, except during swim team
- Open Aquarobics - Is a set time for Aquatic Fitness Participants without an instructor

SWIM LESSONS

SWIM LESSONS FOR ALL AGES

At the Y, our swim lessons build skills, confidence and character. Our curriculum develops sequence-based skill sets that build on one another. Students will learn faster, be safer sooner, and progress more quickly through levels. To help you determine swim level go to www.cantonfamilyymca.org/swim-lessons and click on LESSON SELECTOR. This is a three page document that breaks down the various levels.

SWIM STARTERS

Ages 6 Months-3 Years

Parent and child lessons.

Accompanied by an adult, infants and toddlers will learn to be comfortable in the water and develop swim readiness skills through fun and confidence building experiences, while parents learn about water safety, drowning prevention and the importance of supervision.

A-Water Discovery: Introduces infants and toddlers to the aquatic environment.

B-Water Exploration: Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.

Class Times:

Tues/Thurs 6:15-6:45 pm

Swim Starters Fees:

Member \$34 Non-Member \$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/Thurs 10:30-11 am
5:30-6:00 pm**

School Age

**Tues/Thurs 10:00-10:30 am
6:15-6:45 pm**

Swim Basics Fees:

Member \$39 Non-Member \$78

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 Strokes Fees:

Member \$39 Non-Member \$78

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

PRIVATE & SEMI PRIVATE LESSONS

PRIVATE & SEMI PRIVATE LESSONS

For adults and children. 5 - 1/2 hour lessons

	<u>Member</u>	<u>Non-Member</u>
1 Swimmer	\$100	\$200
2 Swimmers	\$75 each	\$150 each
3 Swimmers	\$60 each	\$120 each
4 Swimmers	\$45 each	\$90 each

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 for becoming part of the team or various swimming levels go to our website, at cantonfamilyymca.org/cudas-swim-team or contact Head Coach, Caleb Taylor, 309-647-1616.

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

**ctaylor@cantonfamilyymca.org
for more information on Swim Lessons**

FITNESS CLASS DESCRIPTION & SCHEDULE

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

Instructor Lauren

KETTLEBELLS - Kettlebells are used in a variety of repeated movements to build lean muscle, strength, endurance, balance and flexibility. Target areas include the core, legs & glutes.

Instructor Sue & Staff



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

Instructor Lauren

SHRED - Circuit style format with focus on strength, cardio and core. This class offers full body exercises with options to modify. This class is appropriate for all skill levels.

Instructor Julie



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

Instructor Mitch

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 - 6:00 AM	KETTLEBELLS STAFF		KETTLEBELLS STAFF		KETTLEBELLS STAFF	
8:00 - 9:00 AM	SILVERSNEAKERS CIRCUIT		SILVERSNEAKERS CIRCUIT			
8:30 - 9:15 AM		KETTLEBELLS SUE		KETTLEBELLS SUE		
8:30 - 9:15 AM		YOGA LAUREN		YOGA LAUREN		
9:00- 10:00 AM						TAI CHI MITCH
9:15- 9:45 AM	PILATES LAUREN		PILATES LAUREN			
10:15- 11:00 AM	SILVERSNEAKERS CIRCUIT	SILVERSNEAKERS YOGA	SILVERSNEAKERS CIRCUIT	SILVERSNEAKERS CLASSIC	SILVERSNEAKERS YOGA	
6:00 - 6:45 PM			SHRED JULIE			



Birthday Parties

More Party, Less Work! Have a birthday party at the Y!

YOU PROVIDE: the cake, food, beverages, decorations and adult supervision

CHOOSE YOUR PARTY For 12 Children (Additional Children \$5 Each)

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

POOL 2 HOUR PARTY

Party time includes:

1 hour of swim and 1 hour of cake and presents. Get ready to make a splash! 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 90 MINUTE PARTY

Party time includes:

90 minutes of jumping, cake and presents. 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!



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. 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?



Birthday Parties

More Party, Less Work! Have a birthday party at the Y!

YOU PROVIDE: the cake, food, beverages, decorations and adult supervision

SCHEDULE YOUR PARTY For 12 Children (Additional Children \$5 Each)

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Party time includes:

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Get ready to make a splash! 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.



Canton Family YMCA
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JOIN THE YMCA

Y MEMBERSHIP

The Canton Family YMCA is an association of members committed to enhancing the well-being of youth, adults, seniors and families through quality programs and facilities. The YMCA based on Christian values, provides activities that promote healthy lifestyles, and encourages the development of spirit, mind & body.

Members receive discounts on all classes plus free land and water fitness programs. The Y offers a variety of classes and programs for all ages. There are many ways to register for programs and classes. You may call in, come in, or enroll online at www.cantonfamilyymca.org. See our program brochure online, for a complete listing of all programs.

A YMCA Membership gives you so much more than access to our facility. It helps you lead a healthier life-by building relationships, providing a way for you to be part of your community, helping you help others - not to mention the great workout you get through our programs and equipment. A YMCA membership sets you on the path to good health, helping you to enjoy living a full and balanced life.

MEMBERSHIP BENEFITS INCLUDE

- Free group fitness classes
- 5 + hours open swim time daily
- Adult lap swim available, see Pool Schedule (<https://cantonfamilyymca.org/pool-schedule>)
- Weight lifting in the Olympic Weight Room
- Free 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, ellipticals, stair climber, rowing machine, & step mill
- Discounted programs for kids and adults.
- Use of other YMCAs across the U. S.
- 24-hour access for adults to the Y's Life Center, Olympic Weight Room, Main Gym, Track & Community Room for members who are 18 years of age and older. Children must be supervised at all times during unstaffed hours. Children (17 years and under) may only use main gym, track and community room on weekends 7 am to 8:30 pm with direct supervision of 24/7 adult member.

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>YEARLY</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.