



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WINTER 2020 PROGRAM GUIDE



FIND
YOUR
BALANCE

Session I	Jan 6-Feb 9	Session III	Mar 16-April 19
Session II	Feb 10-Mar 15	Session IV	Apr 20-May 24

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

WELCOME TO THE CANTON FAMILY YMCA

FACILITY HOURS

Monday-Thursday	5:00 am – 9:30 pm
Friday	5:00 am – 8:00 pm
Saturday	7:00 am – 5:00 pm
Sunday	10:00 am – 5:00 pm

HOLIDAY HOURS

Good Friday	OPEN until 1:00 pm
Easter	CLOSED all day
Memorial Day	CLOSED all day

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 life styles and encourage the development of spirit, mind & body. Our areas of focus are:

Youth Development—Nurturing Every Child and Teen

Healthy Living—Improving the Nation's Health and Well-Being

Social Responsibility—Giving Back and Providing Support to Our Neighbors

MONICAL'S CHILDCARE ROOM

**FREE Childcare for all
Members & Fitness Class
Participants**

**Childcare Hours:
Mornings**

Mon - Friday 8:00 am - 11:15 am

Evenings

Mon - Thurs 4:30 pm - 7:30 pm

Hours subject to change based on participation.
Parents must remain on YMCA premises.



MEMBERSHIP INCLUDES:

- 1/10th Mile Indoor Walking Track
- 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
- Free child care while you work out
- Free group fitness and water fitness classes
- Discounted programs for kids and adults
- Use of other YMCAs across the U.S.

2020 MEMBERSHIP RATES

	Monthly	Annual/2 pay
Family Plus	\$150.00	\$1800
Family	\$82.25	\$987
Single Parent	\$72.75	\$873
Couples	\$72.50	\$870
Adult 18-64	\$58.25	\$699
Senior 65+	\$53.25	\$639
Youth 12-18	\$27.75	\$333
Youth 6-11	\$23.75	\$285

FINANCIAL ASSISTANCE

We do not turn anyone away due to inability to pay. We provide financial assistance for both programs and memberships. To receive assistance, please fill out a sponsorship application, available at the customer service desk or online at www.cantonfamilyymca.org.

DAILY GUEST PASS FEES

Youth (Ages 8 & up)	\$5.00
Adult (Ages 18 & up)	\$10.00
Family	\$15.00

Guest passes include access to our full facility for the day, including pool, gyms, fitness rooms, and our childcare room. If you are here for a program, you are welcome to use the program area and our Community Room.

Visit the Y's website at www.cantonfamilyymca.org for more membership and financial assistance information.

W I N T E R 2 0 2 0

GENERAL INFORMATION

CONTACT INFORMATION

Call us at 647-1616 or

Executive Director – Paula Grigsby

pgrigsbycantonymca@sbcglobal.net

Associate Executive Director – Lori Oaks

loakscantonymca@sbcglobal.net

Senior Program Director – Mark Sawyer

msawyercantonymca@gmail.com

Sports & Wellness Director – Frank Eveland

cantonymcasports@gmail.com

Administrative Assistant – Trisha Shubert

tshubertcantonymca@gmail.com

Aquatics Director – Caleb Taylor

cantonymcaaquatics@gmail.com

Financial Aid/Senior Fitness – Dayle Sarnes

dsarnescantonymca@yahoo.com

Member Services Director/Facility Rental/

Birthday Parties – Zac Rollet

zrolletymca@yahoo.com

Fitness Coordinator – Hillary Knowles

hknowlescantonymcafitness@gmail.com

Youth Development Director– Liberty Goldring

lgoldringymca@gmail.com

Tumbling Director – Carlye Beadles

cantonymca.tumbling@gmail.com

Preschool Director – Linda Henderson

prekcantonymca@gmail.com

Marketing Director – Christine Fournier

cfourniercantonymca@gmail.com



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.

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 647-1616, or online at www.cantonfamilyymca.org.
- Paid registration guarantees a space in class.
- League participants must register and pay prior to the season.
- Photos: The Y reserves the right to take photos of participants for marketing purposes: brochures, publications, website and Facebook. Please let us know if you do not wish to be photographed.
- Refund Policy: Memberships are not refundable.

Visit the Y's website at www.cantonfamilyymca.org for more membership and financial assistance information.

WINTER 2020 FITNESS CLASSES



INDOOR/OUTDOOR BOOT CAMP

Instructor: Jennifer Ellinger

A high energy workout including cardio, strength, speed & endurance exercises to burn calories, tone muscles and improve athletic performance.

POUND ® Instructor: Hillary Knowles

Rock out in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates.

KETTLEBELLS Instructors:

Sue Maurice & Margaret Nelson

Kettlebells are great for strength, cardio, & flexibility training. Repeated movements build strength & condition the core, leg & gluteal muscles.

BODYSHRED ® Instructor: Julie Clendenny

Jillian Michaels' BODYSHRED is a high-intensity & endurance based 30 minute workout to help you shed fat, define muscle, and improve athletic performance.

STRONG BY ZUMBA ®

Instructor: Karen Taylor

STRONG is a high-intensity interval training workout driven by music that pushes you to work harder.

STRONG will challenge both your muscular and cardio systems. All toning is body weight training.

INSANITY® Instructor: Christa Foster

This high-intensity interval training, total body conditioning program results in more calories burned, faster results, and a more efficient metabolism. It combines cardio and body weight exercises for a great workout.

R.I.P.P.E.D.® Instructor: Karen Taylor & Christa Foster

Cardio, weights, fun, done! This Plateau Proof Fitness Formula combines Resistance, Interval, Power, Plyometrics, & Endurance training in one workout. Improve your cardio health, increase strength, & gain energy.

CYCLE Instructor: Kim Malone

This is a high intensity, non-impact cycling workout designed for all levels of fitness enthusiasts.

CARDIO BOOTIES AND BELLIES Instructor: Trinity Taylor

This class will intermix leg, glute & abdominal work with some great cardio to keep your heart rate up, & burn calories.

YOGA Instructors: Christa Foster & Monika Gaspar

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

STRENGTH & SCULPT Instructor: Christa Foster

Use a combination of a weighted bar, free-weights, body weight, and stability balls and to strengthen arms, core, and legs.

SPIN & SCULPT Instructor: Rachel Kenney

This workout combines different types of cardio followed by toning with weights, tubes, and more.

FITNESS PASS FEES (Y Members Free)

10 classes \$44 15 classes \$54 Unlimited \$64 Drop In \$8

Most classes can be done by any level of participant, and modifications can be made. A fitness class schedule can be picked up at the Y or at www.cantonfamilyymca.org

Contact Hillary Knowles for more information at hknowlescantonmcafitness@gmail.com

LAST UPDATED
12/2/2019

W I N T E R 2 0 2 0

FITNESS CLASS SCHEDULE

FALL SESSION IV
DEC. 2-15

	MON	TUES.	WEDS.	THURS.	FRI.	SAT.
MORNING						
5:15-5:45 AM	KETTLEBELLS STAFF	POUND HILLARY	KETTLEBELLS STAFF	POUND HILLARY	KETTLEBELLS STAFF	
5:15-6:00 AM	CYCLE KIM		SPIN & SCULPT RACHEL		CYCLE KIM	
7:15-8:00 AM						KETTLEBELLS MARGARET
8:05-8:55 AM	YOGA CHRISTA					
8:15-9:00 AM		KETTLEBELLS SUE		KETTLEBELLS SUE		
8:15-9:05 AM		YOGA MONIKA		YOGA MONIKA		
8:30-9:30 AM						TAI CHI MITCH
9:00-10:00 AM	INSANITY CHRISTA		CARDIO BOOTIES TRINITY		STRONG KAREN	
9:15-10:15 AM		R.I.P.P.E.D. KAREN		R.I.P.P.E.D. KAREN		
10:15-11:05 AM	SILVERSNEAKERS CIRCUIT SUE		SILVERSNEAKERS CIRCUIT SUE		SILVERSNEAKERS YOGA WHITNEY	
10:30-11:20 AM		SILVERSNEAKERS YOGA KAREN		SILVERSNEAKERS CLASSIC KAREN		
EVENING						
4:30-5:30 PM		TURBO KICK TRACY		TURBO KICK TRACY		
5:00-5:45 PM	BOOT CAMP STAFF		BOOT CAMP STAFF			
5:30-6:00 PM		BODYSHRED JULIE		BODYSHRED JULIE		
5:35-6:25 PM			R.I.P.P.E.D. CHRISTA		INSANITY CHRISTA	
6:00-7:00 PM	R.I.P.P.E.D. KAREN					
6:15-7:00 PM		STRENGTH & SCULPT CHRISTA		STRENGTH & SCULPT CHRISTA		
6:35-7:20 PM			YOGA CHRISTA			
7:15-8:05 PM	YOGA JULIE					

Contact Hillary Knowles for more fitness class information
at hknowlescantonmcafitness@gmail.com

W I N T E R 2 0 2 0

FITNESS PROGRAMS & ADULT SPORTS

WINTER WEIGHT LOSS CHALLENGE

Come lose big at the Y! Take the 10 week challenge to lose weight!

- Sign Up and Initial Weigh-In Jan 2 & 3
- Held January 6-March 13
- You may choose a workout partner or sign up as a team.

FEES: **Y Members** **\$25** **Community** **\$45**
 10 Week Membership Package **\$150**

PERSONAL TRAINING

Certified Personal Trainer Hillary Knowles will design an exercise and nutrition plan to meet your goals. Includes:

- 1 on 1 training sessions to fit your schedule
- Personalized diet and nutrition plans
- Personalized strength training and exercise plans

FEES:

\$35	1 one-hour session	\$99	3 one-hour sessions
\$180	6 one-hour sessions	\$325	12 one-hour sessions



WINTER COUCH TO 5K

This 8-week training program is designed to help you work up to running 3.1 miles, or a 5K race. Train together on Tuesdays and Thursdays, and run on your own on Saturdays. Sign up now and get started!

- Starts Jan 20
- Includes free entry to the Leprechaun Loop on March 14.

FEES: **Y Members** **\$35** **Community** **\$65**

ROCK CLIMBING WALL

Fun for the whole family! The Y's Climbing Center has 4 walls of varying difficulty. All belayers must take & pass the YMCA Climbing Course.

FEES (Y Members Free) **Climbing Course Fees: \$10 Per Person**
Community Climbing Fees: Youth \$8 Adult \$12 Family \$18
Contact Caleb Taylor at cantonymcaaquatics@gmail.com for more info.

PICKLEBALL PICK-UP GAMES

Pickleball is a racquet sport that combines the elements of badminton, tennis and table tennis. All ages welcome. Played in the Main Gym. Held Mon-Fri 8:30 am.

FEES: **Y Members** **Free** **Community** **\$5**

TENNIS/RACQUETBALL COURTS

Courts are FREE for members Mon-Fri before 3 pm.
Non-members must pay a guest fee.
Racquetball court is \$6/hr after 3 pm & on weekends.
The tennis court is \$14/hour when available.
Call 647-1616 for more info.



Contact Frank Eveland at cantonymcasports@gmail.com for Adult Sports & Programs or
Hillary Knowles at hknowlescantonymcafitness@gmail.com for Personal Training

W I N T E R 2 0 2 0

YOUTH SPORTS

GIRLS VOLLEYBALL CLINIC

5 week clinic for players in 3rd-8th grades. They will be grouped by age and skill level to allow better development of the skills of all players. Held Mondays, April 13 - May 11, 6:00-7:30 pm.

VOLLEYBALL FEES: Y Members \$26 Community \$57

SHARKS VOLLEYBALL CLUB

3rd-8th grade girls who would like to improve their volleyball skills have an opportunity for extra practice and more competitive play through the Sharks Volleyball Club. Contact Frank at cantonymcasports@gmail.com for more info.

KARATE (YOUTH & ADULT) Instructors: Roger Fife, Mike Eveland, Neil Lewis & Randy Motsinger

Kosho-Ryu Kempo Karate is for ages 6 & up. Learn self-defense through self-discipline & self-control. Held Monday 6:30 pm and Saturday 8:30 am

JUDO (YOUTH & ADULT) Instructor: Mitch Williams

Judo develops coordination, fitness, discipline, self-esteem & group cooperation. It allows no striking of any kind & consists mainly of throwing & grappling techniques, safe falling & rolling. Tues 5:00 pm and Sat 10:00 am.

MARTIAL ARTS FEES: Y Members \$20 Community \$50

BASEBALL BUILDERS

Five week training program designed to help youth in 2nd - 6th grade develop skills for fielding, hitting, pitching and throwing. Held on Thursdays, Feb 6th through Mar 5th from 5:30 to 7 pm.

BASEBALL BUILDERS FEES: Y Members \$26 Community \$57

YOUTH SOCCER (PRE-K-6TH GRADE)

- Leagues will be formed for the following age groups: U-5, U-7, U-10 and U-13** (No 7th Grade).
- Practice will begin week of March 9. Dates & times will be determined by the coaches.
- Coaches meeting March 3 at 6 pm.
- Games will be played March 28-May 16
- Soccer jerseys are included in fees
- Pictures TBA
- 7th & 8th grades must play traveling soccer.

Sign up for soccer through Feb. 2 & Save \$10



JUNIOR HIGH TRAVELING SOCCER

We will offer Jr. High 7th & 8th grade traveling teams. Games will be played through the week and on Sundays. Uniforms with numbers will be included in fees. All games will be held in Galesburg at the Knox County YMCA.

SOCCER FEES: Y Members \$44 Community \$85

YOUTH WEIGHT ROOM ORIENTATION

This one-time orientation program allows 7th and 8th graders to use Life Center, STRIVE and Olympic Weight Rooms. Sign up at the Customer Service Desk.

FEES: For Y Members Only. Free!

Contact Frank Eveland at cantonymcasports@gmail.com for more information about youth sports.

W I N T E R 2 0 2 0

SENIOR CLASSES & PROGRAMS

SILVERSNEAKERS FITNESS Instructors: Karen Taylor, Sue Maurice, & Whitney Murphy

SILVERSNEAKERS® CLASSIC Thurs 10:30 - 11:20 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 10:15 - 11:05 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 10:30- 11:20 am & Fri 10:15-11:05 am

SilverSneakers 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 (Y Members Free)

10 classes	\$44	15 classes	\$54
Unlimited	\$64	Drop In	\$8

Most classes can be done by any level of participant, and modifications can be made. A fitness class schedule can be picked up at the Y or at www.cantonfamilyymca.org

DOES YOUR INSURANCE COVER SENIOR FITNESS?

Senior fitness classes are covered by many health insurance plans, including:



RenewActive™
by UnitedHealthcare



See Dayle at the customer service desk or call us at 647-1616
for details about your health insurance!

Contact Hillary Knowles at hknowlescantonymcafitness@gmail.com for more information about senior fitness classes.

WINTER 2020

WATER FITNESS CLASSES

WATER FITNESS

Instructors: Karen Taylor, Sharon Ginger,
Laura Powell, & Jendy Way

DEEP WATER

Great cardiovascular, fat burning workout with NO impact on your joints! Jog, ski & bicycle your way to better health while wearing a floatation belt.

Tue/Thurs 9:00 – 9:50 am

AQUA ZUMBA ®

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

Mon/Wed 6:00 – 6:50 pm

Mon/Wed/Fri 10:15 – 11:05 am



ARTHRITIS WATER CLASS

This class is the result of the Arthritis Foundation & the YMCA working together to help relieve arthritis pain through exercising in the pool.

Mon/Wed/Fri 11:15 am – 12:00 pm

AQUAROBCICS/OPEN AQUAROBCICS

This class features easy to follow aerobic exercise, using foam barbells & noodles for a fun work out.

Mon/Wed/Fri 9:00 – 9:50 am

WATER FITNESS PASS FEES

Y Members FREE	Community Fees:		
Drop In Rate	\$8	2 days per week	\$44
Unlimited	\$64	Arthritis Class	\$44
		3 days per week	\$54

MORE SENIOR ACTIVITIES

PICKLEBALL PICK-UP GAMES

Pickleball is a racquet sport that combines the elements of badminton, tennis and table tennis. All ages welcome. Played in the Main Gym. Held Mon-Fri 8:30 am.

PICKLEBALL FEES: Y Members Free Community \$5

ACTIVE OLDER ADULTS Come join the FUN. Be a part of AOA!

The AOA Club meets for a FREE potluck dinner including special events, games, conversation & FUN!!! Contact Zac Rollet at the Customer Service Desk or zrolletcantonymca@yahoo.com for more information. Please bring a dish to share with friends! Upcoming AOA Dates: Jan 24, Feb 21, & April 17

AOA FEES: Free!

Contact Hillary Knowles at hknowlescantonymcafitness@gmail.com for more information about water fitness classes.

WINTER 2020 SWIMMING LESSONS



SWIM STARTERS: AGES 6 MO-3 YEARS

Parent and child lessons. Accompanied by an adult, infants and toddlers will learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision. Classes are 30 min.

Class Times:

Tues/Thurs 6:30 pm

SWIM STARTERS FEES (per 5-week session):

Y Members \$28

Community \$58

SWIM BASICS: AGES 3 YEARS AND UP

Recommended skills to have around water. Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills. Classes are 30 min. long.

Class Times:

Ages 3-5

Tues/Thurs 5:30 pm

Ages 5 and Up

Tues/Thurs 6:00 pm

All Ages

Mon/Weds 5:30 pm

**DON'T KNOW WHICH LEVEL OF
SWIMMING LESSONS IS
RIGHT FOR YOUR CHILD?
SEE OUR LESSON SELECTOR ONLINE
UNDER AQUATICS, PICK ONE UP AT THE
YMCA, OR CALL US AT 647-1616.**

SWIM STROKES AGES: 5 YEARS AND OLDER

Skills to support a healthy lifestyle. Having mastered the basics, students of any age learn additional water safety skills and build stroke technique, developing skills that foster a lifetime of physical activity. Classes are 45 min. long.

Class Times:

Tues/Thurs 6:30 pm

SWIM BASICS AND SWIM STROKES FEES (per 5-week session):

Y Members \$33

Community \$68

PRE-COMPETITIVE/CONDITIONING

This class provides specialized instruction and training for competitive swimming, skill development, athletic training & physical endurance. You must be able to swim 25 yards. For ages 5 and up.

Instructor: Cudas Coach Caleb Taylor

Class Times:

Tue/Thurs 5:30 - 6:15 pm

FEES: Y Members \$33 Community \$68

PRIVATE LESSONS

Adult, children & family lessons are available. Contact Caleb Taylor for more information.

FEES: Y Members

\$15 - 1/2 hour lesson

\$60 - 5 lesson package

Community

\$20 - 1/2 hour lesson

\$85 - 5 lesson package

SEMI-PRIVATE LESSONS

Semi-private lesson are for 3 or more people. Price is per person for a total of 10 lessons. Contact Caleb to schedule.

FEES: Y Members \$40 Community \$75



James J. Elson Jr.


Attorney at Law

1522 East Ash Canton, IL 61520 647-6622

**Contact Aquatics Director Caleb Taylor at cantonymcaaquatics@gmail.com
for more information about aquatics programs.**

WINTER 2020

POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Adult Open 5:30 – 9 am	Adult Open 5:30 – 9 am	Adult Open 5:30 – 9 am	Adult Open 5:30 – 9 am	Adult Open 5:30 – 9 am	Adult Open 9–11:30 am	Open Swim 12–4:30 pm
Aquarobics 9–9:50 am	Deep Water 9–9:50 am	Aquarobics 9–9:50 am	Deep Water 9–9:50 am	Aquarobics 9–9:50 am	Open Swim 11:30–3:30 pm	
Aqua Zumba 10:15–11:05	Rental 10 am–12 pm	Aqua Zumba 10:15–11:05 am	Rental 10 am–12 pm	Aqua Zumba 10:15–11:05		
Arthritis 11:15–12 pm		Arthritis 11:15–12 pm		Arthritis 11:15–12 pm		
Open Swim 12–1 pm	Open Swim 12–1 pm	Open Swim 12–1 pm	Open Swim 12–1 pm	Open Swim 12–1 pm	 <p>A lap lane is available during all times except from 3:30–5:30 pm when Swim Team is practicing.</p>	
Rental 1–2 pm	Closed/Rental 1–3:30 pm	Rental 1–2 pm	Closed/Rental 1–3:30 pm	Rental 1–2 pm		
Adult Open 2–3:30 pm		Adult Open 2–3:30 pm		Adult Open 2–3:30 pm		
Swim Team 3:30–5:30 pm	Swim Team 3:30–5:30 pm	Swim Team 3:30–5:30 pm	Swim Team 3:30–5:30 pm	Swim Team 3:30–5:30 pm		
Swim Lessons 5:30–6:00 pm	Swim Lessons 5:30–7:15 pm	Swim Lessons 5:30–6:00 pm	Swim Lessons 5:30–7:15 pm	Open Swim 5:30–7:30 pm		
Aqua Zumba 6–6:50 pm		Aqua Zumba 6–6:50 pm				
Open Swim 7 – 8 pm	Open Swim 7:15 – 8 pm	Open Swim 7 – 8 pm	Open Swim 7:15 – 8 pm			
Adult Swim 8 – 9 pm	Adult Swim 8 – 9 pm	Adult Swim 8 – 9 pm	Adult Swim 8 – 9 pm			

**GIVE TO THE
CANTON FAMILY
YMCA'S STRONG KIDS
ANNUAL CAMPAIGN**



**Help all kids, families, and
adults take part in activities
& become members at the Y**

Contact Aquatics Director Caleb Taylor at cantonymcaaquatics@gmail.com
for more information about aquatics programs.

WINTER 2020

AQUATIC PROGRAMS

LIFEGUARD TRAINING COURSE

The American Red Cross Lifeguard Blended Learning program trains lifeguards to act with speed and confidence in emergency situations both in and out of the water. It combines online learning with onsite sessions to teach team work, rescue & surveillance skills, First Aid, CPR/AED & other skills you need to work as a professional lifeguard.

Prerequisites: Must be at least 15 yrs. & pass certain swimming requirements.

See the Y website for more details.

Dates: Mar 6-8, Apr 3-5, May 1-3, 15-17, 22-24, 26-29

Recertification Class: Apr 18, May 9, June 6

Waterfront Training: Mar 22, Apr 19, May 9, 18 & 20

FEES:	Y Members	\$300
	Community	\$325
	Cancellation Fee	\$20
	Recertification Course:	\$96
	Waterfront Course:	\$55

FIRST AID/AED/CPR TRAINING

Become certified to save a life through the American Red Cross. Classes prepare participants to help respond in an emergency. Online class portion included. Held 6-9 pm.

Dates: 2/8, 4/12, 6/14

FEES: **\$50**



**American
Red Cross**



SCUBA

Official certification & training. This is a lifetime certification course. Instruction materials purchased from instructor.

FEES: **Members \$300** **Community \$325**

SCOUTING AT THE Y

Boy Scout Troops can use the Y to earn merit badges, such as swimming, lifesaving, first aid. and scuba. The Y also facilitates swim tests for troops. Girl Scouts are invited to use the Y to learn skills as well. Please see the Y website for more information, including fees, dates and times.

SPECIAL NEEDS AQUATIC PROGRAM

The SNAP program is an aquatic motor development program for children with physical or cognitive challenges. SNAP strives to help kids with special needs feel pride and self-confidence while helping build stronger bodies, make friends, and have fun. Programs are tailored to meet the needs of each child. We stress fun, fitness and independence in a supportive, non-competitive environment. A parent needs to be present during instruction. Contact Caleb Taylor to schedule a time. Lessons are 30 min.

FEES: \$15 - 1 lesson \$60 - 5 lessons

Financial assistance is available.

Contact Aquatics Director Caleb Taylor at cantonymcaaquatics@gmail.com
for more information about aquatic programs.

W I N T E R 2 0 1 9

SPECIAL EVENTS & RENTALS

BIRTHDAY PARTIES

More Party, Less Work! Have a birthday party at the Y, and let us handle the mess! Your child's 2 hour party includes cake, ice cream, punch & tableware. We do the clean-up. This includes 1 hour of your choice of activity.

Choose from the following activities:

New! Nerf Gun Battle (Nerf guns, bullets, and game ideas provided)

Swimming

Dodgeball

Rock Climbing

Tumbling & Trampoline

Full Party Option:

Y Members \$90

Community \$115

Basic Party Option (Food Not Included):

Y Members \$75

Community \$100

\$5 per each additional child after 12.

Add \$10 for extra bullets for Nerf Gun Battle Parties.



FACILITY RENTALS

Would you like to host a special event at the Y? We host school events, after-prom parties, wedding showers, lock-ins and more.

HEALTHY KIDS DAY Saturday, April 18, 1 pm-4 pm @ the Y

Free! Everyone Welcome! Join us for a fun afternoon of inflatables, open swim, open tumbling, obstacle courses, healthy snacks, door prizes, and more. Information about local summer activities will be available.

Get Ready for Summer!



UPCOMING RACES

Resolution Run 2 Mile

January 1, 2020 10 am

Register by Dec. 17

FEES: \$25

Superbowl Shuffle 5K

February 2 10 am

Register by Jan. 27

FEES: \$30

Leprechaun Loop 1 M/5K/10K

March 14 8 am

Register by March 5

Contact Zac Rollet at 647-1616 or zrolletymca@yahoo.com for birthday party or facility rental information. Contact Jenniffer Swank at cantonymcarunning@gmail.com for race information.

W I N T E R 2 0 2 0

TUMBLING & TRAMPOLINE

SCHOOL AGE CLASSES

Enjoy tumbling, trampoline & double mini tramp.

TUMBLING AND TRAMPOLINE CLASS FEES

Y Members \$28 2nd Child \$20 Community \$56 2nd Child \$36

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

BEGINNER

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

Mon 3:45 pm

Wed 6:00 pm

Thur 4:00 pm

ADVANCED BEGINNER

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

Mon 3:45 pm

Tues 5:00 pm

Wed 6:00 pm

Thur 4:00 pm

NOVICE

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

Mon 5:00 pm & 6:15 pm

Tues 4:00 pm

Wed 4:00 pm

Thur 5:00 pm

INTERMEDIATE/ADVANCED

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

Tues 4:00 pm

Tues 6:00 pm

Wed 4:00 pm

Thur 5:00 pm

FOR BOYS! TUMBLING & TRAMP

Learn to bend, balance, bounce & build muscle! Boys age 5 & up, all levels.

Tues 4:00 pm

POWER TUMBLING-TRAMP-DOUBLE MINI

90 minute class gives more time to focus on skills, technique & routines for competition. Must be able to

do back handsprings. For novice, intermediate and advanced tumblers.

Mon 7:15 – 8:45pm

FEES: Y Members \$38 Community \$66

SCHOOL AGE OPEN GYM

School age children can enjoy open trampoline, foam pit, tumble track and rod floor! Instructors will be here to help learn and improve skills.

1:30 pm – 3:00 pm

January 5, March 15, & April 19

FEES: Y Members \$7 Community \$12



GENERAL TUMBLING & TRAMP INFO

- 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.
- School age classes meet 1 time per week for 60 minutes. Preschool classes are 45 minutes long.
- 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.
- Payment is due upon registration. Credit is not given for missed classes, but absences may be made up.
- Special Arrangements: Class placement exceptions & special arrangements are made by the instructor.

Contact Carlye Beadles at cantonymca.tumbling@gmail.com for more information about tumbling and trampoline.

W I N T E R 2 0 2 0

TUMBLING & TRAMPOLINE

PRESCHOOL CLASSES

TUMBLE TOTS (PARENT & TOT)

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

Mon 6:00 pm Wed 10:30 am & 6:15 pm

TUMBLING & TRAMPOLINE

Teaches basic tumbling and tramp skills for 3 - 5 year olds.

Tues 6:00 pm Wed 11:30 am & 5:15 pm



TUMBLING AND TRAMPOLINE CLASS FEES

Y Members \$28 2nd Child \$20 Com-
munity \$56 2nd Child \$36

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

TINY TUMBLERS OPEN GYM

Little ones ages 0-5 can burn off energy in a fun, safe environment on Sunday afternoons. They will enjoy trampoline, foam pit, tumble track and an obstacle course! Instructors will be here to help kids take turns, stay safe, and practice basic skills. Parents must stay in tumbling area. 3:00 pm - 4:00 pm January 5, and March 15, & April 19

FEES: Y Members \$7 Community \$12

We Make a Great Pizza.

- "ORIGINAL CRUST" - 12", 14", 16"
- PAN PIZZA - 10", 14"
- LUNCH SIZE 8"

CHOOSE FROM THESE INGREDIENTS:

Sausage • Ham • Pineapple • Pepperoni
Bacon • Hamburger • BBQ Chicken
Onion • Black Olive • Green Olive
American Green Pepper • Italian Green Pepper



DINE IN • CARRY OUT DELIVERY*

11AM TO 10:30 PM - SUNDAY - THURSDAY
11 AM TO MIDNIGHT - FRIDAY & SATURDAY
(CLOSED MONDAY)

HOME OF THE FAMILY PLEASERS

- Large Sausage Pizza
- Family Salad • Cola
- Original Crust or Pan Pizza

PIZZA, SANDWICHES, SALADS
BREADSTICKS, BEVERAGES

Seating for over 80 people
CORNER OF 5TH & LOCUST • CANTON

647-1127

*Delivery after 4:30 PM to Canton Area Only

Contact Carlye Beadles at cantonymca.tumbling@gmail.com for more information about tumbling and trampoline.

W I N T E R 2 0 2 0

SCHOOL AGE PROGRAMS

EASTVIEW SCHOOL AGE CENTER AFTER SCHOOL CARE FOR GRADES K-6

- Flexible scheduling; pay only for days you attend.
- Individualized academic support offered for children in grades K-4.
- Affordable for families; financial assistance is available and Child Care Connection is accepted. Siblings receive a 30% discount.
- Reliable care; we are open on half days, school institutes & holidays.
- Healthy meals and physical activities are offered daily.

Staff members help students with homework daily and lead students in extra enrichment activities in math and reading, STEM, arts and crafts, and technology to give children what they need to succeed at school. Kids will have outdoor play-time, weather permitting.

- Program is open to all CUSD #66 students in Grades K-6.
- Held at Eastview Elementary.
- Transportation to the program is provided by Canton School District.
- Offered Mon - Fri from school dismissal until 6 pm.

AFTERSCHOOL PROGRAM FEES:

After School Members	\$10/Day
Community	\$11/Day
All Day Members	\$26/Day
Community	\$28/Day

30% discount on additional children



THANK YOU to Y USA and the Walmart Foundation for providing us with support for these programs!

KIDS' DAY OFF!

When School's Out, We're In! Kids in K-6th grade can enjoy tumbling, basketball, swimming, crafts, STEM activities, board games, and time with friends on week days when school is not in session. Led by caring counselors, the program is held in the Cowan Gym from 7 am to 6 pm. Drop off and pick up times are at the parent's convenience. Lunch and a nutritious snack will be provided. Bring a swimsuit and towel, and be prepared to have fun!

Winter Break Dates: Dec 23, 26, 27, 30, Jan 2, 3, (Pre-register by Dec 19)

Spring Break Dates: March 23, 24, 25, 26, 27 (Pre-register by March 18)

Other Dates: Jan 17, Jan 20, & Feb 17

**LIVE
UNITED**

Thank you to United Way
of Spoon River Country for supporting the Y's
Preschool Program, Afterschool Program
& Cooperative Services!



KIDS DAY OFF FEES:

Members \$26/Day

Community \$28/Day

30% discount on additional children.

Financial assistance is available.

Contact Liberty Goldring at lgoldringymca@gmail.com
for information about school age programs.

W I N T E R 2 0 2 0

PRESCHOOL & JUNIOR HIGH

PRESCHOOL

YMCA Preschool does more than prepare your preschooler for kindergarten. It gives them an adventure in learning, making friends and having fun! The YMCA licensed, non-denominational preschool Program for ages 3 to 5 features centers, group times, hands-on learning, tumbling, fitness, swimming & more. Our caring teachers provide a safe, loving environment for little ones to explore their independence.

Teachers: Linda Henderson & Pam Downs

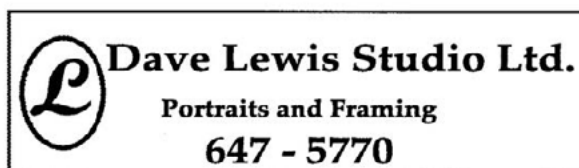


- **Healthy Snacks that meet HEPA (Healthy Eating and Physical Activity) standards!**
- **Lots of fun physical activities, from tumbling to swimming to yoga!**
- **SMARTBoard Technology in the Classroom!**
- **Call the YMCA, 647-1616, for more information.**

PRESCHOOL FEES: One-Time Registration Fee \$15

M/W/F AM:	Y Members	\$80	M/W/F PM:	Y Members	\$80	T/TH AM:	Y Members	\$65
	Community	\$100		Community	\$100		Community	\$85

**Registration Begins
February 3, 2019 for
the 2020-2021 School Year**



NEW! FUN HOUSE AFTER SCHOOL PROGRAM FOR JR. HIGH

Kids in grades 5-8 can enjoy a free, healthy snack in the YMCA Community Room after school Monday, Wednesday & Friday from 3:45--4:15 pm. After snack time, youth with Y Memberships or who pay the \$5 guest fee can participate in a variety of activities, from nerf gun battles to cooking lessons to sports. Activity will be held from 4:15-5:15.

- Snack is free and open to all children ages 5-18
- Activities are free for Y members, and are geared towards middle school age youth.
- The Canton Family YMCA is an equal opportunity food service provider.

**CHECK FACEBOOK AND
WWW.CANTONFAMILYYMCA.ORG FOR MORE INFORMATION!**



Contact Linda Henderson at prekcantonymca@gmail.com for info about Preschool, or Zac Rollet at zrolletymca@yahoo.com for info about Fun House.

W I N T E R 2 0 2 0

FARMINGTON PROGRAMS

TUMBLING AND TRAMPOLINE

Classes are held at the Farmington Program Center, and include both tumbling and trampoline skills.

Instructor: Traci Whitby



BEGINNER/ADVANCED BEGINNER

Basic tumbling skills; front & back rolls, cartwheels, round-offs, & limbering skills. Plus, learn basic trampoline skills.

Tues 5:45 pm

NOVICE

Learn & practice front & back handsprings plus basic trampoline skills.

Tues 4:45 pm

INTERMEDIATE

Must be able to do 5 back handsprings. Learn basic aerials, plus bounders and half twists. Students also learn basic trampoline skills.

Tues 3:45 pm

TUMBLING AND TRAMPOLINE CLASS FEES:

Y Members \$28

2nd Child \$20

Community \$56

2nd Child \$36

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

FARMINGTON & ELMWOOD SOCCER

- Leagues will be formed for the following age groups: U-5, U-7, U-10 and U-13** (No 7th Grade).
- Youth must be registered by March 3rd. All participants will be placed on teams by the director.
- Practice held locally for each town.
- Coaches meeting for all towns Tues., March 3 at 6 pm in Canton.
- Practice will begin week of March 9. Dates & times will be determined by coaches.
- Games played on Saturdays March 28 - May 16.
- Soccer jerseys included in fees.
- Pictures TBA.
- Sign up for soccer by Feb. 2 and save \$10 on fees!



Soccer Fees: Y Members \$44

Farmington & Elmwood Co-Op \$65

FARMINGTON SCHOOL AGE CENTER

BEFORE AND AFTER SCHOOL CARE

Held at Farmington Elementary School, kids build friendships and learn values in a positive, healthy environment in the Y's School Age Center in Farmington. It offers convenient, affordable afterschool care for children in K - 6th grade. Staff lead and participate in group games, fitness games, STEM activities, and arts and crafts. Kids will have outdoor playtime daily, weather permitting. Healthy snacks served daily.

- The program is located at Farmington Central Elementary.
- Flexible scheduling; you choose which days your child attends, and only pay for those days.
- Offered Monday - Friday from 6:30-8 am before school and from school dismissal until 6:00 pm.

AFTERSCHOOL PROGRAM FEES:

Before Members & Community \$5/Day

After School Members \$10/Day Community \$11/Day

All Day Members \$26/Day Community \$28/Day

30% discount on additional children. Financial assistance is available.

Contact Carlye Beadles at cantonymca.tumbling@gmail.com for tumbling info,
Frank Eveland at cantonymcasports@gmail.com for soccer info,
or Liberty Goldring at lgoldringymca@gmail.com for School Age Center info.

W I N T E R 2 0 2 0

GIVE. JOIN. VOLUNTEER.

THE HERITAGE CLUB

The members of the Canton Family YMCA Heritage Club are people who believe in the mission of the YMCA and have chosen to invest in it for the sake of 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 investment can yield such a great return?

For more information, contact Paula Grigsby at 647-1616 or pgrigsbycantonymca@sbcglobal.net.



STRONG KIDS ANNUAL CAMPAIGN



The Canton Family YMCA has an open door policy; it does not turn anyone away for memberships or programs. Each year, the Y gives away over \$125,000 in financial aid to give local children and families opportunities to live healthy, active lives.

Please help us on this mission to serve our community; donate to the 2020 STRONG KIDS CAMPAIGN.

VOLUNTEER OPPORTUNITIES

The Canton Family YMCA is a great place to give back to your community! High school age students to seniors are welcome to be a bigger part of this non-profit organization. There are opportunities year round for volunteers, including: coaches (soccer & basketball), summer food program assistants, work service (cleaning, painting or grounds maintenance) and race volunteers. Youth groups, clubs, and other organizations are welcome to schedule a work day or volunteer together for an event. Please don't hesitate to give your name and your volunteer interest to our customer service desk and they will connect you with the right staff member. Thank you!

Visit the Y's website at www.cantonfamilyymca.org or contact our customer service desk at 647-1616 for more information.