



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL 2020
PROGRAM GUIDE



STAY HEALTHY
STAY SAFE
STAY HAPPY

Session I	Aug 24 – Sept 20
Session II	Sept 21 – Oct 31
Session III	Nov 2 – Dec 13

WELCOME TO THE CANTON FAMILY YMCA

FACILITY HOURS

Monday-Thursday	5:00 am – 7:00 pm
Friday	5:00 am – 7:00 pm
Saturday	7:00 am – 12:00 pm
Sunday	CLOSED

HOLIDAY HOURS

Labor Day	CLOSED all day
Thanksgiving	7:00 am - 12:00 pm
Christmas Eve	5:00 am - 1:00 pm
Christmas Day	CLOSED all day
New Year's Eve	5:00 am - 5:00 pm
New Year's 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**



TEMPORARILY CLOSED

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

WE ARE NOT TAKING GUEST PASSES AT THIS TIME.

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.

FALL 2020

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

Administrative Assistant - Trisha Shubert

tshubertcantonymca@gmail.com

Aquatics Director - Caleb Taylor

cantonymcaaquatics@gmail.com

Financial Aid/Senior Fitness - Dayle Sarnes

dsarnescantonymca@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

Wellness Coordinator - Sydney Shubert

sshubertcantonymca@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.

FALL 2020 FITNESS CLASSES



POUND ® Instructor: Hillary Knowles

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

SHRED

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.

INSANITY® Instructor: Christa Foster

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

YOGA Instructors: Christa Foster, Julie Clendenny & Monika Gaspar

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

TAI CHI Instructor: Mitch Williams

This ancient Chinese martial art & exercise program integrates mind, body & spirit. It has many health benefits including reduced stress, lower blood pressure, and improved balance.

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.

KETTLEBELLS

Instructors: Sue Maurice & Corey Maurice

Kettlebells use repeated movements to build strength & condition the core, leg & gluteal muscles.

PERSONAL TRAINING

SCW Certified Personal Trainers Hillary Knowles or Sydney Shubert will design an exercise and nutrition plan to meet your goals.

Plan 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

FITNESS PASS FEES

Y Members Free

Community Fees:

10 classes \$44

15 classes \$54

Unlimited \$64

Drop Ins \$8

Modifications can be made and all fitness levels are welcome.

Fitness class schedules can be picked up at the Y or at www.cantonfamilyymca.org

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

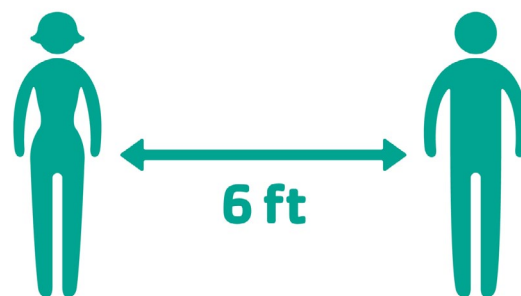
FITNESS CLASS SCHEDULE

	MON.	TUES.	WEDS.	THURS.	FRI.	SAT.
MORNING						
6:15- 6:45 AM	KETTLEBELLS STAFF		KETTLEBELLS STAFF		KETTLEBELLS STAFF	
8:15- 9:00 AM		KETTLEBELLS SUE (MAIN GYM)		KETTLEBELLS SUE (MAIN GYM)		KETTLEBELLS COREY (MAIN GYM)
9:00- 9:45 AM	RIPPED KAREN	YOGA MONIKA (OUTSIDE)	RIPPED KAREN	YOGA MONIKA (OUTSIDE)	STRONG KAREN	
10:00- 10:30 AM						TAI CHI MITCH
10:15- 10:45 AM					SILVERSNEAKERS YOGA WHITNEY	
10:15- 11:00 AM	SILVERSNEAKERS CIRCUIT SUE		SILVERSNEAKERS CIRCUIT SUE			
10:30- 11:15 AM		SILVERSNEAKERS YOGA KAREN		SILVERSNEAKERS CLASSIC KAREN		
EVENING						
5:30- 6:15 PM	INSANITY CHRISTA		INSANITY CHRISTA	BOOTCAMP ED		
6:00- 6:30 PM						
6:15- 6:45 PM		SHRED JULIE				

FITNESS CLASS INFORMATION:

- Select classes will be held outside, in the south parking lot, weather permitting.
- Unless noted above, classes are held in the fitness room.
- Each individual's temperature will be taken when they arrive.
- Participants will be asked to practice safe social distancing during class (6 ft. apart).
- All classes are limited to 14 participants.
- You may call the customer service desk at 647-1616 to reserve a spot.

Thank you for observing
our new guidelines to keep
everyone safe.



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

FALL 2020

SENIOR FITNESS CLASSES

SILVERSNEAKERS FITNESS

Instructors: Karen Taylor, Sue Maurice, & Whitney Murphy

SILVERSNEAKERS® CLASSIC

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills.

Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

Thurs 10:30-11:15 AM



SILVERSNEAKERS® CIRCUIT

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.

Mon/Wed 10:15-11:00 AM

SILVERSNEAKERS® YOGA

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.

Tues 10:15-11:00 am

Fri 10:15-10:45 am

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:



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.

FALL 2020 WATER FITNESS CLASSES

WATER FITNESS

Instructors: Karen Taylor & Laura Powell

AQUA ZUMBA ®

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

Tues/Thurs 9:15-10:00 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 10:15 - 10:45 am

AQUAROBCICS/OPEN AQUAROBCICS

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

Mon/Wed/Fri 9:15 - 9:45 am

HEALTHY STARTS HERE

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 Tennis Courts. 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!!! Please bring a dish to share with friends! Held at 12:15 p.m. in the Community Room.

TEMPORARILY CANCELLED

AOA FEES: Free!



**WATER FITNESS
PASS FEES
Y Members FREE**

Community Fees:
Drop Ins \$8
2 days/ wk \$44
3 days/ wk \$54
Unlimited \$64
Arthritis Class \$44

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

FALL 2020 SWIMMING LESSONS

We offer group, private and semi-private lessons (same family only) for all ages. Please read our new guidelines (located on the bottom of the pool schedule) to keep staff and participants safe.

PRIVATE LESSONS

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

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

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

FEES: Y Members \$40 Community \$75

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 5:30-6:00 pm

SWIM STARTERS FEES

Y Members	\$23	Community	\$47
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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. Classes are for Levels 1, 2, and 3.

Class Times:	PreK	Tues/Thurs	5:30-6:00 pm
	School Age	Tues/Thurs	6:00-6:30 pm

SWIM STROKES AGES: 5 YEARS AND OLDER

Skills to support a healthy lifestyle. Having mastered the basics, students of learn additional water safety skills and build stroke technique, developing skills that foster a lifetime of physical activity. Classes are for **Levels 4, 5, 6 or precompetitive swimmers**. Classes are 45 min.

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

SWIM BASICS AND SWIM STROKES FEES:

Y Members	\$27	Community	\$55
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FALL SESSIONS
AUG 24-SEPT 20
SEPT 21-OCT 31
NOV 2-DEC 13

**PREREGISTRATION
REQUIRED**

Don't know which level is appropriate for your child?
See our Lesson selector online under aquatics, pick one up at the YMCA, or call us at 647-1616.



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

FALL 2020 POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lap Swim by reservation 5:15 am - 9 am	Lap Swim by reservation 5:15 am - 9 am	Lap Swim by reservation 5:15 am - 9 am	Lap Swim by reservation 5:15 am - 9 am	Lap Swim by reservation 5:15 am - 9 am	Lap Swim 8 am - 11 am	CLOSED
Aquarobics 9:15-9:45 am 1 lap lane open	Aquazumba 9:15-10 am 1 lap lane open	Aquarobics 9:15-9:45 am 1 lap lane open	Aquazumba 9:15-10 am 1 lap lane open	Aquarobics 9:15-9:45 am 1 lap lane open	Deck Disinfecting 11-11:30 am	
Arthritis 10:15-10:45 am 1 lap lane open		Arthritis 10:15-10:45 am 1 lap lane open		Arthritis 10:15-10:45 am 1 lap lane open		
Lap Swim 11 am-1 pm	Lap Swim 10:30- 1 pm	Lap Swim 11 am-1 pm	Lap Swim 10:30- 1 pm	Lap Swim 11 am-1 pm		
Open Swim 1-3 pm 1 lap lane open	Day Camp Open Swim 1-3 pm	Open Swim 1-3 pm 1 lap lane open	Day Camp Open Swim 1-3 pm	Open Swim 1-3 pm 1 lap lane open		
Lap Swim 3-6 pm	Lap Swim 3-5:15 pm	Lap Swim 3-6 pm	Lap Swim 3-5:15 pm	Lap Swim 3-6 pm		
	Swim Lessons 5:30-6:30 pm		Swim Lessons 5:30-6:30 pm			
Deck Disinfecting 6:45-7 pm	Deck Disinfecting 6:45-7 pm	Deck Disinfecting 6:45-7 pm	Deck Disinfecting 6:45-7 pm	Deck Disinfecting 6:45-7 pm		

Reservations are required for early morning lap swim only. All other times are first come, first serve.

Call ahead to check availability for open swim: 647-1616. First come, first serve. Limited to 25 people.

Schedule is subject to change; Watch our website, www.cantonfamilyymca.org, & FB for updates!

- Reservations are required for early morning lap swim only. Call 647-1616 to reserve your time.
- Reservations can be made no more than 24 hrs in advance. You can make reservations for Mon. on Fri. or Sat.
- Lockers and showers are available. Please enter the pool through the locker rooms.
- Equipment (kickboards, foam barbells, floatation belts etc.) will not be available.
- 2 people per lane; there is a 25 person limit.
- Hot tub and sauna will remain closed.
- No one will be allowed on the pool deck except swimmers and necessary Y staff.
- Parents may sit on the pool balcony during lessons provided they follow social distancing rules.

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



James J. Elson Jr.
Attorney at Law

1522 East Ash Canton, IL 61520 647-6622

FALL 2020

TUMBLING & TRAMPOLINE

SCHOOL AGE CLASSES

Enjoy tumbling, trampoline & double mini tramp. Each class is 45 min. long to allow time to sanitize and adhere to social distancing procedures. 5:1 student/teacher ratio.

BEGINNER

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

Mon 3:45-4:30 pm Weds 4:15-5:00 pm Weds 6:00-6:45 pm Thurs 4:00-4:45 pm

ADVANCED BEGINNER

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

Mon 3:45-4:30 pm Mon 6:30-7:15 pm Tues 4:30-5:15 pm Weds 4:15-5:00 pm
Weds 6:00-6:45 pm Thurs 4:00-4:45 pm

NOVICE

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

Mon 4:30-5:15 pm Mon 6:30-7:15 pm Tues 3:45-4:30 pm
Tues 5:15-6:00 pm Thurs 5:00-5:45 pm

INTERMEDIATE/SUB-ADVANCED/ADVANCED

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

Tues 3:45-4:30 pm Tues 6:15-7:00 pm Thurs 5:00-5:45 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 tumblers novice level and up.

Mon 7:15 - 8:45 pm

PRESCHOOL CLASSES

Enjoy tumbling and trampoline. Each class is 45 min. long to allow time to sanitize and adhere to social distancing procedures. 4:1 student/teacher ratio.

TUMBLE TOTS (PARENT & TOT)

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

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

TUMBLING & TRAMPOLINE

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

Tues 6:15 - 7:00 pm Wed 5:15 - 6:00 pm Fri 11:30-12:15 pm

TUMBLING AND TRAMPOLINE

CLASS FEES (per 4 wk session)
Y Members \$23 2nd Child \$17
Community \$46 2nd Child \$31
Additional family members must be enrolled in the same program to receive discounts.



FALL SESSIONS
AUG 24-SEPT 20
SEPT 21-OCT 31
NOV 2-DEC 13

PREREGISTRATION
REQUIRED

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

FALL 2020 TUMBLING & TRAMPOLINE

PRIVATE LESSONS

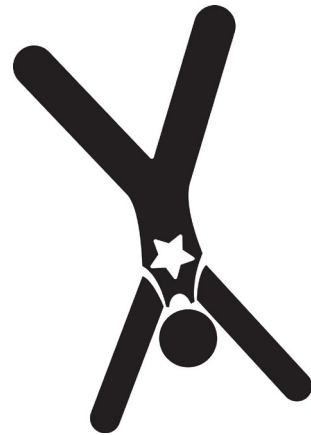
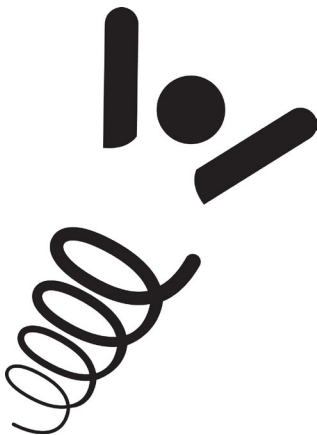
Private lessons are available for all ages and ability levels. Each lesson is 30 minutes long, and can be designed to focus on improving each athlete's specific skills. To register, call the YMCA Customer Service Desk. Payment is due at registration.

FEES: 1 Lesson Y Members \$15 Community \$20
5 Lessons Y Members \$60 Community \$85

**NOW CLEANER &
SAFER FOR YOU!
UPDATED
HEALTH & SAFETY
PROCEDURES**

UPDATED TUMBLING & TRAMP INFO & PROCEDURES FOR BETTER HEALTH & SAFETY

- Equipment will be sanitized before each class for the safety and health of all of our tumblers.
- All classes are 45 minutes long, allowing time to sanitize and adhere to social distancing procedures.
- New teacher/student ratios to allow for social distancing are 5:1 for school age, and 4:1 for preschool classes.
- Payment is due upon registration. Credit is not given for missed classes, but absences may be made up.
- Learn from experienced, certified, caring instructors in our tumbling & trampoline complex!
- Our facility features 2 in-ground trampolines, a foam training pit, competition rod floor, 50' tumble track & a double mini-tramp. Classes develop strength, flexibility, balance, coordination & self-confidence in a safe, supervised environment.
- Special Arrangements: Class placement exceptions & special arrangements are made by the instructor.



**We Make a
Great Pizza.**
DINE IN • CARRY OUT
• DELIVERY*
OPEN TUESDAY-SUNDAY
(CLOSED MONDAY)
647-1127
*Delivery after 4:30 PM to Canton Area Only



LIKE US ON FACEBOOK & INSTAGRAM



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

FALL 2020 PRESCHOOL

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 6 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. Students will arrive under new health and safety guidelines. Students and teachers will practice constant hand washing, 6ft distancing, & wear masks at all times. Teachers will be constantly cleaning all surfaces after use. Students will stay safe & have fun!

Teachers: Linda Henderson & Pam Downs

**For any child ages 3-6!
Openings Available for the
Afternoon Class of the
2020-2021 School Year**

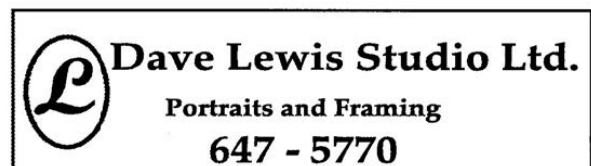


- **Healthy Snacks that meet HEPA (Healthy Eating and Physical Activity) standards!**
- **Lots of fun physical activities, from tumbling to swimming to yoga!**
- **SMARTBoard Technology in the Classroom!**
- **Call the YMCA, 647-1616, for more information.**

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

BRIGHT FUTURES START HERE



Contact Linda Henderson at prekcantonymca@gmail.com for more info about Preschool.