



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HELPING YOU LIVE BETTER

WINTER 2025

Program Guide
January 6 - May 25

Canton Family YMCA
1325 E Ash Street
Canton, IL 61520
(309) 647-1616
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, grow and thrive.

OUR AREAS OF FOCUS

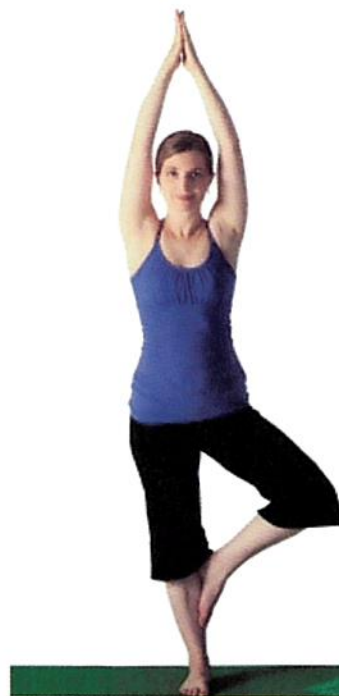
The Y is a cause-driven organization that is for youth development, for healthy living and for social responsibility. That's because a strong community can only be achieved when we invest in our kids, our health and our neighbors.

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.



SESSION DATES

Session 1	Jan. 6 - Feb. 9
Session 2	Feb. 10 - Mar. 16
Session 3	Mar. 17 - Apr. 20
Session 4	Apr. 21 - May 25

WINTER 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

New Year's Day	Closed
Good Friday	5 am - 1 pm
Easter	Closed
Memorial Day	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.
- **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

SCHOOL AGE CENTER - 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!



- 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 and ready for the children.
- YMCA financial assistance is available. Child Care Connection is accepted too!
- During the summer months children may attend our Day Camp Program.
- Day Camp registration opens April 1, 2025.



	<u>Y Member</u>	<u>Non-Member</u>
Fees: 1 day	\$10	\$15
2 days	\$20	\$30
3 days	\$30	\$45
4 days	\$40	\$60
5 days	\$50	\$75
Half Day	\$20	\$25
All Day	\$28	\$35

- All families must fill out a bank draft form
- Fees may be set up to be drafted from your checking, savings, or your credit/debit card, weekly, bi-weekly or monthly
- 30% discount for additional children

Enroll for School Age Center now!

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

Watch YMCA of Canton, IL
Facebook page
for Summer Day Camp
information updates



PRESCHOOL AGES 3 - 5

YMCA Preschool: Our experienced teaching staff and collaboration with school district Kindergarten teachers allows us to be sure our students are ready for their next BIG step when it's time. 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, social skills, problem solving, hands-on learning, swimming, tumbling & much more.
- Preschool follows the Canton School District schedule.
- Our Teachers are Linda Henderson & Pam Downs. Subs for our program are Donna Breason & Aliyah Smith.



Contact Linda at lhenderson@cantonfamilyymca.org or Pam at pdowns@cantonfamilyymca.org for more information. Financial Assistance is also available.



Registration Fee \$15

**T/Th
M/W/F**

Y Member

**\$65
\$80**

Community

**\$90
\$105**

**Enrollment for the 2025 - 2026 school year begins
February 3rd, 2025.**

YOUTH SPORTS

SPRING SOCCER LEAGUES



- Leagues will be formed in the following age groups: U-5, U-7, U-10, U-13 (not in 7th grade)
- Age groups based off of January 1st, 2025
- Players will be supplied a T-Shirt
- Players will need cleats and shin guards
- Register January 15th through March 17th

Games Run: April 19 - May 24

Fees: Members \$44 Non-Members \$88

FULTON COUNTY SOCCER CLUB

The Y is proud to partner with the Fulton County Soccer Club (FCSC). FCSC gives kids in 7th-12th grades the opportunity to develop soccer skills at a higher level with USA Soccer Certified coaching staff and a travel league that competes in surrounding communities.

U14 (Junior High School)

U18 (High School)

Fees: Canton YMCA Members \$44

Non-Members \$88

Includes practice 2-3x/week, travel league games, and 1-2 tournaments. Season Runs: Late Feb-Late May. Meeting for parents and athletes in February. Tryouts and finalized rosters in early March. Sign up now! All participants must ALSO register to join the "FCSC Club" (free) at the Canton YMCA.

For more information

Email: fultoncountysoccerclub@gmail.com or
Call/text Andrea Phillips at 309-255-6839

Middle School and High School students who want to improve their soccer skills have the opportunity to practice/workout with the Fulton County Soccer Club. The Club Offers a free membership (limited to team workouts) during the offseason. Players must register through the YMCA and complete a medical waiver.

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.
- Begins March 18, 2025

Fees: Members FREE

Non-Members \$5 per week

ADULT PICKLEBALL (INDOOR)

The YMCA is home for Pickleball in the cold weather months. Keep your game sharp all winter and reserve a court today, 309-647-1616



MARTIAL ARTS

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

Contact Rick Eddy at
reddy@cantonfamilyymca.org or
Whitney Murphy at
wmurphy@cantonfamilyymca.org
or call the Y at 309-647-1616 for
information on youth and adult
sports & financial assistance.

TUMBLING AND TRAMPOLINE

TUMBLETOTS (PARENT & TOTS)

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

PRESCHOOL TUMBLING & TRAMPOLINE

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

Mon 6:15 - 7:00 pm
Tue 6:00 - 6:45 pm
Wed 5:15 - 6:00 pm
Thurs 4:00 - 4:45 pm
Fri 11:30 - 12:15 pm

BEGINNER

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

Mon 4:00 - 4:45 pm
Mon 5:30 - 6:15 pm
Tue 4:30 - 5:15 pm
Wed 4:30 - 5:15 pm



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.

Mon 7:00 - 8:30 pm

Y Member: \$55
2nd Child: \$40

Community: \$85
2nd Child: \$58

Fees: 45 MINUTE CLASSES

Y Member: 1st Child \$33 2nd Child \$25

Community: 1st Child \$64 2nd Child \$44

ADVANCED BEGINNER

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

Mon 4:00 - 4:45 pm
Mon 5:30 - 6:15 pm
Tue 4:30 - 5:15 pm
Tues 5:15 - 6:00 pm
Wed 4:30 - 5:15 pm

NOVICE

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

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

INTERMEDIATE/AVANCED

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

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

GENERAL INFORMATION

- Pre-registration is required
- 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' tumbling track & a double mini-tramp.
- Our classes help youth develop strength, flexibility, balance, coordination & self confidence in a safe, supervised environment.

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.

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 ages 3 - 5
Tuesday/Thursday
5:30-6:00 pm

School Age 5 & up
Tues/Thursday
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 5:30-6:15 pm

Swim Basics and
Strokes Fees:
Member \$39
Non-Member \$78

PRIVATE & SEMI PRIVATE LESSONS

NEW 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

PRE-COMPETITIVE/CONDITIONING

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

**Requires Program Director/Head Coach/
Instructor Caleb Taylor's approval.**

Tues/Thurs 5:30-6:15 pm
Members \$39 Non-Members \$78

Contact Caleb Taylor, Program Director,
309-647-1616 or
ctaylor@cantonfamilyymca.org
for more information on Swim Lessons



American Red Cross

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 years old & pass certain swimming requirements.

**See Caleb Taylor for more information, and
information on recertification.**

Lifeguard Classes: Members \$300
Non-Members \$325

Offered: April 4-6, April 25-27,
May 16-17, May 20-24

Lifeguard Recertification: \$100
Offered: April 12, May 10, May 31

POOL SCHEDULE WINTER 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Open/ Lap Swim 5:15 - 9:00 am	Adult Open/ Lap Swim 5:15 - 9:00 am	Adult Open/ Lap Swim 5:15 - 9:00 am	Adult Open/ Lap Swim 5:15 - 9:00 am	Adult Open/ Lap Swim 5:15 - 9:00 am	Open Swim 8:00 - 11:00 am	Open Swim 8:00 - 11:00 am
Aquarobics 9:00 - 9:50 am	Open Aquarobics 9:00 - 9:50 am	Aquarobics 9:00 - 9:50 am	Open Aquarobics 9:00 - 9:50 am	Aquarobics 9:00 - 9:50 am	<p style="text-align: center;">Questions? Contact Program Director Caleb Taylor 309-647-1616 ctaylor@cantonfamilyymca.org</p>	
Open Swim 10:00 - 3:30 pm	Open Swim 10:00 - 1:00 pm	Open Swim 10:00 - 3:30 pm	Open Swim 10:00 - 1:00 pm	Open Swim 10:00 - 3:30 pm		
	Pool Closed 1:00 - 3:30 pm		Pool Closed 1:00 - 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		
Open Swim 5:30 - 8:00 pm	Swim Lessons 5:30 - 7:00 pm	Open Swim 5:30 - 8:00 pm	Swim Lessons 5:30 - 7:00 pm	Open Swim 5:30 - 6:30 pm		
	Open Swim 7:00 - 8:00 pm		Open Swim 7:00 - 8:00 pm			



- **WINTER SESSIONS:** Schedule is subject to change; watch our website, at www.cantonfamilyymca.org, and Facebook for updates.
- One lap lane will be available, except during swim team.
- **OPEN AQUAROBICS** - Is set time for Aquatics Fitness Participants **WITHOUT** an instructor.
- **Questions?**
Contact Program Director Caleb Taylor at the Y 309-647-1616 or email him at ctaylor@cantonfamilyymca.org

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 - 9:50 am

OPEN AQUAROBICS

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

T/Th 9:00 - 9:50 am



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.

WATER FITNESS PASS FEES:

Y MEMBER- FREE

Non-Members:

2 day/week- \$55

Daily Drop in- \$10

3 day/week- \$67

Unlimited- \$76

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 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.

Instructors: Sue Maurice, Whitney Murphy, Lisa Davis. 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. Contact marnett@cantonfamilyymca.org for more information on fitness.



**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

FITNESS CLASS SCHEDULE

	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		TAI CHI MITCH
9:15 - 9:45 AM	PILATES LAUREN		PILATES LAUREN			
10:15 - 11:00 AM	SILVERSNEAKERS CIRCUIT	SILVERSNEAKERS YOGA	SILVERSNEAKERS CIRCUIT	SILVERSNEAKERS CLASIC	SILVERSNEAKERS YOGA	
6:00 - 6:45 PM			SHRED JULIE			

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

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





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 hand-stands skills, or just having fun playing with their friends in a fun and safe way.

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 90 minute 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
pkeller@cantonfamilyymca.org
 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.



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

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.

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
- Newly renovated 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 to the Y's Life Center, Olympic Weight Room, Main Gym, Track & Community Room for members who are 18 years of age and older.

FEES AND PAYMENT PLANS

- **Monthly Bank Draft** - Your monthly payment may be drafted from your checking, savings, or credit card 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 & 2 PAY</u>
YOUTH	6 - 11 YRS	\$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.