

24/7 Access

Members over 18 may use Life Center, Weight Room, Gym or Track & Strive room.

\$12 (one-time fee)

See front desk for more details



24-7 Access.psd

JUDO

Saturdays 10:30 am with Mitch Williams

Y members: \$15
Community Members: \$35



121 - JUDO.jpg

Kettlebell

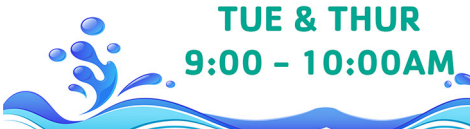
Monday thru Friday
See Schedule for More Times!



122 - Kettlebells.jpg

OPEN AQUAROBICS

TUE & THUR
9:00 - 10:00AM



123 - Open-Aquarobics.jpg

the Y

HEALTHWAYS **SilverSneakers** FITNESS

at 10:15-11:00 M-F

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



124 - Silver-Sneaker---Feb-202...

Swimming Lessons

Private, Semi-Private, and Group Lessons Available!

Call the Customer Service Desk to Register 647-1616



125 - Swimming-Lessons---Au...

TAI CHI

Saturday 9:00a to 10:00a With Mitch Williams.

Relax and lower your blood pressure and improve balance

Members: Free
Community members: see front desk for pricing



126 - Tai-Chi---Aug-2021.jpg

Thank You!

SPECIAL THANKS TO OUR MARKETING SPONSORS:

AMERICAN PEST CONTROL INC.

Serving Central Illinois Since 1951



127 - Thank-You-American-Pe...



Thank You!

SPECIAL THANKS TO OUR MARKETING SPONSORS:

DAVE LEWIS 36 South Main
STUDIO LTD. 647-5770

Find us on  facebook.

128 - Thank-You-Dave-Lewis--...



Thank You!

SPECIAL THANKS TO OUR MARKETING SPONSORS:

MONICAL'S PIZZA RESTAURANT
(309)647-1127
135 N. Fifth ~ Canton

129 - Thank-You-MonicalsPizz...



Thank You!

SPECIAL THANKS TO OUR MARKETING SPONSORS:

WE ARE PROUD OF OUR TUMBLING TORNADOS
Teaching, inspiring, and double-oh-seven with ages 9-18
GOOD LUCK THIS SEASON!



130 - Thank-You-Tumbling-Tor...



Pilates
Instructor: Lauren
Mon. & Wed. @ 9:15-9:45am

200 - Pilates.png



the Y YOGA

Tue. & Thur. ~ 8:30-9:15am
with Lauren

201 - Yoga.jpg



HERITAGE CLUB

Join a group of individuals who care enough to invest in the children and families of tomorrow.

To find out more about the Heritage Club, contact Mark Sawyer at 647-1616 or msawyer@CantonFamilyYMCA.org



203 - Heritage Club.png



ASSOCIATES IN DENTISTRY
Healthy Smiles For All Ages

300 - Associates In Dentistry.jpg



BUCKHEART SOLAR

301 - Buckheart Solar.jpg



TOWN COUNTRY
INSURANCE AGENCY

304 - Town Country.jpg



600 - Farm Bureau.jpg



700 - Water Fitness (2025).mp4



704 - Birthday Parties (2025).png



705 - Koshu Ryu Karate (2025)...



AquaPower.psd



Canton_Mar2026_Bistro101.jpg



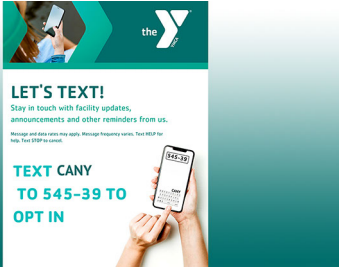
Canton_Mar2026_PreschoolR...



CantonYMCA_Nov2025_Pickle...



CantonYMCA_Nov2025_Sign i...



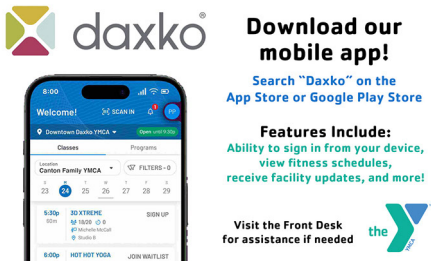
CantonYMCA_Oct2025_SMS_...



CantonYMCA_Sep2025_Fac...



Crawfords Home Furnishings - ...



Daxko Mobile App.psd



Fall Soccer.psd



G-M Mechanical.mp4



HIIT and Cardio Pilates.psd



MidAmerica National Canton-0...



Monicals Pizza April 2013.mp4



State Farm Dee - Jun 2022 #2....



Summer Facility Hours.psd



Thank You-Golf Fund-CEFCU....



Thank You-Golf Fund-Kemper ...



VisualSolutions_02.mp4



VisualSolutions_OutOfService...