



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**ACHIEVE
EMPLOYEE
WELLBEING
WITH THE Y**

WHY INVEST IN YOUR EMPLOYEES' HEALTH?

As a business owner or leader in your workplace, it is important to remember that your most valuable assets are your employees. Encouraging employees to be fit and healthy pays off in numerous ways.



HEALTHY EMPLOYEES . . .

- Are less likely to get sick.
- Have more energy and remain focused on the task at hand.
- Have more self confidence and strive for higher levels of achievement within the workplace.
- Tend to have better attitudes and a greater sense of physical and mental balance that results in a more positive approach in the workplace.
- Report feeling less stressed.

Employees feel a greater sense of value when an employer shows concern for their health and wellbeing. It has been shown that **employee turnover is lower** among employees who take advantage of a wellness program implemented by their employer.

By participating in the **Watertown Family YMCA's Corporate Wellness Program**, your company will see a decrease in healthcare costs, employee turnover, and absenteeism, and an increase in workplace productivity and morale.

Your employees will be joining more than a gym. The YMCA is a movement of thousands of people making positive changes in their lives and the lives of others in the community.



A GREAT BENEFIT

Employer Benefits

The Y will contribute up to 20% of each employee's membership fee.

The Y will provide **check-in (usage) reports and a list of employees active in the program** as requested.

The Y will provide electronic and printable versions of **informational materials** and we will help your employees get signed up for membership through the program.

The Y will come to your location to talk to your employees about the benefits of the YMCA and your wellness plan.

Employee Benefits

Members have access to all our facilities, including our fitness studios, cardio and weight training equipment, indoor pools, basketball/racquetball courts, saunas, locker rooms, comfortable common areas, and more!

No long-term contracts make joining low pressure and high pleasure!

Over 90 group exercise classes, included in the price of membership, are offered weekly at the Y.

A complimentary 12-week Ready to Be Fit program is available to all members.

Member discounts are offered for Y programs that have a fee attached, including youth sports leagues and camps, races and fun runs, gymnastics, dance, personal training, and many other health and wellness programs.

Our **child watch and Power Zone** facilities and staff provide safe, clean, and nurturing child care for children 6 weeks to 11 years old. Child watch is available while members work out for up to 90 minutes a day.

The Y's Wellness Center is available for those in need of a private, supportive workout environment, as well as those working in group settings to meet their healthy living goals. Our unique, evidenced-based programs offer help for people who are dealing with obesity-related conditions, pre-diabetes, arthritis, cancer-survivorship, and more.

HOW IT WORKS

- Employer must contribute toward each employee membership (% of contribution determined by employer but must be a minimum of 10%).
- Watertown Family YMCA will match the employer contribution up to 20%.
- Employees are responsible for the Capital Fund Fee
- Employees can sign up at any Watertown Family YMCA facility.



MONTHLY OPTIONS:

10% Contribution

Membership Type	Standard Fee	Employer Pays	YMCA Pays	Employee Pays
Young Adult	\$21.00	\$2.10	\$2.10	\$16.90
Single Adult	\$34.00	\$3.40	\$3.40	\$27.20
Adult Couple	\$51.25	\$5.13	\$5.13	\$40.94
Single Family	\$42.00	\$4.20	\$4.20	\$33.60
Family	\$54.60	\$5.46	\$5.46	\$43.68
Senior Adult	\$26.80	\$2.68	\$2.68	\$21.440

20% Contribution

Membership Type	Standard Fee	Employer Pays	YMCA Pays	Employee Pays
Young Adult	\$21.00	\$4.20	\$4.20	\$16.00
Single Adult	\$34.00	\$6.80	\$6.80	\$20.00
Adult Couple	\$51.25	\$10.25	\$10.25	\$29.27
Single Family	\$42.00	\$8.40	\$8.40	\$24.00
Family	\$54.60	\$10.92	\$10.92	\$31.20
Senior Adult	\$26.80	\$5.32	\$5.32	\$16.16

50% Contribution

Membership Type	Standard Fee	Employer Pays	YMCA Pays	Employee Pays
Young Adult	\$21.00	\$10.50	\$4.20	\$6.30
Single Adult	\$34.00	\$17.00	\$6.80	\$10.20
Adult Couple	\$51.25	\$25.63	\$10.25	\$15.38
Single Family	\$42.00	\$21.00	\$8.40	\$12.60
Family	\$54.60	\$27.30	\$10.92	\$16.38
Senior Adult	\$26.80	\$13.40	\$5.32	\$8.08

The above contribution can be customized to match your companies contributions up to 100%

LET'S GET STARTED!

Once your company has decided to partner with the Y on an Employee Wellbeing program and has determined the level of your investment, the Y will be ready to help you launch your program and kickstart your employees' journeys to becoming happier, healthier individuals.

CONTACT:

Shawna Cutuli
 Managing Director of Membership Facilities
 Watertown Family YMCA
315 782 3100
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Visit our Online Community to learn more about what the Y does for children, adults and families!

www.watertownymca.org



WE'RE MORE THAN A GYM, WE'RE A CAUSE.

The Y is committed to strengthening communities. Everyday we work side by side with our neighbors to make sure that everyone, regardless of age, income, or background, has the opportunity to have the Y experience.

OUR CAUSE

We strengthen the foundations of community by developing successful youth, engaging people in healthy living, and instilling a commitment to social responsibility.

ACCESS FOR ALL

The Y's Gateway Scholarship Financial Assistance program makes it possible to expand our reach throughout the community. Funded by donations from our members and the community, this program is available to all children, adults, and families in need, including your employees who participate in our Corporate Wellness program.

In 2017, the Y provided over 900 scholarships that assisted those in need.

Downtown Y

119 Washington St.
Watertown, NY 13601
315.782.3100

Fairgrounds Y

585 Rand Drive
Watertown, NY 13601
315.755.9622

Carthage YMCA

250 State Street
Carthage, NY 13619
315.493.3286

Sackets Harbor YMCA

119 Pike Road
Sackets Harbor, NY
13685 315.646.7053



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