



FIND YOUR PASSION. FIND YOUR Y.

CORPORATE MEMBERSHIPS Minimum 20 Participants

As a business owner or leader in your workplace, it is important to remember that your most valuable assets are your employees. Many studies have found that healthy employees are more productive, which is why the YMCA offers a corporate membership option.

For a better us.®

» FIND YOUR Y AT
WATERTOWN FAMILY YMCA
JOIN TODAY

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 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 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 in the lives of others in the community.

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 80 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/Kids Adventure staff provide safe, clean, and nurturing child care for children 6 weeks to 12 years old. Child Watch/Kids Adventure 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 contributes a percentage toward each employee membership. Percent 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 (Joiner Fee)
- Employees can sign up at any Watertown Family YMCA facility.
- 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 will assist your employees in signing up for a 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.

10% Employer Contribution*

Membership Type	Standard Fee	Employer Payment	YMCA Payment	Employee Payment
Young Adult (Ages 18-24)	\$23.00	\$2.30	\$2.30	\$18.40
Adult (Ages 25-59)	\$37.50	\$3.75	\$3.75	\$30.00
Senior (60+)	\$29.50	\$2.95	\$2.95	\$23.60
Senior Couple	\$45.50	\$4.55	\$4.55	\$36.40
Single Parent Family	\$46.00	\$4.60	\$4.60	\$36.80
Family Couple	\$56.00	\$5.60	\$5.60	\$44.80
Family	\$59.90	\$5.99	\$5.99	\$48.01

20% Employer Contribution*

Membership Type	Standard Fee	Employer Payment	YMCA Payment	Employee Payment
Young Adult (Ages 18-24)	\$23.00	\$4.60	\$4.60	\$13.80
Adult (Ages 25-59)	\$37.50	\$7.50	\$7.50	\$22.50
Senior (60+)	\$29.50	\$5.90	\$5.90	\$23.60
Senior Couple	\$45.50	\$9.10	\$9.10	\$27.30
Single Parent Family	\$46.00	\$9.20	\$9.20	\$27.60
Family Couple	\$56.00	\$11.20	\$11.20	\$33.60
Family	\$59.90	\$11.98	\$11.98	\$35.94

* Reflects monthly payment. Watertown Family YMCA will match the employer contribution up to 20%.

50% Employer Contribution*

Membership Type	Standard Fee	Employer Payment	YMCA Payment	Employee Payment
Young Adult (Ages 18-24)	\$23.00	\$11.50	\$4.60	\$6.90
Adult (Ages 25-59)	\$37.50	\$18.75	\$7.50	\$11.25
Senior (60+)	\$29.50	\$14.75	\$5.90	\$8.85
Senior Couple	\$45.50	\$22.75	\$9.10	\$13.65
Single Parent Family	\$46.00	\$23.00	\$9.20	\$13.80
Family Couple	\$56.00	\$28.00	\$11.20	\$16.80
Family	\$59.90	\$29.95	\$11.98	\$17.97

ENROLL TODAY!

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:
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FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

» Visit our website to learn more about the Watertown Family YMCA
www.WatertownFamilyYMCA.org