



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Collaborating For A Healthier Workplace



### Make Better Health a "Perk"

Are you looking for ways to communicate to your employees that you care about their well-being, boost the health and productivity of your workforce, retain good employees, and on-board new employees?

The YMCA Corporate Employee Membership program is designed to help you achieve these goals. We offer more than just a gym pass. Our partnership offers a holistic approach to wellness that promotes physical and mental well-being, addresses chronic disease, and reduces health and safety risks.

We offer a variety of benefits tailored to meet your organization's needs. They range from discounted memberships, on-site fitness programs, nutrition education, stress management programs, volunteerism opportunities, employee participation in health oriented community events, and more. When employees are healthier and happier, they're more productive, take fewer sick days, less accidental, and experience less stress.

Thank you for considering a partnership with the YMCA. Enrolling your business or organization is easy, and depending on your chosen tier level, can come at no cost. Simply:

1. Confirm your preference of either Option A or B via LOA
2. Schedule a 7-day complimentary Employee Appreciation Open House for all employees and their household family members
3. Announce our partnership, your goodwill, and this "Perk" to employees

#### Option A: Employee Workplace Wellness (No Employer Cost)

- YMCA 10% discount off monthly membership rates (see reverse side)
- Employee savings of up to \$111.60
- Employee month-to-month memberships; no longterm contracts
- Employee Appreciation "Open House"; 7-day complimentary trial
- "Employee Of The Month" awards program; complimentary/transferrable memberships
- Full membership privileges at two local facilities
- YMCA360 ON-DEMAND (Classes, Arts, & Activities) Anytime. Anywhere.

#### Option B: Employee Workplace Wellness - PLUS

- All Option A benefits PLUS the following:
- Employer matches the YMCA's 10% employee discount (see reverse side)
- Employee joining fees are always waived
- Employee first year savings of up to \$313.20

## Option A: 2023/24 EMPLOYEE WORKPLACE WELLNESS RATES

MEMBERSHIP OPTIONS	ACCESS TO TWO FACILITIES			EMPLOYEE MONTHLY RATE*	FIRST 12 MONTH'S SAVINGS
	JOINING FEE	+MONTHLY DUES	YMCA SUBSIDY		
Adult (age 21 and up)	\$50.00	+\$55.00	-\$5.50	\$49.50	\$66.00
Household (two adults and dependents living at the same address)	\$90.00	+\$93.00	-\$9.30	\$83.70	\$111.60
Single Parent Household (one unmarried adult and dependents living at the same address)	\$90.00	+\$80.00	-\$8.00	\$72.00	\$96.00
Young Adults (ages 18-20)	\$30.00	+\$32.50		\$32.50	-

All amounts may be subject to a rate increase and change in sales tax.

\*Plus sales tax

## Option B: 2023/24 EMPLOYEE WORKPLACE WELLNESS - PLUS RATES

MEMBERSHIP OPTIONS	ACCESS TO TWO FACILITIES			COMPANY* CONTRIBUTION	YMCA SUBSIDY	EMPLOYEE MONTHLY RATE*	FIRST 12 MONTH'S SAVINGS
	JOINING FEE	+MONTHLY DUES					
Adult (age 21 and up)	<del>\$50.00</del> \$0.00	+\$55.00	-\$5.50		-\$5.50	\$44.00	\$182.00
Household (two adults and dependents living at the same address)	<del>\$90.00</del> \$0.00	+\$93.00	-\$9.30		-\$9.30	\$74.40	\$313.20
Single Parent Household (one unmarried adult and dependents living at the same address)	<del>\$90.00</del> \$0.00	+\$80.00	-\$8.00		-\$8.00	\$64.00	\$282.00
Young Adults (ages 18-20)	<del>\$30.00</del> \$0.00	+\$32.50		-	-	\$32.50	\$ 30.00

All amounts may be subject to a rate increase and change in sales tax

\*Plus sales tax

## The YMCA is uniquely positioned to help businesses optimize a healthy workplace.

- Full membership privileges at the Central YMCA in Youngstown and the Davis Family YMCA in Boardman
- Member pricing for Camp Fitch YMCA
- Professional YMCA staff supporting engagement and participation
- SMARTSTART® initial on-boarding program for new members; includes three sessions with a wellness coach
- More than 100 FREE Fitness Classes a week
- A "Transition to Exercise Program" (T.E.P.) tailored to support post injury and physical rehabilitation
- FREE Child Watch in KidZone - drop your kids off at Child Watch while you work out
- Family-oriented programming, including: Movie Night, Parents' Night Out, and more
- Nationwide Membership - as a member, you are welcome to visit any participating YMCA in the US
- Chronic Disease Prevention Programs:
  - YMCA's Diabetes Prevention Program
  - YMCA Blood Pressure Self-Monitoring Program (Hypertension Program)
  - Delay The Disease (Parkinson's Program)
  - LIVESTRONG® at the YMCA - Cancer Survivor program (offered at no cost to survivors)

For more information or to enroll, contact Kevin Ruse, Director of Healthcare & Business Development  
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