the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BE OUR PARTNER IN HEALTHY LIVING

CORPORATE MEMBERSHIP



Corporate membership is an investment in the well-being of your employees and your business!

MEMBERSHIP VALUE TO...

The Employer

- Reduce company and employee health care costs
- Improve productivity and morale
- Reduce employee presenteeism and absenteeism
- Retain and attract new employees
- Improved employer/employee relations
- Improved employee self-image and sense of well-being
- Opportunities for community involvement

The Employee

- Unlimited facility visits
- Free Equipment Orientation
- Family-friendly facilities, including drop-in child care*
- Reduced rates on all Y classes & programs
- 50+ free weekly drop-in exercise classes
- Nationwide membership privileges at out-of-town Y's
- Full access to the Kenosha YMCA
- Friendly and helpful staff ready to assist
- State-of-the-art fitness center (see back)
- Overall health and well-being for the entire family
- Opportunities for volunteering and community involvement

*Small monthly fee per family for Kids Club, Drop-in Childcare



SOME STATISTICS

Health and lifestyle profile: The Average Company

- 80% under-exercise
- 60% sit all day to do work
- 15-25% have hypertension/high blood pressure
- 35-40% experience job burnout due to high stress
- 30% are overweight
- 30% have cardiovascular disease
- 28% smoke
- 30% are prone to lower back pain

(Sources: Merritt Athletic Clubs, Inc. American Heart Association, Centers for Disease Control and Prevention, National Center for Health Statistics, & Stay Well Health Management Systems.)

OUR MISSION:
To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

The Kenosha Y makes it easy to encourage employee wellness...

BECOME A PARTNER IN HEALTH



The Y Provides:

- Corporate Membership rate (see chart below)
- Reduced rates on other YMCA Programs
- Willingness to offer monthly employee usage reports
- Free trial week once a year for all employees and their families
- Corporate Family Nights
- Willingness to provide Insurance Reporting, where applicable

Your Company Provides

- Five or more employees hold a Kenosha YMCA membership
- A willingness to promote YMCA programs and volunteer opportunities



CORPORATE PARTNER MEMBERSHIP RATES

Membership Type	YMCA Standard Rate**	Monthly Partner Rate**	Annual Partner Rate**
Single Adult	$64.00	$54.40	$652.80
Family I (1 Adult Household w/ children under 24)	$78.00	$66.30	$795.60
Family II (2 Adult Household)	$83.00	$70.55	$846.60
Family III (2 Adult Household w/ children under 24)	$91.00	$77.35	$928.20

**Rates subject to change

NEW LOYALTY PROGRAM! Members who stay with us for a year save $10/month off the Standard Rate PLUS receive double the guest passes, an additional 10% discount on Personal & Group Training, Aquatic Fitness, Massage & More!

PAYMENT OPTIONS

- Employee arranges to make monthly payments to the YMCA through automatic withdrawal
- Company arranges payroll deduction or subsidizes monthly membership fees; making one monthly payment for all employees

For more information please contact: Jason Thieme, Director of Operations at 262.654.9622 ext. 204 or jthieme@kenoshaymca.org

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OPTIONAL ADDITIONS

Let us bring our programming to your employees. We can help you...

- **Encourage healthy habits**
- **Educate employees on health & fitness**
- **Promote better communication and cooperation between co-workers**

YMCA on Location

We'll bring the Y to you! Our trained and certified instructors will come to you and teach a fitness class, lead group games/activities, administer fitness testing, or conduct a lunch & learn session.

Group Outings at the YMCA*

Looking for a team building experience or just a fun outing with co-workers? Come to the Y! Our exciting and active options are a great alternative to the traditional office social. Schedule an outing today in...

- Rock Climbing Wall: promotes problem-solving and decision-making
- Swimming: improves strength, flexibility and is an excellent cardiovascular workout – Plus it's FUN!
- Gym Time: games promote cooperation, teamwork and good sportsmanship



FACILITIES, PROGRAMS & BENEFITS

- Aerobic Studios (4)
  - »'My Fitness Studio' featuring Synergy 360
- Community Room
- Early Childhood Classroom
- Fitness Center
  - »Life Fitness Cardio Equipment
  - »Precor® Cardio Equipment
  - »Free Motion® Strength Equipment
- Free Drop-In Fitness Classes
- Gymnasium
  - »Basketball, Soccer, Pickleball, Volleyball
- Two Indoor Pools
  - »Zero-Depth Warm Water Instructional
  - »8-Lane 25-yard Lap
  - »Diving Board



- Kids' Club
  - »w/ Outdoor Play Space
- Locker Rooms
  - »Men's w/ Whirlpool, Steam & Sauna
  - »Women's w/ Whirlpool, Steam & Sauna
  - »Family, Private Rooms w/ Shower
- Massage Therapy
- Nationwide Membership Access
- Outdoor Sports Fields
  - »Soccer Field
  - »Rotary Miracle Field
- Personal/Group Training
- Rock Climbing Wall
- Running/Walking Tracks
  - »Indoor, 1/8 mile
  - »Outdoor, 1/2 mile
- STEM Maker Lab
- YMCA360 Access (On-Demand/Live Streaming)

*Group outings are an additional fee, please contact Cheryl Hervat at 262.654.9622 ext. 203, for complete details.