

# YMCA CORPORATE MEMBERSHIP EMPLOYEE WELLNESS PROGRAM



Any business with five or more employees can participate in the YMCA corporate membership employee wellness program. Healthy employees are happy employees who are more productive and have fewer sick days.

## Employer sponsored program (at least 50% sponsorship required)

	Your cost per employee	Typical rate
<b>Each EMPLOYEE receives:</b> <ol style="list-style-type: none"> <li>1. Joining fee is waived</li> <li>2. A body composition analysis</li> <li>3. Monthly nutrition workshops</li> <li>4. One personal training</li> <li>5. YMCA fitness challenge <u>or</u> mini-triathlon event</li> <li>6. All group exercise classes included (20 different classes)</li> <li>7. All water fitness classes included (10 different classes)</li> </ol>	<b>\$18</b> per month included included included included included included	<b>\$37</b> per month \$60 \$10 \$9 per month \$40 per hour \$150 \$9 per class \$9 per class
<b>The EMPLOYER receives:</b> <ol style="list-style-type: none"> <li>1. Two on-site "Lunch &amp; Learn" healthy living talks per year</li> <li>2. One customized fitness challenge event per year</li> <li>3. One facility rental (staff retreat, swim party, etc.) per year</li> <li>4. Assistance with health insurance reimbursements</li> <li>5. Attendance reports for all employees using the Y</li> </ol>	included included included included included	\$100 \$300 \$160 not applicable not applicable
<b>Included with a FAMILY membership:</b> <ol style="list-style-type: none"> <li>1. Child Watch (for ages 6 months to 6 years old)</li> <li>2. Youth Center &amp; Climbing Gym (for ages 7 to 17 years old)</li> <li>3. Youth physical education classes</li> </ol>	<b>\$32</b> per month included included included	<b>\$65</b> per month included included included

Annual cost is \$216 per employee or \$384 per family if you sponsor at the 50% level.

### Best pool in the area



### New fitness equipment



### Childcare included



### Climbing & racquetball



### Exercise classes included



### The facility has been remodeled:

- New gymnasium
- New locker rooms
- New childcare room
- New youth center

Take a photo tour  
at [rvymca.org](http://rvymca.org)

**WORKOUT & SUPPORT A CAUSE**

Joining the YMCA is both good for your employees' health and a great way to support your community!

**What are the requirements for a business to participate?**

- A minimum of five employees must have an active YMCA membership at all times.
- The YMCA can send employees info quarterly through emails, newsletters, flyers and paycheck stuffers.
- The employer will post information about upcoming YMCA events and programs on the company intranet site, bulletin boards, break rooms, etc.

**Un-sponsored corporate employee wellness option**

**Each EMPLOYEE pays \$37 per month and receives:**

1. Joining fee is waived
2. All group exercise classes included
3. All water fitness classes included
4. Monthly nutrition workshops

**Included with a \$65 per month FAMILY membership:**

1. Child Watch
2. Youth Center & Climbing Gym
3. Youth physical education classes

**The EMPLOYER receives:**

1. One on-site "Lunch & Learn" healthy living talk per year
2. Assistance with health insurance reimbursements



**Interesting YMCA facts:**

- The YMCA in Medford helps over 2,000 low-income kids and families by awarding over \$250,000 per year in financial assistance scholarships.
- The Pear Blossom Run is the YMCA's signature event helping raise funds for local kids, teens, families and schools.
- The YMCA is one of the largest non-profit organizations in the world located in over 120 countries.
- The YMCA invented basketball, volleyball and racquetball along with starting Father's Day, group swimming lessons and so much more since it began in 1844.



**Local participating businesses, government agencies and non-profit organizations:**

Asante  
 Community Works  
 Jackson County  
 Medford School District  
 Pathway Enterprises  
 S&S Management  
 So. Oregon Public Defenders

CDS Publications  
 Harry & David  
 KOBI-TV: NBC & Fox Stations  
 Medford Medical Clinic  
 Providence Medical Center  
 Southern Oregon ESD

City of Medford  
 Hematology Oncology  
 Mercy Flights  
 Naumes, Inc.  
 Rogue Valley Transit Dist.  
 Tree Top

**Rogue Valley Family YMCA**



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