



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...

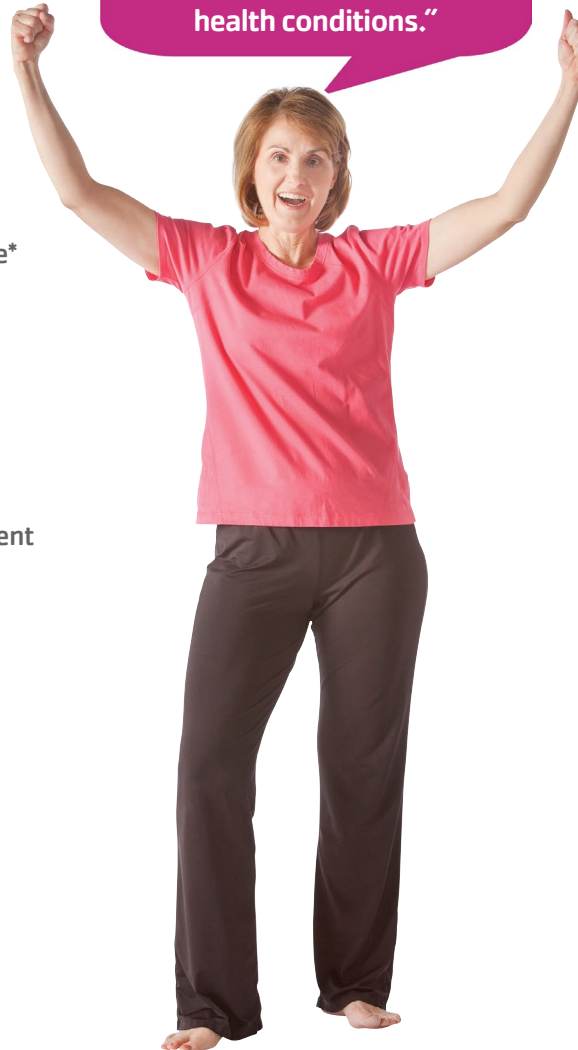
### The Employer

- 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 free 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

**"DON'T BE AVERAGE!  
Participating in YMCA  
Corporate Membership can  
help reduce my risk of serious  
health conditions."**



## 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

## 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 Rate	Monthly Partner Rate	Annual Partner Rate
Single Adult	\$58.00	\$49.30	\$591.60
Family I (1 Adult Household w/ children under 24)	\$68.00	\$57.80	\$693.60
Family II (2 Adult Household)	\$73.00	\$62.05	\$744.60
Family III (2 Adult Household w/ children under 24)	\$81.00	\$68.85	\$826.20

\*Annual per family fee for Kids Club, Drop-in Childcare

## PAYMENT OPTIONS

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

For more information please contact: Tenille Fick, Member Engagement Director  
at 262.654.9622 ext. 235 or [tfick@kenoshaymca.org](mailto:tfick@kenoshaymca.org)

Kenosha YMCA 7101 53<sup>rd</sup> Street, Kenosha WI 53144 | 262.654.9622 | [www.kenoshaymca.org](http://www.kenoshaymca.org)

## 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.

\*Dependent on Staff availability

### 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

- 3-D Print Lab
- 4 Aerobics Studio's
  - 'My Fitness Studio' features Synergy 360
- Adult Sports Leagues
- Cardiovascular Fitness Center
- Community Room
- Conference Room
- Cycling Studio
- Group Fitness Classes
- Early Childhood Classroom
- Family Locker Rooms
- Family Fun Days
- Free Weight Area
- General Pool Locker Rooms
- Gymnasium
  - Basketball, Volleyball, Soccer & Pickleball



- Indoor Walking/Running Track
- Lap Pool, 8-lanes / 25-yards
- Kid's Club Room, drop-in childcare
- Massage Therapy
- Men's Locker Room w/ Whirlpool, Sauna & Steam
- Outdoor Sports Fields
- Outdoor Walking/Running Track
- Personal Training
- Rentals (Parties & More)
- Rock Climbing Wall
- School-Age Care
- Small Group Training Classes
- Strength & Fitness Area, featuring Free Motion® equipment
- Summer Day Camp
- Swim Lessons / Water Safety
- Warm Water Instructional Pool, zero-depth
- Women's Locker Room w/ Whirlpool, Sauna & Steam
- Youth Sports Instruction & Leagues

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