

**YMCA MEMBERSHIP BUILDS A HEALTHY WORKFORCE**

Through a YMCA of Catawba Valley corporate membership, your workforce has access to a full complement of resources for increased physical activity and improved overall health.

- Unlimited access to 5 YMCA facilities including the Hickory Foundation YMCA, Adrian L. Shuford Jr. YMCA, Phifer Family YMCA, Lincoln County Family YMCA, and Sally's YMCA.
- 24/7 Card-key access at Adrian L. Shuford Jr. YMCA and Phifer Family YMCA (additional fee applies)
- Group Exercise Classes- Yoga, Water Fitness, TRX, Zumba, Barre, Spin, Step Aerobics, Boot Camp, Pilates, Strength Training classes and much more!
- Basketball, tennis courts and racquetball courts
- Personal Training (additional fee applies)
- Splash pad & indoor pool at Adrian L. Shuford Jr. YMCA and Lincoln County Family YMCA
- Indoor/outdoor pool and Kiddie Park at Hickory Foundation YMCA
- Indoor Pool at the Phifer Family YMCA
- Outdoor Pool at Sally's YMCA
- Steam rooms, saunas and whirlpools
- Walking Tracks (indoor and outdoor)
- Complimentary onsite child care for children ages 6 weeks to 9 years-old while using the YMCA facilities
- Member rates on swim lessons, sports, summer camps and daycare
- Access to most YMCA's throughout the United States through our Nationwide Membership program
- Community and social events for the entire family
- Adult Sports Leagues: Volleyball, Basketball & Flag Football
- Turkey Trot 5K/10K every 3rd Saturday in November
- Frosty 5K every Saturday before Christmas
- Party and Facility Rental Discounts
- Climbing Tower at Hickory Foundation YMCA
- State-of-the-Art Teen Center

**COMMUNITY PROGRAMS**

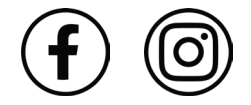
The YMCA of Catawba Valley offers many programs that positively impact our community.

- YMCA's Diabetes Prevention Program
- Livestrong @ the Y (Cancer Survivor Rehabilitation)
- Silver Sneakers
- Partnership for Parkinson's and Rock Steady
- YMCA Leaders Club & Black Achievers Club
- Free Swim Lessons to all City of Hickory and City of Conover residents
- Community Health Fairs and on-site health screenings



**YMCA of Catawba Valley**  
 315 1st Ave NW  
 Suite 104  
 Hickory NC 28601  
 828-324-9622

[www.ymcacv.org](http://www.ymcacv.org)



**Location Hours and Contact**



**FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY**

**BUILDING A  
 HEALTHY  
 WORKFORCE**



**YMCA OF CATAWBA VALLEY**  
**Corporate Membership Program**  
**Lincoln County**

**TOGETHER, WE CAN...**

- Work to promote health and wellness in the workplace
- Make positive changes for a healthy environment
- Motivate employees to adopt and keep a healthy lifestyle

**YMCA**  
**MEMBERSHIP IS  
 GOOD FOR BUSINESS**

**PARTNERING FOR A BETTER US**

As an employer you know that health and well-being boost employee engagement and productivity. At the Y, we know that's important to the health of your organization and the overall health of our community. That's why we tailor our corporate memberships to strengthen the whole person in spirit, mind and body.

From fitness assessments to preventative health education, everything we do focuses on meeting the individual needs of each person. We provide a welcoming network of support where everyone has access to the resources and encouragement they need to thrive.

With a YMCA Corporate Membership, you and your employees will benefit from:

- Better Health: Leads to better work performance and a sense of well-being
- Positive Attitudes: Improves companywide morale
- Healthy Workforce: Reduces overall healthcare costs
- Wellness: Means lower turnover rates and absenteeism
- Balance of spirit, mind and body: Employees with this handle stress and tension better

What is included?

- The YMCA will provide access to the Corporate Membership Portal for usage reports, membership names and online payments.
- The YMCA will provide on-site enrollment upon request
- The YMCA will assist in promoting the corporate membership program and notify Human Resources of wellness programs, lunch 'n learns, community fairs, challenges and any other services available to their employees.
- Minimal time commitment-simplified billing processes, easy implementation, and flexibility to tie into overall wellness plan
- "Try the Y" - a week pass for your employees to experience all that the Y offers

**Companies with health promotion programs can see a return of \$3-\$6 for every \$1 invested over a 2-5 year period. Documented savings are observed in medical costs, absenteeism, workers compensation claims, short-term disability and improved on-the-job efficiency due to fewer employee health problems.**

*- American Journal of Preventative Medicine*



## OPTION #1 EMPLOYEE WELLNESS PROGRAM Fully Subsidized by Employer

Employer is responsible for 100% of monthly membership dues at a reduced flat rate.

MEMBERSHIP TYPE	MEMBERSHIP RATE	COMPANY REDUCED RATE
<b>Young Adult</b> (Ages 19-25)	\$50.00	\$40.00
<b>Adult</b> (Ages 26-61)	\$64.00	\$51.00
<b>Senior Adult</b> (Age 62+)	\$57.00	\$46.00
<b>Family</b> <i>Two adults living in the same household. Dependents under 19 or a full-time student at the same address under age 24.</i>	\$111.00	\$89.00
<b>One Adult + Dependents</b>	\$79.00	\$63.00
<b>Two Adults</b> <i>Two adults living in the same household.</i>	\$98.00	\$78.00
<b>Senior Family</b> <i>All members living in the same household. At least one adult age 62+. Dependents under 19 or a full-time student at the same address under age 24.</i>	\$98.00	\$78.00

### EMPLOYER BENEFITS:

- Two onsite Wellness/Educational Programs annually
- Employer will be provided one complimentary table at YMCA Annual Meeting
- Simplified billing process-invoiced monthly by the YMCA
- Complimentary Membership awarded to contact for administration of memberships and centralized billing
- Facility usage reports are available through the YMCA Corporate Portal
- Representation at company health fairs upon request
- Discounted facility rentals for the organization
- Promotional Materials and Newsletters about classes, programs & other events to promote wellness within the organization

### EMPLOYEE BENEFITS:

- Mission Investment Fee is waived (value up to \$99)
- Receive YMCA Member Rate on all sports programs, swim lessons, camp and childcare at the YMCA
- Each employee will receive 3 complimentary wellness orientations through the Coaching Connection program
- Monthly membership dues paid by employer

## OPTION #2 PARTNERS IN HEALTH Partially Subsidized by Employer

Employer agrees to partner with the Y to improve their employees' health and well-being. The employer will contribute a portion of the monthly dues and the YMCA will match 50% of employer's contribution up to \$20 per employee per month (see below for an example). The employee monthly dues will be payroll deducted by the employer.

MEMBERSHIP TYPE	MEMBERSHIP RATE	COMPANY CONTRIBUTION	YMCA CONTRIBUTION	EMPLOYEE MONTHLY PAYROLL DEDUCTION
<b>Young Adult</b> (Ages 19-25)	\$50.00	\$20.00	\$10.00	\$20.00
<b>Adult</b> (Ages 26-61)	\$64.00	\$20.00	\$10.00	\$34.00
<b>Senior Adult</b> (Age 62+)	\$57.00	\$20.00	\$10.00	\$27.00
<b>Family</b> <i>Two adults living in the same household. Dependents under 19 or a full-time student at the same address under age 24.</i>	\$111.00	\$20.00	\$10.00	\$81.00
<b>One Adult + Dependents</b>	\$79.00	\$20.00	\$10.00	\$49.00
<b>2 Adults</b> <i>Two adults living in the same household.</i>	\$98.00	\$20.00	\$10.00	\$68.00
<b>Senior Family</b> <i>All members living in the same household. At least one adult age 62+. Dependents under 19 or a full-time student at the same address under age 24.</i>	\$98.00	\$20.00	\$10.00	\$68.00

### EMPLOYER BENEFITS:

- Two onsite Wellness/Educational Programs annually
- YMCA Website Recognition
- Simplified billing process-invoiced monthly by the YMCA for company contribution plus the employees' monthly payroll deduction
- Complimentary Membership awarded to contact for administration of memberships and centralized billing
- Facility usage reports are available through the YMCA Corporate Portal
- Representation at company health fairs upon request
- Discounted facility rentals for the organization
- Promotional Materials and Newsletters about classes, programs & other events to promote wellness within the organization

### EMPLOYEE BENEFITS:

- Mission Investment Fee is waived (value up to \$99)
- Receive YMCA Member Rate on all sports programs, swim lessons, camp and childcare at the YMCA
- Each employee will receive 3 complimentary wellness orientations through the Coaching Connection program
- Reduction on monthly membership fees

## OPTION #3 INVEST IN YOURSELF Not Subsidized by Employer

Employer chooses not to contribute to their employees' monthly membership, but agrees to partner with the YMCA to improve their employees' health and well-being. Company will pay an annual investment fee to join as partners with the YMCA. Employee will pay monthly membership dues through bank draft or credit card.

NUMBER OF EMPLOYEES	ANNUAL INVESTMENT FEE
Less than 10 employees	\$300.00
11-99 employees	\$600.00
100+ employees	\$1,000.00

**A HEALTHY, HAPPY BUSINESS  
DEPENDS ON  
HEALTHY, HAPPY  
EMPLOYEES!**



### EMPLOYER BENEFITS:

- One onsite Wellness/Educational Program annually
- YMCA Website Recognition
- Representation at company health fairs upon request
- Discounted facility rentals for the organization
- Promotional Materials and Newsletters about classes, programs & other events to promote wellness within the organization
- Facility usage reports are available through the YMCA Corporate Portal

### EMPLOYEE BENEFITS:

- Mission Investment Fee is waived (value up to \$99)
- \$5.00 reduction on monthly membership fees
- Receive YMCA Member Rate on all sports programs, swim lessons, camp and childcare at the YMCA
- Each employee will receive 3 complimentary wellness orientations through the Coaching Connection program

## GETTING STARTED

To sign your company up for a corporate membership, follow these steps:

1. Choose the option that best fits your company's vision of health, wellness and financial commitment.
2. Designate a company contact to act as a liaison to communicate your corporate membership benefit plan to employees. The company contact will also act as a liaison to the YMCA Membership Administrator.
3. Contact Lala Kozischek, Corporate Wellness Director, at 828-578-6995 or [lalak@ymcacv.org](mailto:lalak@ymcacv.org).

### "IT'S A WIN/WIN SITUATION!"

"The YMCA is an excellent resource for employers and employees! We have been corporate partners with the YMCA for many years, and it has been a rewarding and beneficial relationship. Membership provides employees the opportunity to improve their overall health in a Christian environment by working out, attending classes, swimming in the Olympic sized pool, walking and running inside - out of the elements - or outside as weather permits, participating in educational classes to promote healthy living and wellness, etc., and in YMCA sponsored events like the annual Turkey Trot. Our employees often workout together during lunch or breaks and take scheduled classes throughout the day, which is a terrific way for them to lessen anxiety and stress. The corporate membership has strengthened our firm's employee benefits package, has provided local assistance with our firm's wellness program, and has brought healthier employees. It's a win/win situation!"

*Martin Starnes & Associates, CPA's, P.A.*

### LOCATIONS:

**Hickory Foundation YMCA**  
701 1st St NW  
Hickory, NC 28601  
828.324.2858

**Adrian L. Shuford Jr. YMCA**  
1104 Conover BLVD E  
Conover NC 28613  
828.464.6130

**Phifer Family YMCA**  
2165 S. Sterling St  
Morganton, NC 28655  
828.679.2500

**Lincoln County Family YMCA**  
1402 E Gaston St  
Lincolnton, NC 28092  
828.838.1890

**Sally's YMCA**  
1601 Forney Creek Pkwy  
Denver, NC 28037  
828.838.1920