



175 YEAR ANNIVERSARY



WATERTOWN FAMILY YMCA CORPORATE MEMBERSHIPS

Minimum 20 Participants

When your employees feel their best, they perform their best. Watertown Family YMCA Corporate Memberships help you build a healthier, more productive workplace.

THE
Something for
Everyone
PLACE



Why Invest in Your Employees' Health?

As a business owner or workplace leader, your most valuable asset is your people. Investing in employee health and wellness is not just the right thing to do. It's a smart business decision that delivers measurable returns.

Healthy Employees . . .

- Are less likely to get sick, reducing absenteeism
- Have more energy and stay focused throughout the workday
- Demonstrate greater confidence and strive for higher achievement
- Maintain more positive attitudes and stronger mental and physical balance
- Experience lower levels of stress

Employees who feel supported in their health and well-being also feel more valued. When organizations and businesses prioritize wellness, they often see increased engagement, stronger morale, and reduced turnover. In fact, employees who participate in workplace wellness programs are more likely to remain with their employer.

By partnering with the Watertown Family YMCA Corporate Wellness Program, your organization can benefit from:

- Lower healthcare costs
- Reduced absenteeism and turnover
- Increased productivity
- Improved employee morale and workplace culture

When your employees join the Y, they become part of something bigger than a gym. The YMCA is a community—a movement of individuals and families working toward healthier, more connected lives.

Employee Benefits

YMCA membership offers a wide range of amenities and programs designed to support overall well-being:

- Access to fitness studios, cardio and strength equipment, indoor pools, soccer fields, basketball and racquet sports courts, saunas, locker rooms, and welcoming community spaces
- No long-term contracts—making it easy and stress-free to get started
- In-person and virtual Cardio, Spin and Yoga group exercise classes
- Member discounts on programs such as youth sports, swim lessons, raquet sports, day camps, gymnastics, STEAM, Community Kitchen classes, and fun runs
- Child Watch/Kids Adventure services, providing safe, clean, and nurturing care for children ages 6 weeks to 12 years while parents work out (up to 90 minutes per day)

How It Works

Employer Contribution:

The employer contributes a percentage toward each employee's membership. The contribution level is determined by the employer, with a minimum of 10%.

- **YMCA Match:**

Watertown Family YMCA will match the employer's contribution up to 20%.

- **Joiner Fee:**

Employees are responsible for paying the Capital Fund Joiner fee.

- **Easy Enrollment:**

Employees can sign up at any of the Watertown Family YMCA Welcome Centers.

- **Program Reporting:**

The Y will provide check-in (usage) reports and a list of active employee participants upon request.

- **Marketing & Support Materials:**

The Y will supply both electronic and print-ready promotional materials and assist employees with enrollment in the program.

- **On-Site Engagement:**

Y staff can visit your workplace to present the benefits of a Watertown Family YMCA membership and your corporate wellness program to employees.

Enroll Today!

Once your company has decided to partner with Watertown Family YMCA on an Employee Wellbeing program and has determined the level of your investment, the Y will be ready to help you launch your program and kickstart your employees' journeys to becoming happier, healthier individuals.

Contact:

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10% Employer Contribution*

Membership Type	Monthly Rate	Employer Payment	YMCA Payment	Employee Payment
Young Adult (Ages 18-24)	\$25.30	\$2.53	\$2.53	\$20.24
Adult (Ages 25-59)	\$41.30	\$4.13	\$4.13	\$33.04
Senior (60+)	\$32.50	\$3.25	\$3.25	\$26.00
Senior Couple	\$50.10	\$5.01	\$5.01	\$40.08
Single Parent Family	\$50.60	\$5.06	\$5.06	\$40.48
Family Couple	\$61.60	\$6.16	\$6.16	\$49.28
Family	\$65.90	\$6.59	\$6.59	\$52.72

20% Employer Contribution*

Membership Type	Monthly Rate	Employer Payment	YMCA Payment	Employee Payment
Young Adult (Ages 18-24)	\$25.30	\$5.06	\$5.06	\$15.18
Adult (Ages 25-59)	\$41.30	\$8.26	\$8.26	\$24.78
Senior (60+)	\$32.50	\$6.50	\$6.50	\$19.50
Senior Couple	\$50.10	\$10.02	\$10.02	\$30.06
Single Parent Family	\$50.60	\$10.12	\$10.12	\$30.36
Family Couple	\$61.60	\$12.32	\$12.32	\$36.96
Family	\$65.90	\$13.18	\$13.18	\$39.54

50% Employer Contribution*

Membership Type	Monthly Rate	Employer Payment	YMCA Payment	Employee Payment
Young Adult (Ages 18-24)	\$25.30	\$12.65	\$5.06	\$7.59
Adult (Ages 25-59)	\$41.30	\$20.65	\$8.26	\$12.39
Senior (60+)	\$32.50	\$16.25	\$6.50	\$9.75
Senior Couple	\$50.10	\$25.05	\$10.02	\$15.03
Single Parent Family	\$50.60	\$25.30	\$10.12	\$15.18
Family Couple	\$61.60	\$30.80	\$12.32	\$18.48
Family	\$65.90	\$32.95	\$13.18	\$19.77

