



YMCA Corporate Wellness

Good Health = Good Business

A healthy and happy workforce is an employer's most valuable asset. The YMCA of Austin can be a powerful ally in your company's battle to hold down health care costs while increasing productivity. In fact, in a recent study by insurer MetLife, 94 percent of companies who implement wellness programs say they have reduced medical costs.

Through Corporate Membership at the YMCA of Austin, employees can get healthy, stay healthy, and save money — while helping the company maintain its physical wellness.

YMCA of Austin Corporate Member Benefits include:

- Savings of \$48 off our standard joining fee.*
- Reduced Membership for All rates for all qualifying applicants, making the YMCA affordable for everyone in your company, regardless of their family income.
- Access to any of 7 YMCA of Austin facilities throughout Travis & Hays Counties.
- Year-round open enrollment with special "Open House" days for all employees to visit the YMCA and utilize facilities.
- On-site health and wellness assessments, including fitness testing, body-fat testing and blood pressure evaluation.
- On-site workshops and seminars on topics such as weight management, stress management, nutrition, women's health and youth fitness.
- Use of YMCA facilities for company meetings or team-building events.
- No contracts! You can discontinue your membership at any time.
- Access to three YMCA of Greater Williamson County locations.
- Free group exercise classes such as yoga, pilates, spinning and aerobics.
- Free Child Watch for YMCA members while you exercise.
- Use of heated lap pools, jacuzzis, aquatic playscapes and water slides.
- Use of gymnasiums for basketball, volleyball and more.
- Four Free FitStart Sessions, including a complimentary Personal Training session.
- 50% discounts or more off most program fees & priority registration.
- Guest privileges for friends and family
- Use of over 2,000 YMCAs across the U.S. through the AWAY program.

* Offer also valid for large groups. Minimum of 10 employees or group members must enroll in 12-month period.



**We build
strong kids,
strong families,
strong communities.**



With 7 facility branches, there's a YMCA near you!

TownLake YMCA
1100 W. Cesar Chavez
(512) 542-YMCA (9622)

Southwest Family YMCA
6219 Oakclaire Dr.
(512) 891-YMCA

North Park Family YMCA
9616 N. Lamar
(512) 973-YMCA

East Communities YMCA
5315 Ed Bluestein Blvd.
(512) 933-YMCA

Northwest Family YMCA
5807 McNeil Dr.
(512) 335-YMCA

Hays Communities YMCA
465 Buda Sportsplex Dr.
(512) 523-0099

Springs Family YMCA
27216 RR 12 South
(512) 894-3309

www.austinyymca.org

The Mission of the YMCA of the YMCA of Austin is to put Christian principles into practice through programs that build healthy spirit, mind, and body for all.





The YMCA Difference

Something for Everyone

The YMCA has classes and activities for every member of the family. Our values-driven programs, such as aquatics and youth sports, offer kids active, healthy fun. Health-conscious adults can shape up with state-of-the-art equipment, fun group exercise classes and personal training. Older adults find new friends and a new outlook as they participate in specially designed programs. And working parents can find quality, affordable child care that helps reinforce the values they teach at home.



A Great Family Resource

Child care, summer camp, and family nights are just a few of the resources the YMCA provides families. The YMCA provides the perfect atmosphere for youngsters to grow and learn under the watchful eye of child care professionals. Through the YMCA's five character development building blocks - Caring, Honesty, Respect, Responsibility, and Faith - children learn to share, play, and contribute in a safe and nurturing environment.

ALL are Welcome

The YMCA of Austin makes every effort to ensure that no person, especially youth, will be denied access to programs and membership because of financial hardship. The YMCA's Financial Assistance Program is supported by contributions to our annual Partner of Youth campaign.

Amenities By Branch



Questions?

Call **Mary Blalock**,
Association Membership Director,
at (512) 322-9622 ext. 30,
email mary.blalock@austinyymca.org,
or contact the Welcome Center at your
nearest YMCA of Austin branch.



www.austinyymca.org

	TownLake	Southwest	East Communities	Hays Communities	Springs	North Park	Northwest
Adult Sports Leagues	✓		✓	✓	✓		✓
Aquatic Playscape		✓	✓	✓			✓
Arts & Humanities	✓	✓	✓	✓	✓	✓	✓
Child Watch	✓	✓	✓	✓	✓	✓	✓
Computer Center			✓			✓	
Dance / Gymnastics	✓	✓	✓	✓	✓	✓	✓
Day Camp	✓	✓	✓	✓	✓		✓
Family Programs	✓	✓	✓	✓	✓	✓	✓
Financial Assistance	✓	✓	✓	✓	✓	✓	✓
Group Exercise Class	✓	✓	✓	✓	✓	✓	✓
Gymnasium	✓	✓	✓		✓	✓	✓
Indoor Pool	✓	✓		✓	✓	✓	✓
Locker Rooms	✓	✓	✓	✓	✓	✓	✓
Outdoor Playing Fields	✓	✓	✓	✓	✓		✓
Personal Fitness Program	✓	✓	✓	✓	✓	✓	✓
Outdoor Pool		✓	✓	✓			✓
Racquetball						✓	
Senior Programs	✓	✓	✓	✓	✓	✓	✓
Strength & Cardio Equipment	✓	✓	✓	✓	✓	✓	✓
Teen Programs	✓	✓	✓	✓	✓	✓	✓
Tennis					✓		
Track / Trail	✓		✓	✓			✓
Volunteer Opportunities	✓	✓	✓	✓	✓	✓	✓
Youth Fitness Programs	✓	✓	✓	✓	✓	✓	✓
Youth Sports	✓	✓	✓	✓	✓	✓	✓

