

Our Mission:

The YMCA of Southwestern Indiana, Inc., following the example of Jesus Christ, responds to community needs by serving all people, especially youth, through programs that promote healthy spirit, mind and body.

The YMCA of Southwestern Indiana would like to invite you to become a member of our Corporate Advantage Program!

Membership in the Corporate Advantage Program encourages employees to participate in YMCA activities aimed at improving health & wellness, thereby:

- Reducing sick days,
- Reducing insurance costs,
- Increasing productivity, and
- Improving the bottom line.



YMCA Corporate Advantage Services

Employee Communications

- Health Fairs.....FREE
- Monthly Health Tips.....FREE
- Corporate Newsletters.....FREE
- Quarterly Bulletin Board Display.....FREE
- Lunch-n-Learn Seminars.....FREE
- Business of the Week.....FREE Trial Week

Activities at Your Site

- Fitness Classes/ Demos.....\$40/hr.**
 - Aerobics, Kickboxing
 - Yoga, Pilates
 - Stretching at Your Desk
 - Proper Desk Ergonomics
 - Resistance Ban & Strength Training
- Health/Nutrition Seminars.....\$40/hr.**
 - Healthy Meals in 30 Minutes or Less
 - Ideas for Basic Weight Loss
 - Stress Reduction Secrets
 - Increasing Fiber and Lowering Cholesterol
 - How to Make Healthy Choices in Restaurants
 - Stretching: How Why and When
- Health Screenings.....\$40/hr.**
 - Blood Pressure
 - Cardiovascular Health
 - Body Fat Analysis
 - Muscular Endurance /Strength
 - Flexibility



Other Activities

YMCA Workplace Child Care

Provides children with safe, high quality care that is also inexpensive and convenient for parents working nearby.

YMCA Camp Carson Retreats

Can include meals, meetings, team building activities, nature activities, ropes course, mini-Olympics and overnight accommodations.

Volunteering

For special events, programs or fundraising. Please call with your company's area of interest.



YMCA Advantage Corporate Memberships Q & A

What is a corporate membership? It is a partnership offered to businesses in the Tri-State area that wish to improve employee morale, retention, productivity and physical and mental well being. At no cost to your company, this partnership also allows for enhanced opportunities for volunteerism and community involvement. As a result, the YMCA is able to serve a greater number of individuals and families in our community.

Who is eligible for corporate membership? Employees of small businesses, large corporations, unions and members of the clergy are eligible to participate.

What are the benefits of corporate membership? First, we offer advantage rates for all employees. Second, we help you develop programs and events to fit your employees' needs. These programs include corporate wellness activities like on-site fitness classes or demos, health screenings, health & nutrition seminars, employee & family "free participation weeks", team building activities, sports events and Camp Carson retreats. You name it and we can make it happen!

Can the joining fee be waived? Yes, during the corporate membership drive week.

How do we get started? Your organization must first designate a representative, preferably someone in Benefits or H.R. This person gathers employee interest and sets up the initial sign-up at their site. This representative would also act as the liaison between the YMCA and your employees to maintain involvement in Y programs and volunteer opportunities on an on going basis.

How many employees are needed to initiate the membership? Ten. Current YMCA members count toward this minimum. Small businesses with 20 employees or less need only 5. The first 10 must sign up at your site at one time.

What does my YMCA membership include? 1 hr Childwatch, free fitness evaluation & wellness orientation, 3 guests per year, aerobics, yoga, indoor cycling, Pilates, water fitness classes, pool, whirlpool, extensive strength & cardio equipment, running track, basketball, supervised youth rec. room, member rates on fee programs (swim lessons, childcare, kid's sports and camps), climbing wall, use of the Downtown & Dunigan Branch and access to the AWAY program (limited use of YMCAs around the country).

Who do we contact to get started?

The Membership/Marketing Director will answer all your questions, provide on-site info or sign-up sessions, attend health fairs and help you create a personalized program of activities for your employees. (812) 426-6210 ext. 305

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Taking CARE of Business



YMCA
Corporate Advantage Program



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