



**FIND YOUR
COMMUNITY.
FIND YOUR Y.**

**CORPORATE
MEMBERSHIP GUIDE**
TREASURE VALLEY FAMILY YMCA

EMPLOYER BENEFITS

NO JOIN FEES Join fees are waived for all Employee Wellbeing members.

Y CONTRIBUTIONS The Y contributes up to 20% of each employee's membership fee.

CHECK IN REPORTS The Y provides check-in (usage) reports and a list of employees active in the program as requested.

EASY SIGN UP The Y provides electronic and printable versions of informational materials that help your employees get signed up for membership through the program.

DAY PASSES The Y provides day passes that your company can distribute to those interested in checking out a facility or programs before joining.

EMPLOYEE BENEFITS

ACCESS TO ALL means your employees can visit and enjoy the amenities at any of our Treasure Valley facilities.

NO LONG-TERM CONTRACTS make joining the YMCA low pressure and high pleasure!

GROUP EXERCISE CLASSES (in-person and virtual) are included in your membership at no extra charge!

DISCOUNTS are offered for Y programs that have a fee attached, including Y Camp at Horsethief Reservoir, youth sports leagues and camps, races and fun runs, personal training, and many other health and wellness programs.

YOUTH ACTIVITY CENTER provides a place for kids ages 6–13 to socialize, play, relax, and hang out with YMCA Youth Leaders.

KID ZONE provides safe, clean and nurturing child care for children 6 weeks to 6 years old. Kid Zone is available while members work out for up to two hours a day for a reasonable monthly fee.

YMCA360 allows members to reserve space in popular in-person classes, plus the app features thousands of on-demand and live video workout and training experiences.

WHY INVEST IN YOUR EMPLOYEES' HEALTH?

As a business owner or leader in your workplace, it is important to remember that your most valuable assets are your employees. Encouraging employees to be fit and healthy pays off in numerous ways.

Employees feel a greater sense of value when an employer shows concern for their health and wellbeing. It has been shown that employee turnover is lower among employees who take advantage of a wellness program implemented by their employer.

SOURCE: US Department of Health and Human Services

HEALTHY EMPLOYEES...

- »» Are less likely to get sick.
- »» Have more energy and remain focused on the task at hand.
- »» Have more self confidence and strive for higher levels of achievement within the workplace.
- »» Tend to have better attitudes and a greater sense of physical and mental balance that results in a more positive approach in the workplace.
- »» Report feeling less stressed.

By participating in the Treasure Valley Family YMCA's Employee Wellbeing Program, your company may see a decrease in healthcare costs, employee turnover, absenteeism, and an increase in workplace productivity and morale. Your employees will be joining more than a gym. The YMCA is a movement of thousands of people making positive changes in their lives and the lives of others in the community.

WELCOMING AND INCLUSION

At the Y, we welcome everyone whose behavior adheres to our core values of caring, honesty, respect, and responsibility. We advance our cause by building a stronger and more equitable community where everyone has the opportunity to learn, grow, thrive, and reach their full potential with dignity.

The Y is a force for building bridges among all people—regardless of ability, age, birthplace, cultural background, ethnicity, faith, gender, gender identity, ideology, income, race, or sexual orientation.

»» THE Y IS FOR ALL. «««

LET'S GET STARTED!

Once your company decides to partner with the Y on an Employee Wellbeing program and determines 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. Companies can choose to invest between a 10-80% contribution.



PRICES:

20% Contribution

Type		Standard Fee	Employer Pays	YMCA Pays	Employee Pays
Family	D T W	\$99.90	\$19.98	\$19.98	\$59.94
	C	\$95.90	\$19.18	\$19.18	\$57.54
2-Person	D T W	\$79.90	\$15.98	\$15.98	\$47.94
	C	\$75.90	\$15.18	\$15.18	\$45.54
Indiv. Adult	C D T W	\$53.90	\$10.78	\$10.78	\$32.34
Virtual Only		\$14.90	\$2.98	\$2.98	\$8.94

30% Contribution

Type		Standard Fee	Employer Pays	YMCA Pays	Employee Pays
Family	D T W	\$99.90	\$29.97	\$19.98	\$49.95
	C	\$95.90	\$28.77	\$19.18	\$47.95
2-Person	D T W	\$79.90	\$23.97	\$15.98	\$39.95
	C	\$75.90	\$22.77	\$15.18	\$37.95
Indiv. Adult	C D T W	\$53.90	\$16.17	\$10.78	\$26.95
Virtual Only		\$14.90	\$4.47	\$2.98	\$7.45

LEGEND: **C** Caldwell YMCA
D Downtown Boise YMCA

T Tomlinson South Meridian YMCA
W West Boise YMCA & Boise City Aquatic Center

CONTACT:

Caldwell YMCA
208-454-9622 ext 615

Downtown Boise YMCA
208-344-5502 ext 267

**West Boise YMCA
& Boise City Aquatic Center**
208-377-9622 ext 404

**Tomlinson South
Meridian YMCA**
208-331-9622 ext 507

Visit our online community to learn more about what the Y does for children, adults and families!

FIND YOUR COMMUNITY. FIND YOUR Y.



CALDWELL YMCA

3720 S Indiana Ave
Caldwell, ID 83605
208-454-9622

Mon-Fri: 5 am-9 pm
Sat: 7 am-6 pm
Sun: 12-5 pm



DOWNTOWN BOISE YMCA

1050 W State St
Boise, ID 83702
208-344-5501

Mon-Fri: 5 am-9 pm
Sat: 7 am-6 pm
Sun: 10 am-6 pm



TOMLINSON SOUTH MERIDIAN YMCA

5155 Hillsdale Ave
Meridian, ID 83642
208-331-9622

Mon-Fri: 5 am-9 pm
Sat: 7 am-6 pm
Sun: 10 am-6 pm



WEST BOISE YMCA & BOISE CITY AQUATIC CENTER

5959 N Discovery Way
Boise, ID 83713
208-377-9622

Mon-Fri: 5 am-9 pm
Sat: 7 am-6 pm
Sun: 10 am-6 pm

PLEASE NOTE: All YMCA Aquatics Centers close thirty minutes before the rest of the facility. For up to date Aquatics hours, please visit ymcatvidaho.org



Anywhere, Anytime. DISCOVER THE ADDED BENEFITS OF YMCA360

WORKOUTS AT YOUR FINGERTIPS

INTRODUCING YMCA360

We know life gets busy! That's why we're excited to provide our members with **YMCA360: A Virtual Fitness option offering on-demand, livestream workouts and more.** This platform allows you to workout from home when you need to, or workout while away on vacation. Anytime you want to workout with the Y! You can access YMCA360 on your smartphones, the web, and smart TV platforms. And best of all: **It's free for our members.**

Join YMCA360 for the following and more:



**FREE for all your
employees with their
YMCA membership**

HOW TO START:

VISIT ymca360.org/zipcodes/new
OR Download the YMCA360 app on your phone, Apple TV,
Roku or Android TV.

- Type in your zip code and choose your membership branch.
- Type in your email address and get your verification code.
- Now you're ready to workout!



SCAN ME



APP ICON