

Helping to build stronger, healthier employees.



- Full facility access to all 4 Lincoln YMCA locations.
- Child Watch and Kids Quest. (family members only)
- Circuit/Free Weight Orientation
- Fitness evaluations
- Towels
- Group exercise classes: Land, Water, Cycling
- Nationwide membership
- Cardio Orientation
- Exercise incentives
- Day lockers


Facility Locations

Cooper YMCA	6767 South 14 Street (402) 323-6400
Downtown YMCA	1039 P Street (402) 434-9230
Fallbrook YMCA	700 Penrose Drive (402) 323-6444
Northeast YMCA	2601 North 70 Street (402) 434-9262

YMCA Program Offices 570 Fallbrook Blvd., Ste. 210

Youth Sports	(402) 434-9217
Camp Kitaki	(402) 434-9225
Administrative Offices	(402) 434-9205

ymcalincoln.org


Lincoln YMCA
570 Fallbrook Blvd., Ste. 210
Lincoln, NE 68521-9026

LINCOLN YMCA

Corporate Partnership Program

Taking Care of Business



*Leading the Way in Wellness
of Spirit, Mind, and Body.*



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

*Give back to your employees
who give so much to your company.*



Benefits of Healthy Employees

- **Increased Employee Productivity**
- **Increased Employee Retention**
- **Increased Employee & Team Morale**
- **Employees With Increased Energy & Vigor**
- **Employees With Reduced Stress**

The YMCA provides programs that encourages family unity:

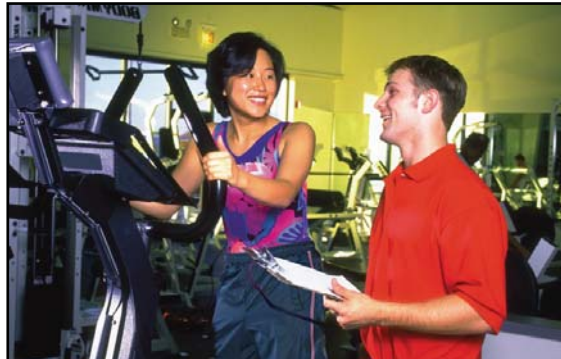
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|--------------------------------|----------------------|
| Youth Sports | Summer Camp |
| Swim Lessons | Child Care |
| Family Programs | Family Events |
| Volunteer Opportunities | |

YMCA Membership Prices

- Youth (Age 18 & Under) \$21.00
- Young Adult (Age 19-25) \$39.00
- Young Adult Family/Household \$65.00
 - Married Couples/Two Adults including all dependent children
 - Both adults must be age 19-25
- Senior (60+) \$45.00
- Senior Family/Household \$65.00
 - Married Couples/Two Adults including all dependent children
 - At least one adult must be 60 or over
- Adult (Age 26-60) \$49.00
- Family/Household \$75.00
 - Married Couples/Two Adults including all dependent children
- Single Parent Family \$65.00
 - Only one adult living in household including all dependent children

The YMCA believes no one should be denied membership due to financial limitations.

Ask about our financial assistance/personal pricing.



GETTING STARTED IS EASY

Simply Choose From One of Our Corporate Plans and Contact our Corporate Membership Representative:

Sharon Bredehoft
(402) 434-9236
sbredehoft@ymcalincoln.org

BRONZE

- Try the Y FREE Week (once a year)
- Wellness Presentations (\$50 per 30 minute presentation)
- On-Site Fitness Assessments (Varies/Ask about cost)

SILVER

Corporate Buy-In for \$1,000 per year Corporation, Employees and their Families Receive:

- Try the Y FREE Week (once a year)
- Employees join with “No Initiation Fee”
- Quarterly Newsletter focused on Corporate Wellness and What’s Happening at the YMCA.
- Opportunity to use a YMCA facility for a Corporate family night. (Once a year/\$500 value)
- One FREE company sports league, adult basketball, adult softball, marathon training registration. (Once a year/\$300 value)
- Volunteer Opportunities

GOLD

Corporate Buy-In for \$2,000 per year, plus pay 10% of employee’s/family membership.

Corporation, Employees and their Families Receive All in the Bronze and Silver Plans, **PLUS:**

- Annual Healthy Day, On-Site: Includes Blood Pressure Test, Healthy Habit Question/Answer Session, Healthy Weight Loss Methods Discussion, and More!
- Quarterly Wellness Presentations.
- Quarterly Wellness Assessments. (\$150 value)