



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACHIEVE
EMPLOYEE
WELLBEING
WITH THE Y

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.



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.

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 & Human Services

By participating in the **Treasure Valley Family YMCA's Employee Wellbeing Program**, your company may see a decrease in healthcare costs, employee turnover, and 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.



A GREAT BENEFIT

Employer Benefits

Join fees are waived for all Employee Wellbeing members.

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

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

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

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

Employee Benefits

Members have access to all our state-of-the-art facilities, including our fitness studios, cardio and weight training equipment, indoor pools, basketball/racquetball courts, indoor climbing walls, locker rooms, family centers, comfortable common areas, and more!

No long-term contracts make joining low pressure and high pleasure!

Over 70 group exercise classes, included in the price of membership, are offered daily at the Y.

Member 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 Centers in our facilities offer youth (ages 6+) a place to gather, socialize, play games, or just relax.

Our Kid Zone facilities and staff provide 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.

The Y's Healthy Living Center offers safe and proven programs led by certified professionals in the modalities of Movement Disorders, Oncology and Joint Health. In collaboration with our health care partners, our programs provide measurable results to support participants in reaching their health goals.



HOW IT WORKS

- Employer contributes toward each employee membership (% of contribution determined by employer but must be a minimum of 10%).
- Treasure Valley Family YMCA matches the employer contribution up to 20%.
- The Y waives 100% of the joining fee once per year per employee.
- Employees sign up at any Treasure Valley Family YMCA facility.

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.

CONTACT:

Caldwell YMCA 208 454 9622 ext 615

Downtown Boise YMCA 208 344 5502 ext 267

West Boise YMCA 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!

PRICES:

10% Contribution

Type		Standard Fee	Employer Pays	YMCA Pays	Employee Pays
Family	DTW	\$81.90	\$8.19	\$8.19	\$65.52
	C	\$74.90	\$7.49	\$7.49	\$59.92
2-Person	DTW	\$65.90	\$6.59	\$6.59	\$52.72
	C	\$60.90	\$6.09	\$6.09	\$48.72
Indiv. Adult	DTW	\$45.90	\$4.59	\$4.59	\$36.72
	C	\$43.90	\$4.39	\$4.39	\$35.12

20% Contribution

Type		Standard Fee	Employer Pays	YMCA Pays	Employee Pays
Family	DTW	\$81.90	\$16.38	\$16.38	\$49.14
	C	\$74.90	\$14.98	\$14.98	\$44.94
2-Person	DTW	\$65.90	\$13.18	\$13.18	\$39.54
	C	\$60.90	\$12.18	\$12.18	\$36.54
Indiv. Adult	DTW	\$45.90	\$9.18	\$9.18	\$27.54
	C	\$43.90	\$8.78	\$8.78	\$26.34

LEGEND:

C Caldwell YMCA

D Downtown Boise YMCA

T Tomlinson South Meridian YMCA

W West Boise YMCA & Boise City Aquatic Center

JOIN A COMMUNITY, NOT JUST A GYM.



CALDWELL YMCA

SUPPORTING ONE ANOTHER
IN A DETERMINED COMMUNITY
SINCE 2005

The Caldwell branch is a hallmark of Cause, providing members and guests with services that develop youth, promote healthy living, and inspire social responsibility. We encourage you to get to know our purpose-driven staff.

3720 S Indiana Ave
Caldwell ID 83605
208 454 9622



DOWNTOWN BOISE YMCA

CONNECTING PEOPLE AND
INSPIRING HOPE SINCE 1968
The Downtown Boise branch is our flagship facility, located in the heart of Boise. It serves as an example of what it means to be welcome to all. Be sure to stop by the Coffee Bar to form connections big and small.

1050 W State St
Boise ID 83702
208 344 5501



TOMLINSON SOUTH MERIDIAN YMCA

WELCOMING AND ENCOURAGING
FAMILIES TO PLAY TOGETHER SINCE
MAY 2018

The Tomlinson South Meridian branch is part of a 22.5-acre campus called The Hill. Made possible through a unique collaboration, it brings together recreation, education, health, wellness, and literacy all to one location. Check out our four-level play structure called the Family Adventure Zone and THRIVE Center.

5155 Hillsdale Ave
Meridian ID 83642
208 331 9622



WEST BOISE YMCA & BOISE CITY AQUATIC CENTER

INVITING OPPORTUNITY AND
NURTURING DREAMS SINCE 1996
The West Boise branch is one of our Association's first community partnerships. Take your family for a swim at the Boise City Aquatic Center, where competition and purpose meet during region-wide swimming events.

5959 N Discovery Way
Boise ID 83713
208 377 9622

WELCOMING AND INCLUSION STATEMENT

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.

WE'RE MORE THAN A GYM, WE'RE A CAUSE.

The Y is committed to strengthening communities. Every day we work side by side with our neighbors to make sure that everyone, regardless of age, income, or background, has the opportunity to have the Y experience.

OUR CAUSE

We strengthen the foundations of community by developing successful youth, engaging people in healthy living, and instilling a commitment to social responsibility.

ACCESS FOR ALL

The Y's Financial Assistance program makes it possible to expand our reach throughout the Treasure Valley. Funded by donations from our members and the community, this program is available to all children, adults, and families in need, including your employees who participate in our Corporate Wellbeing program.

In 2020, the Y provided over \$1.8 million in financial assistance.

Caldwell YMCA
3720 S Indiana Ave
208 454 9622

Downtown Boise YMCA
1050 W State St
208 344 5501

Tomlinson South Meridian YMCA
5155 S Hilldale Ave
208 331 9622

West Boise YMCA
and Boise City Aquatic Center
5959 W Discovery Way
208 377 9622



www.ymcatvidaho.org