



# STRONGER TOGETHER PROGRAM

## A workplace wellness program in partnership with the GLOW YMCA

The GLOW YMCA provides employers with a new approach to employee health. Research has shown an effective wellness program can have significant impact on a variety of health risk factors including cholesterol, blood pressure, cardiovascular disease, and obesity.

### MEMBER BENEFITS

- Access to all GLOW YMCA branches, conveniently located throughout the area.
- State of the Art Wellness Centers.
- Aquatics facilities at Genesee and Wyoming branches.
- Unlimited land and aquatic group exercise classes.
- Child Watch for Family memberships.
- Nationwide Membership while traveling in the U.S.



### HOW IT WORKS

The employer makes financial commitment based on number of employees.

# OF EMPLOYEES	YEARLY FEE
0-20	\$500
21-50	\$750
51-100	\$1,000
101-150	\$1,500
151-200	\$2,000
200+	\$3,000



Waived joining fee and 10% off membership

Contact Brionna DeMichel, Membership Director, for more  
information [bdemichel@glowymca.org](mailto:bdemichel@glowymca.org)

# BUILDING HEALTHIER EMPLOYEES



## EMPLOYER BENEFITS

### INDIVIDUAL

In addition to all Member Benefits, a YMCA Membership will also help you:

- Increase productivity and morale
- Recruit new employees
- Decrease turnover and absenteeism

When your team joins the Y, you create meaningful change not just for you, but also for the whole community.

### TEAM BUILDING

We offer facility rentals at various locations for your team's needs



#### MEMBERSHIP OPTIONS

#### JOINING FEE

#### MONTHLY RATE

#### ANNUAL RATE

##### YOUNG ADULT

Individual between ages 18-24

**\$0**

~~\$33.00~~

\$29.70

~~\$396.00~~

\$356.40

##### ADULT

Individual between ages 25-62

**\$0**

~~\$53.00~~

\$47.70

~~\$636.00~~

\$572.40

##### SENIOR

Individual ages 62+

**\$0**

~~\$45.00~~

\$40.50

~~\$540.00~~

\$486.00

##### TWO ADULTS

Two adults residing in the same household

**\$0**

~~\$75.00~~

\$67.50

~~\$900.00~~

\$810.00

##### 1 Adult Family

One adult and children ages 18 and younger living in the same household

**\$0**

~~\$65.00~~

\$58.50

~~\$780.00~~

\$702.00

##### FAMILY

Two adults and children ages 18 and younger living in the same household

**\$0**

~~\$89.00~~

\$80.10

~~\$1,068.00~~

\$961.20

Rates as of January 2025

Genesee County YMCA | 211 East Main Street Batavia, NY 14020 | 585.344.1664

Our Mission: To develop the spiritual, mental, and physical wellness of all people in an atmosphere of Christian fellowship