



## **Princeton Family YMCA**

59 Paul Robeson Place  
Princeton, NJ 08540  
609-497-9622

Dear YMCA Corporate Partner,

We are very pleased to form a new and improved partnership between your company and the Princeton Family YMCA. By working together, we can help your company and your employees achieve wellness benefits such as improved health, improved productivity and morale. We believe in the total health of the people we serve... Mind, Body, and Spirit.

To recap your corporate partnership plan, here are the main benefits:

- Waive the joining fee for all employees who join the YMCA (value up to \$150)
- Special reduced rates on most sports classes, group swim lessons and weekly camp rates
- Employees will have access to all facilities, including the West Windsor –Princeton Theological Seminary Pool
- On-site registration twice a year at your company. We will call to schedule this with you.
- Monthly Wellness Newsletter (we'll touch base with you on this very soon)
- Annual Company Family Event
- Annual Health Day at your company

When you confirm your company's participation, we will e-mail you a promotional kit with materials such as posters, customizable flyers, our YMCA location, and a matrix showing all the great classes we offer at our YMCA. We ask that you please share these materials by e-mailing them to your employees so they are informed about the benefits they have as employees of a YMCA Corporate Partner.

If you have any further questions about our future partnership, please contact us at 609-497-9622 and ask for Natasha Schiller.

We look forward to seeing you soon and helping you achieve your company's wellness goals.

Sincerely,  
Natasha Schiller  
Princeton Family YMCA  
Membership & Marketing Director  
nschiller@princetonymca.org

# Benefits of Employee Health Programs

## **Benefit #1 – Containment of Health Care Costs:**

The majority of health care costs in the United States is attributed to the diagnosis and treatment of chronic diseases and conditions such as diabetes, obesity, cardiovascular disease and asthma. These conditions are often preventable with positive lifestyle changes, such as increased physical activity and a healthy diet.

## **Benefit #2 – Increased Workplace Productivity:**

Workers who exercise regularly tend to have more energy and are more productive while at work. As little as 30 minutes of physical activity most days of the week can have significant physical and mental benefits for workers.

### **Did you know?**

The Princeton Family YMCA offers fitness classes for children through seniors – all skill levels are welcome.

## **Benefit #3 – Increased Workplace Morale:**

Along with increased productivity, the increase in energy level that comes from active, healthy employees also results in improved morale and a new level of energy within your organization.

### **Did you know?**

The Princeton YMCA has offered scholarships since its earliest years to those unable to pay for participation in programs and activities. This financial support continues today with child care and camp scholarships and program and membership assistance for youth and adults.

## **Benefit #4 – Decreased Employee Turnover:**

Health promotion programs are seen as an additional perk to employees, making them feel valued and appreciated by their employers. These employees are less likely to seek employment elsewhere, decreasing the time, energy and money associated with recruiting, hiring and training new employees.

## **Benefit #5 – Decreased Absenteeism:**

When an employee misses work due to illness, other employees take on the burden of those responsibilities, often creating a tense environment. Employees suffering from chronic conditions such as diabetes, cardio-vascular disease and other obesity-related illnesses are likely to miss work more often than healthy employees. These same conditions can be controlled, and often prevented, by positive lifestyle changes such as physical activity.

### **Did you know?**

The Princeton Family YMCA arts programming starts at age 3 – and includes fine arts, cooking, and dance.

## **Benefit #6 – Increased Recruitment Potential:**

In the midst of a tight labor market, businesses are forced to pull out the stops in order to recruit new talent. In some instances, health promotion can be a very valuable tool in sealing the deal.

**Our Mission:** The Princeton Family YMCA is a charitable, not-for-profit community organization dedicated to enriching the spirit, mind and body and improving the quality of life. We create and deliver values-based programs that draw their inspiration from our Judeo- Christian heritage. We serve people of all ages, races and creeds, with an emphasis on families and youth.



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### **2008 Corporate Memberships**

*As businesses, large and small, struggle to reverse the trend of rising health care costs, wellness programs are becoming essential to their economic livelihood. Increasingly, more companies appreciate the benefits of investing in the health and wellbeing of their workforce – and are seeking cost-effective ways to promote and encourage healthy lifestyles for them and their families.*

The Princeton Family YMCA offers an affordable and attractive opportunity for employers of all sizes who wish to support healthy spirit, mind and body among their most valuable asset.

Your YMCA Full-Facility membership includes:

- Special reduced rates for **weekly camp rates, sports classes & group swim lessons** for the whole family
- Waiving of joiner fee (\$150 value)
- All group exercise including cardio-kickboxing, yoga and more!
- Access to strength training equipment, free weights and weight machines
- Two orientations with a personal trainer or strength training instructor
- Unlimited access to cardiovascular equipment including treadmills, Stairmasters, Lifecycles, and elliptical cross-trainers
- Access to two 25-yard, 4-lane pools for lap swimming, swimming lessons, and free scheduled family swim times
- Access to gymnasium for basketball and volleyball.
- Additionally, for Family Full-Facility members:
  - Exclusive invitations to special YMCA family activities and events
- Opportunity to register for classes before Program Members and general public

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#### ADDED VALUES FOR OUR CORPORATE MEMBERS

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- Fitness tips and training advice through a monthly e-newsletter especially designed for your corporate members
- Annual Health Day including fitness testing at your site
  - blood pressure level testing
  - a health habits question-and-answer session
  - healthy weight loss methods discussion
  - talk on how to add exercise to one's lifestyle without making huge time sacrifices
- **One FREE company** sports league at our Y facilities (min. \$400 value)
  - adult co-ed basketball (Fall, Winter or Spring Seasons)
  - adult co-ed soccer (Fal/Springl Seasons)
  - adult co-ed volleyball (Fall, Winter or Spring Seasons)

- Annual Family event
  - Fit & Fun Games for your children
  - Great Race through Princeton for adults
- Volunteer Opportunities throughout the year for your employees to feel more connected to their community and an opportunity to give back
- Future plans
  - Team-building workshops for busy professionals (on-site & off-site)

## **2009 Membership Fees**

<b>Category</b>	<b>Monthly rate</b>
Adult	\$59.00
Family	\$89.00

## **Membership Fees Payment Options**

### **Scenario A. Company pays Employee Fees**

Company pays employee membership fees in full. The Princeton Family YMCA invoices company on monthly basis, based on number of participating employees.

### **Scenario B. Company subsidizes Employee Fees**

Company pays for percentage of the employee membership fee; employee pays the balance. For example, Company X pays 50% of Full-Facility Adult membership which is \$59.00 per month. Company pays \$29.50 per month; employee pays \$29.50 per month.

### **Scenario C. Employee pays Membership Fees**

Employee is responsible for monthly fees.

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## WHAT WE ASK FROM YOU

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- 3 minimum employee sign-up
- Commitment to on-site YMCA membership presentation among employees a minimum of twice per year
- Commitment to on-site YMCA presentations at employee Health Fairs a minimum of once per year (can be combined with above)
- YMCA membership information in all new hire employee packets
- YMCA membership information posted on company's intranet/employee web site
- Marketing/Promotional Information available for Employee distribution
  - Customizable Flyers; Color posters
  - Payroll stuffers

**For more information or further details about Corporate Memberships, please contact Natasha Schiller, Membership & Marketing Director, at 609-497-9622 x202. She will be happy to arrange a tour at your convenience.**