



STRENGTHEN YOUR BUSINESS



**CORPORATE
MEMBERSHIP
PROGRAM**

YMCA of ROCK RIVER VALLEY



YOUR WELLNESS JOURNEY PARTNER

Thank you for your interest in the YMCA of Rock River Valley's corporate membership program.

The most successful companies foster a healthy workforce by doing more than encouraging physical activity. They promote maintaining a balanced spirit, mind and body, while also being a part of the community.

Our corporate membership program makes it easier than ever for your employees to be active, healthy and more productive at work and in the community. At the Y, your employees can work toward that balance by challenging themselves to reach new fitness goals, learn a new hobby or skill, foster connections with friends, or bring loved ones closer together through our family-centered activities.

As a corporate member, your organization will be making a statement to your employees and to the community that you are committed to their health and their families' health. Our professional staff is prepared to work with you and your team to provide support and guidance along your company's wellness journey.

We look forward to working together and making strides to improve the overall quality of life for your team.

Sincerely,
Trisha Tousant
Chief Operating Officer



THE URGENCY OF NOW



6 in 10

Living with a chronic
disease



42%

Report pandemic
weight gain
averaging 29 pounds



47%

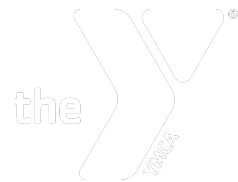
Report their mental
health has
worsened



80%

Do not exercise
regularly

CORPORATE MEMBERSHIP RATES & BENEFITS



BENEFITS:

- Workforce that is actively engaged in pursuing healthy lifestyle
- Access to three YMCA of Rock River Valley locations
- Employer subsidizes membership and invests in employee health, which also makes membership more affordable for employees.
- No join fee for employees when employer pays all or a portion of the monthly dues.
- Free access to Rockford Park District outdoor pools.

MEMBERSHIP TYPE	MONTHLY RATE
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Youth (ages 0-18)	\$22
Adult	\$34
Household	\$55

*There are NO JOIN FEES when an organization pays a portion of their employee's membership costs, which is normally \$25 for youth and \$50 for all other membership types.

*A household includes anyone who has multiple people on their membership who live at the same address, up to two adults and up to 6 children (ages 26 and under).

*For additional adults, add \$20 a month each.

LOCATIONS & AMENITIES

SWEDISHAMERICAN RIVERFRONT YMCA

200 Y Boulevard, Rockford, IL 61107
815-489-1252

- Cardio Center
- Strength Training Center
- Group Exercise Classes – in person and online on our virtual platform for members only
- Personal Training Studio
- Racquetball Courts
- Rock Climbing Wall
- 2 Indoor Pools – a lap pool and a family fun pool
- Two Gyms
- Kids' Care for drop-in child care
- Locker Rooms
- Subway Sandwich Restaurant

NORTHEAST FAMILY YMCA

8451 Orth Road, Loves Park, IL 61111
815-885-6852

- Training Center (with cardio equipment, functional training, weight machines and free weights)
- Group Exercise Classes – in person and online on our virtual platform for members only
- Indoor Pool with lap lanes, slide and play area
- Gymnasium
- Outdoor Playground
- Kids' Care for drop-in child care
- Locker Rooms

PURI FAMILY YMCA

1475 S. Perryville Road, Rockford, IL 61108
779-774-3675

- Training Center (with cardio equipment, functional training, weight machines and free weights)
- Group Exercise Classes – in person and online on our virtual platform for members only
- Private Individual Changing Rooms
- Overnight access for \$10/month



YMCA OF ROCK RIVER VALLEY
200 Y BOULEVARD
Rockford, IL 61107
815.489.1252
ROCKRIVERYMCA.ORG

Contact us to get started:
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