



MEMBERSHIP BENEFITS

- 2 free wellness appointments
- Free group classes
- Volunteer opportunities
- Use any YMCA in the USA (Nationwide membership Membership)
- Community connection
- Discounted program fees
- Access to adult and youth sport activities
- Full facility access
- Y360
- ... and so much more



How it works...

1. Determine your businesses needs
2. Choose your plan
3. Reap the benefits!

Contact Us:

-  mccookymca.org
-  kihrig@mccookymca.org
-  308-345-6228

901 West E Street



GOOD HEALTH IS GOOD BUSINESS

YMCA OF MCCOOK Corporate Membership

INVEST IN YOUR EMPLOYEES

The YMCA of McCook understands the importance of healthy employees. We are happy to offer discount opportunities to help businesses provide healthy opportunities!

Non-payroll Deduct:

- 10% off any membership for employees who work for your business. Employees are responsible for automatic payment to the YMCA of McCook.

Payroll Deduct:

- 15% off any membership for employees who work for your business. The business is required to provide payment to the YMCA of McCook on behalf of the employees enrolled by deducting it from their paycheck.



Eligibility & Requirements:

- A business must have a minimum of 4 employees. Of those 4 employees, at least 2 employees must hold a YMCA membership throughout the duration of the corporate membership.
- Qualifying businesses must provide their business tax identification number.
- Discount of a corporate membership will be determined upon the plan you choose.
- Current YMCA members are eligible to be included in these new corporate membership guidelines.
- Corporate memberships will be signed and reviewed on a yearly basis as a contract.
- New employees may be added at anytime.
- All memberships are considered for corporate membership.
- Business's must provide an account manager or point of contact upon signing of the contract.

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THE BEST WORKPLACE INVESTMENT

Are you ready to make the best investment decision for your employees and company?

- Exercise helps achieve **higher mental concentration and alertness**.
- Wellness program participants enjoy work more than non-participants. It's a **morale booster** and rapport builder among coworkers.
- Exercise improves **reaction time**, memory, and decision-making ability.
- Participants are **more productive**, have more stamina AND are sick less often
- Exercise induces **sounder sleep**, allowing for a better handle on stress.
- As little as **30 minutes of physical activity** several days a week can have a significant positive impact on workers' physical and mental well-being.

