Become a YMCA Corporate Wellness Partner!

Joining is easy! Simply choose the Corporate Membership option that fits your company, then contact the Summerville Family YMCA to get your company added and to set up a date for employee enrollment.

YMCA CORPORATE MEMBERSHIP

Option A (6-25 employees)
Waive the Joining Fee

Option B (6-25 employees)
Enroll in corporate billing
Waive the Joining Fee + 5% discount

Option C (26+ employees)
Enroll in corporate billing
Waive Joining Fee + 10% discount

Benefits of Corporate Membership Include:
Membership Discounts
YMCA Representation at Company Health Fairs
Usage Reports
On–Site Fitness Classes

SUMMERVILLE FAMILY YMCA

Downtown Wellness Center
208 West Doty Ave
Summerville, SC 29483
843-871-9622

YMCA at The Ponds
101 Pottery Circle
Summerville, SC 29483
843-871-9622

Oakbrook YMCA
900 Crosscreek Drive
Summerville, SC 29483
843-871-9622

For more information, please contact:
Amanda Metzger
Director of Corporate & Community Relations
Phone: 843-486-1553
Fax: 843-821-3127
Mail: 140 South Cedar Street
Summerville, SC 29483
AmandaM@summervilleymca.org

BUILDING A HEALTHY WORKFORCE

SUMMERVILLE FAMILY YMCA
Corporate Wellness Program

For a better you. For a better community. For a better us.™
At the Summerville Family YMCA, we are committed to helping people grow in spirit, mind, and body. We’re more than a gym; we’re a nonprofit. The Y is a community that gives members a supportive environment that motivates individuals to take control of their health and well-being. We offer a wide array of programs, services and volunteer opportunities to help them stay healthy and connected.

Through the YMCA Corporate Membership program, we will partner together to improve the well-being of your employees and your company by inspiring wellness and productivity, a valuable corporate outcome.

As a member of the Summerville Family YMCA, employees have access to all three YMCA facilities. We offer:

- Group fitness classes
- Swimming lessons
- Fitness evaluations
- Personal trainers
- Water fitness classes
- Massage therapy
- Kid fitness classes
- Complimentary child watch
- YMCA’s Diabetes Prevention Program

Corporate Wellness Program Benefits

Increased Productivity
Corporate Wellness Programs result in an 8% increase in employee productivity and a 19% decrease in absenteeism.

Lower Health Care Costs
Companies that implement wellness programs have a 25% reduction in medical costs and a 32% reduction in workers compensation and disability costs.

Healthy Employees
Positive lifestyle changes, such as increased physical activity and a healthy diet, can prevent diabetes, obesity, cardiovascular disease, and asthma.

Happy Employees
Employees who exercise regularly tend to be more positive and have more energy, which leads to higher employee morale. Implementing a corporate wellness program has also been shown to improve employee recruitment and retention.

Sports
Youth
Soccer
Baseball/softball
Karate
Basketball
Volleyball
Flag football
Hockey
Cheerleading
Lacrosse
Kids on the Run
Gymnastics
Swim Team

Adult
Soccer
Kickball
Softball
Basketball
Pickleball
Running Program
Martial Arts
Triathlon Training

Family Programs
- Before and after school childcare
- Mother’s Morning Out
- Summer day camp
- Sports and specialty camps
- Parent’s Night Out
- Family Fun Night

YMCA MEMBERSHIP IS GOOD FOR BUSINESS

The Summerville Family YMCA is a nonprofit organization whose mission is to be a community cornerstone that puts Christian principles into practice through programs that build healthy spirit, mind and body for all.