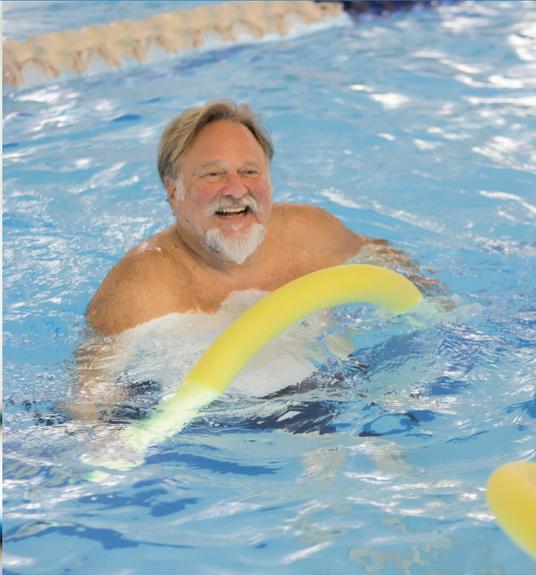




PARTNER FOR GOOD

CORPORATE PARTNERSHIPS



GREATER SOMERSET COUNTY YMCA

A WELCOMING NETWORK

THANK YOU FOR YOUR INTEREST IN GREATER SOMERSET COUNTY YMCA'S CORPORATE PARTNERSHIP PROGRAM.

Healthy employees make good business sense. With an increased focus on health and wellness, you may need a more optimal way to promote a healthy workplace for your greatest assets. That's where the Y can help. As a nonprofit organization, the Y is a national leader in advancing health, wellness and opportunities that build stronger communities.

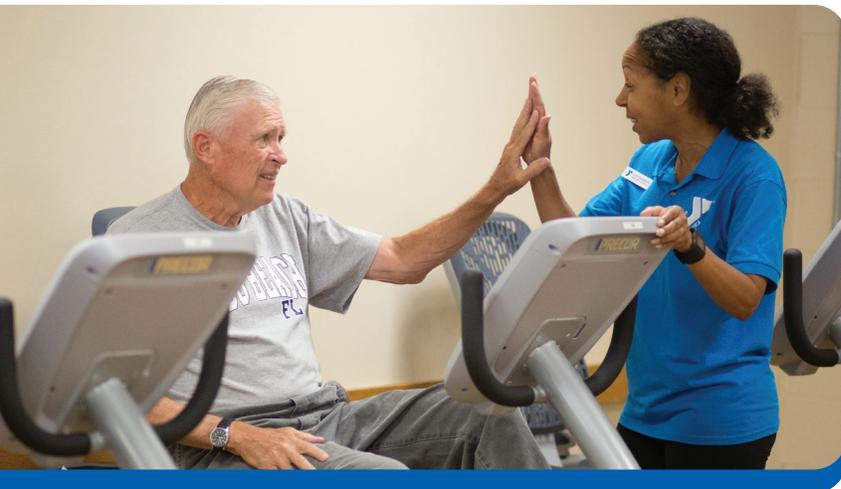
Our corporate partnerships help your organization to make a statement to your employees that you are committed to their health, their families' health and the community. Our professional staff stands ready to work with your team to create opportunities for employees to get healthy, nurture a positive work environment, and give back.

From memberships to fitness to youth programs to volunteer opportunities, we focus on meeting individual needs and providing a welcoming network of support and access to the resources and encouragement that help each person to thrive.

We look forward to working together to improve your employees' quality of life, and to improve the communities in which they live and work through the Y's mission.



WAYS TO ENGAGE



PARTNERS FOR WELLNESS

YOUR EMPLOYEES ARE YOUR GREATEST ASSET, AND KEEPING THEM HEALTHY AND HAPPY IS CRITICAL TO YOUR SUCCESS.

In fact, research shows a healthy, happy workforce saves the company money, has increased productivity, and is more engaged and connected at work.

The Y can help you get there with a host of wellness options for your employees.

CORPORATE MEMBERSHIPS

When employees join a branch of Greater Somerset County YMCA they will have unlimited access to our 5 locations. Additionally, as Y members, employees will receive reduced pricing on child care, summer camp, programs and more.

Complimentary with membership

- Fitness Equipment and Facility Orientations
- eGYM Equipment Orientation (Somerset Hills YMCA)
- Youth Wellness Orientations
- Most Group Exercise Classes (Indoor, Outdoor and Virtual)
- Unlimited use of the Wellness Centers
- Delay the Disease Program for Parkinson's Patients
- Lap Swimming
- Water Exercise Classes
- Family Swim Times
- Open Gymnasium Time
- Free Onsite Babysitting for Family Memberships

Additional opportunities and services include:

- Child Care and Preschool
- Summer Camp
- Personal Training
- Enrichment Classes
- Programs for Members with Special Needs

Nationwide Reciprocity:

We've teamed up with other YMCAs in New Jersey and across the country to add more value for members and make it easier to work out when members are away from home.

Members of Greater Somerset County YMCA can use other participating YMCAs. All that is needed is a Y membership card and a photo ID. Some restrictions may apply and may vary among the participating Ys, so we recommend that members call prior to visiting. The opportunity is available as long as use of visiting branches does not exceed use at the GSCYMCA home branch.

Corporate Partnership Membership Options

OPTION 1

- 100% of employees' monthly Y membership fees are paid by company
- Special corporate membership rate
- Waived joiner fee
- Minimum 10 employees register as new YMCA members
- Promotion of YMCA memberships on company portal
- Unlimited use of all GSCYMCA facilities

OPTION 2

- Company pays for a portion of each employee's monthly Y membership fee with the employee being responsible for the remaining monthly amount
- Special corporate membership rate
- Waived joiner fee
- Minimum 10 employees register as new YMCA members
- Promotion of YMCA memberships on company portal
- Unlimited use of all GSCYMCA facilities

OPTION 3

- Employee is responsible for the full monthly Y membership fee
- Special corporate membership rate
- Waived joiner fee
- Minimum 10 employees register as new YMCA members
- Promotion of YMCA memberships on company portal
- Unlimited use of all GSCYMCA facilities

PARTNERS FOR WELLNESS

AT WORK FITNESS CLASSES

Make fitness convenient for your employees to encourage healthy habits. Our wellness professionals can offer onsite fitness class options at convenient times of the day. We work collaboratively with your company to develop a schedule of fitness classes based on the interests of employees. Sample class options include:

Strength Options: Bootcamp, Strength Training, Flexibility, Mobility

Mind/Body Options: Yoga, Pilates, Stretch, Barre, Meditations

Dance Options: Zumba

FITNESS ASSESSMENTS

For employees who want to establish a baseline for their overall wellness, our Y staff can provide a fitness assessment to help guide their wellness journey and goals.

PERSONAL TRAINING, NUTRITION & WELLNESS COACHING

For employees interested in ramping up wellness, Onsite Personal Training, Nutrition and Wellness Coaching are additional options. We recommend 45-minute sessions, and the fees would be paid directly by the individual employee.

EMPLOYEE WELLNESS CHALLENGES

Engage and motivate your employees with a healthy competitive workplace culture through the support of our certified healthy living staff as they structure and monitor challenges such as Couch to 5K and the Biggest Winner.

LUNCH & LEARNS / EDUCATIONAL SEMINARS

Our Y staff can also provide engaging educational opportunities to further support employees' understanding of and knowledge about topics such as nutrition, mindfulness, fitness and more.

WELLNESS FAIRS

Our Y team often supports corporate wellness fairs with information sessions, group exercise classes, fitness assessments or other options that complement event activities.

SKILLS TRAINING

Our Y team can provide important skill-based trainings for your employees, including First Aid, CPR, Mental Health First Aid and others.

PREVENTATIVE HEALTH PROGRAMS

Our Y staff is trained in chronic disease prevention and management programs. Employees can enroll in programs at Y locations to support their wellness, including:

- Enhance® Fitness for arthritis
- Delay the Disease™ for Parkinson's Disease
- Diabetes Prevention Program
- LIVESTRONG® at the YMCA for cancer patients and survivors



PARTNERS FOR COMMUNITY

AS A NONPROFIT ORGANIZATION, THE Y RELIES ON THE GENEROSITY OF DONORS AND CORPORATE PARTNERS TO HELP MAINTAIN AND EXPAND VITAL SERVICES TO EVERYONE IN OUR COMMUNITY.

Each day at the Y, we work to ensure everyone has the access and opportunity to learn, grow and thrive.

Together, with donors and corporate citizens, we drive impact in the community by finding solutions for local issues, enhancing the lives of neighbors and moving community forward. We are truly grateful for the generosity of our community partners. As champions of the Y, you support our ability to help the most vulnerable populations - those in the community who struggle financially, physically and emotionally. You ensure the Y is here for good, you help strengthen community.

We proudly acknowledge the philanthropic support of corporate partners, at a giving level of \$5,000+, in the following ways:

Website

Company logo displayed on Community Partner page on the Y's website

Donor Newsletter

Company name and support of the Y mentioned in donor newsletter

Member Email

Company name mentioned in an email to Y members highlighting community partners

Annual Impact Report

Company name listed in the Y's Annual Community Impact Report

Press Release

Press release regarding company support of the Y's mission work (available at funding levels of \$15,000+)

ADDITIONAL SUPPORT OF THE Y'S MISSION

Every dollar donated to Greater Somerset County YMCA supports local communities; 100% of funds are dedicated to financial assistance afforded to under-resourced neighbors and high-impact programs that transform lives. These are additional ways companies can support the Y:

- Company Matching Gifts
- Employee Giving Campaigns
- Foundation Grants
- Endowment and Planned Giving
- Capital Projects/Naming Opportunities



PARTNERS FOR SOCIAL RESPONSIBILITY

AS CORPORATE CITIZENS, ORGANIZATIONS HAVE ENORMOUS POTENTIAL TO AFFECT CHANGE IN COMMUNITIES.

Corporate social responsibility often has a positive impact on the company through enhanced public perception and stronger employee commitment. The Y welcomes and celebrates the support of Corporate Partners to advance our mission work and deepen the impact on the communities we serve.

As a volunteer-led organization, the Y is committed to social responsibility. At the Y, we know we're stronger together and we are eager to partner with businesses and organizations who can help us achieve a shared vision for stronger communities. Below are just a few ways for volunteers to become involved.

Board Leadership

- Volunteer positions that contribute by helping to guide the strategic direction and overall success of the YMCA.

Committees

- Volunteer positions that leverage expertise and skill sets in a core business function to contribute to organizational success.

Day of Service

- Companies can assemble a team to volunteer for a day of service at the Y.

Togetherhood® Projects

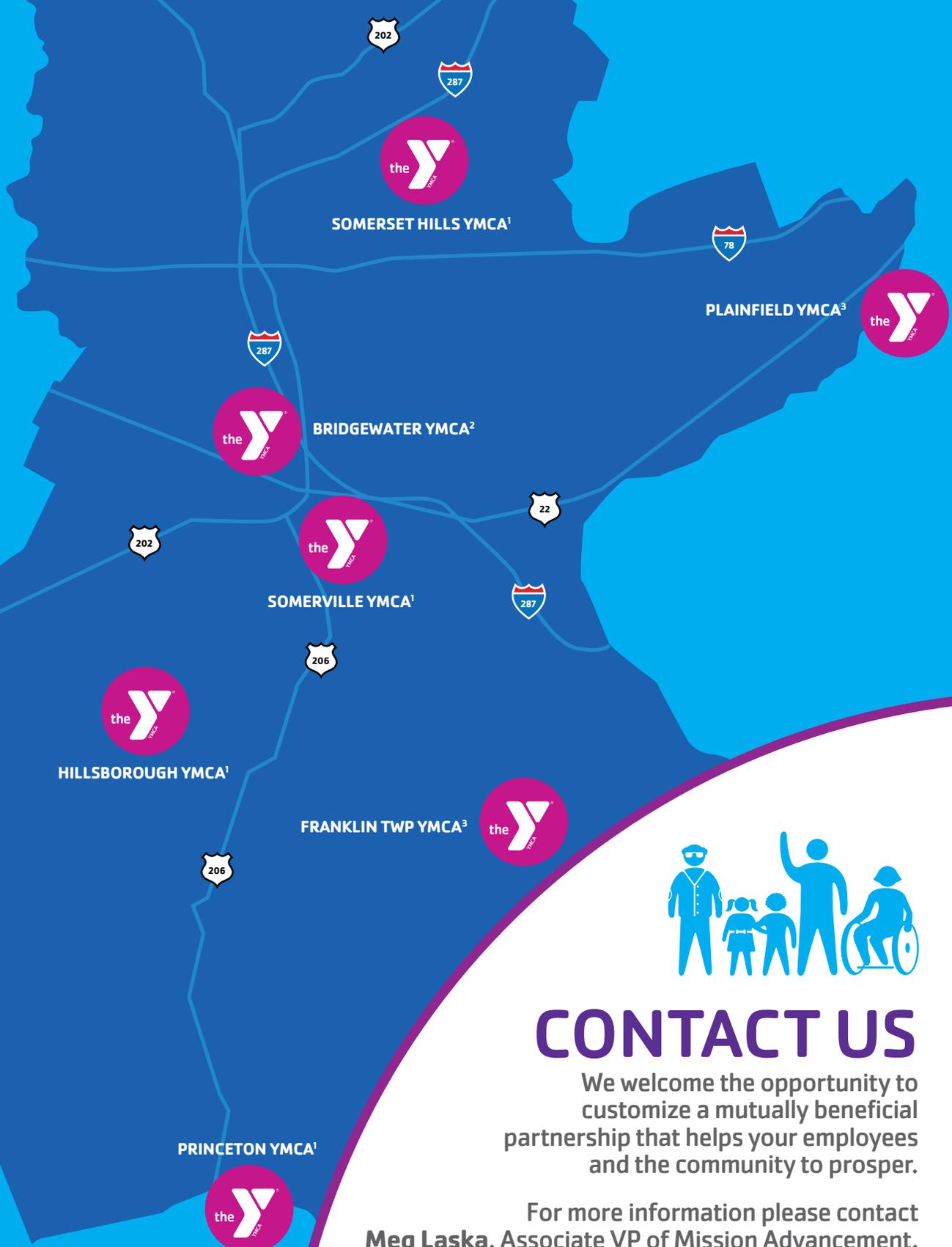
- Volunteers identify community needs and develop service projects to address them, such as fall leaf raking for seniors, projects that support veterans, MLK Day of service, etc.

Food Distribution

- Volunteers help to collect, sort, pack, and distribute food to under-resourced neighbors who are experiencing food insecurity.



GREATER SOMERSET COUNTY YMCA



CONTACT US

We welcome the opportunity to customize a mutually beneficial partnership that helps your employees and the community to prosper.

For more information please contact **Meg Laska**, Associate VP of Mission Advancement, at 908 630 3535 x103 or mlaska@gscymca.org

¹ Full service facility

² Aquatics Center

³ YMCA Programs & Services

For a better us.®

GREATER SOMERSET COUNTY YMCA

Association Office, 140 Mount Airy Road, Basking Ridge, NJ 07920 | 908 630 3535

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Greater Somerset County YMCA is a leading nonprofit committed to strengthening community by connecting all people to their potential, purpose and each other. The Y empowers everyone – no matter who they are or where they're from – by ensuring access to resources, relationships and opportunities for all to learn, grow and thrive. For information about Greater Somerset County YMCA and financial assistance, visit us at [www.gscymca.org](#).