



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Happy, Healthy Families

The Y is in your community to give everyone an opportunity to learn, grow and thrive. As the nation's leading nonprofit for youth development, healthy living and social responsibility, we are reaching out to you with an opportunity for your families.

For Every 100 Employees in the  
United States:

- ◆ 25 Have Cardiovascular Disease
- ◆ 26 Have High Blood Pressure
- ◆ 30 Have High Cholesterol
- ◆ 38 Are Overweight
- ◆ 24 Do Not Exercise
- ◆ 21 Smoke
- ◆ 6 Are Diabetic
- ◆ 12 Have Asthma

Source: US Dept. of Health & Human Services 2007



## Try the Y Period

Churches can schedule up to 3 trial membership periods per calendar year. Church members are asked to bring an ID card (that we will provide for you) and a valid driver's license or state ID to gain access to the facility.

## Advantages to a Church Membership with the YMCA of Greater Flint:

- ◆ Unlimited access to both the Downtown and Pierson Road locations which both feature:
  - Cardio equipment with personal TV's
  - Circuit machines & free weights
  - Free water aerobics classes
  - Select free group fitness classes
  - Indoor pool, sauna & hot tub
- ◆ Family Friendly Facilities
- ◆ Discount on YMCA programs such as swimming lessons, Day Camp at the Pierson Road YMCA and other youth programs
- ◆ Access to certified personal trainers
- ◆ Free child watch programs at the Pierson Road branch for those with a Family Membership
- ◆ The AWAY Program—use your YMCA membership at other YMCA's while traveling



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## Getting Started

Your decision to become a “Healthy Church” will make a significant impact on the health and well-being of your families. Joining the Church Wellness Program is easy. Contact Shelly Hilton at 810-732-9622 and we can get you started today!



### Church Membership Levels:

- \* Level 1 15-35 Church Members Waive the Initiation Fee, 10% Discount on Monthly Dues
- \* Level 2 36-65 Church Members Waive the Initiation Fee, 15% Discount on Monthly Dues
- \* Level 3 65+ Church Members Waive the Initiation Fee, 20% Discount on Monthly Dues

## Frequently Asked Questions

### Q. How do church members sign up?

A. There are two options for signing up. Church Members can come into the YMCA with an ID card that we will provide for you and a photo id to sign up OR we'll come to you. If your church qualifies for a Level 2 or 3 Membership, we can come to your church at a designated time to sign up your families.

### Q. How does payment work?

A. The YMCA will work directly with each church member to set up a monthly bank draft for their membership—there is no extra work or cost for you.

### Q. How long does the Church Wellness Program last?

A. Your members can cancel their membership at any time. We just ask that they come into the Y 15 days in advance of their next auto draft payment to terminate the membership.

