### Workplace Wellness

**Y Membership for Alternatives in Psych. (APC)**

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Youth (10-18*)</th>
<th>Young Adult (19-24 yrs)</th>
<th>Individual (25-64 yrs)</th>
<th>Individual Family</th>
<th>Adult Household</th>
<th>Family</th>
</tr>
</thead>
<tbody>
<tr>
<td>YMCA Standard Monthly Rate</td>
<td>$29</td>
<td>$39</td>
<td>$58</td>
<td>$78</td>
<td>$78</td>
<td>$82</td>
</tr>
<tr>
<td>Company Subsidy</td>
<td>-</td>
<td>$20</td>
<td>$20</td>
<td>$20</td>
<td>$20</td>
<td>$20</td>
</tr>
<tr>
<td>Less YMCA Discount</td>
<td>-</td>
<td>$10</td>
<td>$10</td>
<td>$10</td>
<td>$10</td>
<td>$10</td>
</tr>
<tr>
<td>Employee Monthly Y Membership Rate</td>
<td>-</td>
<td>$9</td>
<td>$28</td>
<td>$48</td>
<td>$48</td>
<td>$52</td>
</tr>
</tbody>
</table>

| YMCA Loyal Member Monthly Rate | $25           | $32                     | $50                    | $70               | $70             | $74   |
| Company Subsidy               | -             | $20                     | $20                    | $20               | $20             | $20   |
| Less YMCA Discount            | -             | $10                     | $10                    | $10               | $10             | $10   |
| Employee Monthly Y Membership Rate | -             | $2                      | $20                    | $40               | $40             | $44   |

Pricing Valid After 12 Consecutive Months of Membership

**Youth** is defined as an individual age 18 and under, no younger than 10, *unless enrolled in the Y’s Early Childhood Education program.

**Individual Family** is defined as a single individual age 19 or older with dependent children under the age of 19, unless child is under the age of 26 and enrolled as a full-time student, and/or dependent adults residing at the same household. This includes elderly parents living with their children, live-in nannies or au pairs and dependent adult children with a disability. Proof of residence required.

**Adult Household** is defined as two individuals age 19 or older living in the same household. For each additional adult add $30 per month, maximum four adults per household. Proof of residence required.

**Family** is defined as two individuals in a committed relationship with dependent children under the age of 19, unless child is under the age of 26 and enrolled as a full-time student, and/or dependent adults residing at the same household. This includes elderly parents living with their children, live-in nannies or au pairs and dependent adult children with a disability. For each family member over the age of 19 not enrolled in school full-time and not considered dependent, add $15 per month, per individual. Proof of residence required.

Pricing applicable for all YMCA of Metropolitan Milwaukee locations.

**How do Employees Qualify for Discounted Membership?**

- Visit a YMCA of Metropolitan Milwaukee center, prove employment (id badge or pay check stub).

- Existing members will need to follow up with their Y to prove employment (present badge or pay check stub). Discounts will be applied to their next bank draft or when their invoiced membership is renewed.

**Other Benefits:**

- New members will receive a free trial week to visit the Y with their families.

For more information: visit [www.ymcamke.org/wellness](http://www.ymcamke.org/wellness)
CUSTOMIZABLE ADD-ONS INCLUDE:

All of the benefits of a basic membership, plus choose any or all of the following to customize your membership:

<table>
<thead>
<tr>
<th>SERVICE MONTHLY</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Shower towel service</td>
<td>$5/individual or $10/household</td>
</tr>
<tr>
<td>• Unlimited Kid Zone</td>
<td>$15/month (1 child)</td>
</tr>
<tr>
<td>(3 hours a day limit and 15 hours a week limit)</td>
<td>$30/month (2+ children)</td>
</tr>
<tr>
<td>• Kit locker w/laundry</td>
<td>$35/month (3+ children)</td>
</tr>
<tr>
<td>(includes towel)</td>
<td></td>
</tr>
<tr>
<td>• Child guest pass for family membership</td>
<td>$15</td>
</tr>
<tr>
<td>• Annual Campaign donation</td>
<td>Easy auto pay option</td>
</tr>
</tbody>
</table>

YMCA LOCATIONS

**YMCA CENTERS**

**DOWNTOWN YMCA**
161 W. Wisconsin Ave., Suite 4000
Milwaukee, WI 53203
Phone: 414-291-9622

**NORTHSIDE YMCA**
1350 W. North Ave.
Milwaukee, WI 53205
Phone: 414-265-9622

**PARKLAWN YMCA**
4340 N. 46th St.
Milwaukee, WI 53216
Phone: 414-873-9622

**RITE-HITE FAMILY YMCA**
9250 N. Green Bay Rd.
Brown Deer, WI 53209
Phone: 414-354-9622

**SPECIALTY CENTER**

**YMCA GYMNASTICS CENTER**
6140 W. Executive Dr.
Mequon, WI 53092
Phone: 414-357-2818

**CAMP**

**YMCA CAMP MINIKANI**
875 Amy Belle Rd.
Hubertus, WI 53033
Phone: 262-251-9080

**EARLY CHILDHOOD EDUCATION**

**NORTHSIDE YMCA EARLY CHILDHOOD EDUCATION CENTER**
1350 W. North Ave.
Milwaukee, WI 53205
Phone: 414-374-9450

**NORTHWEST YMCA**
9050 N. Swan Rd.
Milwaukee, WI 53224
Phone: 414-586-9622