



**CORPORATE  
MEMBERSHIP  
PROGRAM**

**Employee Brochure**

**YMCA OF CENTRAL  
MASSACHUSETTS**



# BENEFITS OF A YMCA MEMBERSHIP

Thank you for your interest in membership at the YMCA of Central Massachusetts!

An Association Membership provides full privilege access to all six YMCA of Central Massachusetts branch locations:

- **Boroughs Family Branch**  
4 Valente Drive, Westborough, MA
- **Central Community Branch**  
766 Main Street, Worcester, MA
- **Greendale Family Branch**  
75 Shore Drive, Worcester, MA
- **Leominster Community Branch**  
108 Adams Street, Leominster, MA
- **Montachusett Community Branch**  
55 Wallace Avenue, Fitchburg, MA
- **Tri-Community Family Branch**  
43 Everett Street, Southbridge, MA

## YMCA MEMBERSHIP OPTIONS:

- Wellness & Fitness choices like cardio, weights, HIIT deck, & more
- Over 150 Group Exercise Classes each week, including virtual options!  
[www.ymcaofcm.org/online-exercise-resources](http://www.ymcaofcm.org/online-exercise-resources)
- Swimming Pools (Lap swim & Family swim)
- 2 Outdoor Splash Pads (available in season)
- Childwatch - FREE for families while parents work out
- Youth and adult programs for ALL abilities: swim lessons, karate, basketball, rock climbing, and more!
- Vacation Care, Camp, & After School Care
- Infant Care available in Southbridge and Westborough
- Discounts on paid programs and licensed child care
- ... and so much more!

# WE'RE MORE THAN A GYM

The YMCA is your connection to community!  
We offer a variety of programs for everyone.

- **LIVESTRONG® at the Y**  
FREE 12-week small group program designed for adult cancer survivors seeking to regain health as they become de-conditioned or chronically fatigued from treatment and/or disease.
- **Exercise For All**  
The goal of this program is to overcome the impediments to exercise for members of the special needs community so that they can experience the physical, emotional and mental health benefits that accrue from participating in an appropriately designed exercise program.
- **Togetherhood®**  
The Y's Togetherhood® program connects people from all backgrounds to plan and carry out volunteer projects that address a real need in their community.
- **Teen Leadership Programs**  
The Y makes sure that every young person has an opportunity to envision and pursue a positive future, and to take an active role in strengthening their community.
- **Remote Learning Support**  
We've created Student Support Centers for children to have a safe and supportive place to connect with each other, access their virtual learning classrooms, and participate in enrichment opportunities.

**The Y.™ For a better us.™**





**EXERCISE YOUR HEART  
IN MORE WAYS THAN ONE.**

For more than a workout. For a better us.

	Boroughs	Central	Greendale	Leominster	Montachusett	Tri-Community
Boxing Gym		X			X	
Cardio	X	X	X	X	X	X
Child Watch / Baby Sitting	X	X	X	X	X	X
School Age Care	X	X	X	X	X	X
Day Camp	X	X	X		X	X
Family Changing Room	X	X	X		X	
Fitness Classes	X	X	X	X	X	X
Free Weights	X	X	X	X	X	X
Gym: Multi-use	X	X	X		X	X
Indoor Track	X	X	X			
Licensed Child Care	X		X		X	X
Outdoor Field	X					
Outdoor Park		X	X			
Party / Family Facility	X		X	X	X	X
Outdoor Pool	X					
Indoor Pool	X	X	X		X	X
Preschool Adventure Zone	X					
Racquetball					X	X
Rock Climbing	X	X				X
Sauna	X	X	X		X	
Spinning Studio	X	X	X	X	X	
Outdoor Splash Pad	X		X			
Steam Room	X	X			X	X
Strength Training	X	X	X	X	X	X
Teen Fitness Center		X				X
Whirlpool	X		X		X	
Youth Locker Rooms	X	X	X			

## WHAT OUR MEMBERS SAY ABOUT US

**“A new client – so far so good. Very nice staff.”**



**“Love the classes!”**

**“Great place to get fit, the whole YMCA is developed well. Equipment is all up to date. Great indoor pool, and great swimming classes.”**



**“Clean, well maintained. Staff are very friendly. Equipment is up to date. Great schedule. Nothing negative to say.”**

# EXCLUSIVE CORPORATE PARTNER RATES



<b>Association Membership Category</b>	<b>Regular Association Monthly Rate</b>	<b>Corporate Partner Monthly Rate</b>
<b>Young Adult (age 18 - 28)</b>	\$45.50	<b>\$34.13</b>
<b>Adult (age 29+)</b>	\$67.00	<b>\$50.25</b>
<b>Household / Family 2 (2 adults residing at the same address)</b>	\$105.00	<b>\$78.75</b>
<b>Household / Family 3+ (2 adults with children or dependants under the age of 28 residing at the same address)</b>	\$114.00	<b>\$85.50</b>
<b>Senior Adult (age 65+)</b>	\$59.00	<b>\$44.25</b>
<b>Senior Adult Couple</b>	\$93.00	<b>\$69.75</b>

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# BRANCH LOCATIONS

## **BOROUGH'S FAMILY BRANCH YMCA**

4 Valente Drive  
Westborough, MA 01581  
(P) 508.870.1320

## **CENTRAL COMMUNITY BRANCH YMCA**

766 Main Street  
Worcester, MA 01610  
(P) 508.755.6101

## **GREENDALE FAMILY BRANCH YMCA**

75 Shore Drive  
Worcester, MA 01605  
(P) 508.852.6694

## **LEOMINSTER COMMUNITY BRANCH YMCA**

108 Adams Street  
Leominster, MA 01453  
(P) 978.401.2290

## **MONTACHUSETT COMMUNITY BRANCH YMCA**

55 Wallace Avenue  
Fitchburg, MA 01420  
(P) 978.343.4847

## **TRI-COMMUNITY FAMILY BRANCH YMCA**

43 Everett Street  
Southbridge, MA 01550  
(P) 508.765.5466

# CALL CENTER

(P) 1.508.755.6101 (dial 0)  
(email) [safetyfirst@ymcaofcm.org](mailto:safetyfirst@ymcaofcm.org)



**YMCA OF CENTRAL MASSACHUSETTS**  
4th Floor, 766 Main Street  
Worcester, MA 01610  
(P) 508.755.6101

**[WWW.YMCAOFCM.ORG](http://WWW.YMCAOFCM.ORG)**  
**@YMCAOFCM**

