



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BECOME PART OF OUR CORPORATE FAMILY



# THE YMCA OF THE COASTAL BEND

## Community Impact

The Y is a powerful association of men, women and children of all ages and from all walks of life, joined together by a shared passion to strengthen community foundation. With a commitment to nurturing potential, promoting healthy living, and fostering a sense of social responsibility, the Y ensures that every individual is equipped to learn, grow and thrive.

## Membership

Please watch this video: [CLICK HERE](#)

When you join the Y, you belong to a place where:

- Parents find a safe, positive environment for children to develop values, social skills, and behaviors.
- Families come together to have fun and spend quality time together.
- Children and teens learn who they are, what they can achieve, and are accepted.
- Adults connect with friends, pursue interests, and learn how to live healthier.
- Our community thrives because neighbors support each other and give back.

Our facility offers members a full gym, aerobic rooms and classes, a swimming pool, a basketball court, four racquetball courts, two weight rooms, a cardio room and a cycle studio. We offer individual and group swim lessons, sports programs for youth and adults, and even free child watch for families.

## Benefits of having a corporate membership

- Employees who are able to take part in regular daily exercise have been proven to take less sick days.
- Those who experience regular physical activity have higher energy levels which allow a more productive and efficient work environment.
- Having a physically fit lifestyle increases confidence which encourages employees to take on more leadership roles and inspire confidence in others.
- Physical activity releases endorphins which reduces stress and improves one's attitude. Remember, happy employees are dependable employees.
- The YMCA of the Coastal Bend offers activities for every age group. This will give your employee an opportunity to spend much needed time with their family.
- All Group Fitness Classes: ZUMBA®, BOKWA®, Cardio Circuit Training, Water Aerobics, Yoga, BOBYPUMP®, Core Training, and Cycling

## **Rates and Payment Options**

Single Adult Membership  
**\$45 per month** (regularly \$50)

Family Membership  
**\$58.50 per month** (regularly \$65)

### **Payment Option A: Direct Payroll Deduction**

This option is offered for the convenience of our members. Monthly fees may be split up among two paychecks rather than one payment per month. This system would require the coordination of your companies' payroll department and includes open enrollments as well as visit histories if requested by the supervisor.

### **Payment Option B: Individual Payment**

This option allows each individual employee to provide their own individual drafting information while still receiving the corporate rate for a six month agreement.

**Every member of our corporate wellness plan will receive absolutely NO enrollment fee!**

## **We're more than just a gym**

YMCA of the Coastal Bend is much more than a gym, its part of this community. Every member and donor who invests in the YMCA through contributions allows us to further our reach in the community. This is an opportunity to join the ranks of fellow local business owners who value our community and want to be a part of something that directly affects the Corpus Christi.

## **We Offer Scholarships**

The YMCA philosophy is that no one will be denied access to membership or programs due to an inability to pay. Charitable gifts fund our scholarship program while helping to underwrite the costs of our after school programs, four summer camps, sport leagues and aquatics programs. Our scholarships have served over 600 families in the Coastal Bend. Please read below for program details.

## **Youth and Government**

**Please Watch this Video [CLICK HERE](#)**

Youth & Government is a nation-wide program created by the YMCA, encouraging leadership among teens. Locally, we have seven Youth & Government clubs within CCISD, at three high schools and four middle schools. Students learn about government and compete in legislative, judicial, media and Model UN events. Students gain confidence as they learn how to express their ideas, engage in debate and become leaders. The clubs are run by student officers, who chose volunteer projects and fundraisers in the community. Students compete at district in November, and travel to Austin for state competition in March. For most of our students, this is their first time to leave Nueces County.

## **North Corpus Christi Tutoring**

The YMCA has partnered with community organizations to provide free afterschool tutoring to children living at the North Side Manor apartment complex. We have been committed to breaking the cycle of poverty by providing education, opportunity and mentorship.

During the 2013-2014 school year, 33 children participated in our program. We tutored an average of 14 students per day, who received free dinner daily. Students who regularly attend tutoring participate in field trips. The YMCA continues to be a part of children's lives throughout the summer and winter breaks as we offer camp scholarships.

We provide 80 elementary students the opportunity to pick out new shoes at our annual Shoes for Kids event. All children at North Side Manor Apartments receive a Christmas gift at our holiday party in December.

## **YMCA Summer Camp**

Each summer, we organize three summer camps for up to twelve weeks. At the YMCA, we host 150 children entering pre-kindergarten through fifth grade. Our program's popularity requires a second facility; another 50 students and 25 junior high students in Teen Leadership Camp participate at Blessed John Paul II High School. Every participant goes on a weekly field trip, and each child eats a free hot lunch and snack daily.

## **T.C. Ayers Pool**

T.C. Ayers Pool provides free swim lessons and free pool access for children and families. T.C. Ayers Pool provides a safe, fun place for children to spend their summers. During the summer of 2013, the YMCA served 556 individuals. The pool is open for nine weeks, six days a week. We want to introduce water aerobics and a Junior Lifeguarding program in 2015, to serve area seniors and youth.

## **Youth Sports**

We organize more than ten leagues a year in our facility, for toddlers through adults. Our kickball, tee-ball, and summer basketball leagues serve over 600 youth. In the fall, we host volleyball (200 participants), winter basketball (300), soccer (100+) and adult basketball (120). We run the Miracle League field, which provides a venue for adults and youth with disabilities to play baseball, basketball, kickball and soccer. YMCA sports also give people the opportunity to volunteer and coach, to make thumbprint in the lives of youth.

## **Afterschool**

### **Please Watch this Video [CLICK HERE](#)**

Our After School programs are offered in partnership with area school districts. Children participate in a balanced program of open play and structured activities, while being supervised by well-trained and caring staff. At YMCA After School, children enjoy arts and crafts, science, music, organized games, CATCH (Coordinated Approach to Children's Health), healthy snacks, service learning, character development and homework assistance.

YMCA After School ensures that children are given a unique mix of activities that focus on developmental assets, the building blocks that teach children how to make positive and intelligent decisions throughout life.

# HAPPIER WORKERS A HEALTHIER BOTTOM LINE



## **Contact Information**

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