

MEMBER BENEFITS & AMENITIES

- FREE **fitness orientations** and goal setting
 - 130+ FREE **group exercise classes** on land and water
 - **reduced fees** for camps and programs
 - **early registration** for programs
 - **income-based** membership rates
 - supervised **Kid Zone** while mom and dad work out
 - FREE **Family Fun Nights**
 - 7 week programs for **youth, adult & teens**
 - **full privileges** at all five branches of The Granite YMCA
 - membership access to **all other Ys in New England**
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- state-of-the-art **health & wellness centers**
 - full-sized **basketball court** and multi-purpose rooms
 - **heated teaching pool** and **competitive pools** for lap and recreational swim
 - separate **yoga studio** for relaxation and wellness
 - **Teen Center** with clubs, activities for youth
 - men's and women's **locker rooms**
 - state-of-the-art **gymnastics center**
 - large indoor **cycling studio**
 - **indoor climbing gym**
 - four indoor **tennis courts**
 - **healthy living initiatives**

Please note: amenities vary at each location



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILDING A HEALTHY WORKPLACE

WORK AT WELLNESS PROGRAM
The Granite YMCA



FIVE CONVENIENT LOCATIONS

YMCA of Downtown Manchester
30 Mechanic Street | Manchester, NH
Branch Director: Sabrina Smeltz
E ssmeltz@graniteymca.org P 603.623.3558

YMCA of the Seacoast
550 Peverly Hill Road | Portsmouth, NH
Membership Director: Meagan Wilson
E mwilson@graniteymca.org P 603.431.2334

YMCA Allard Center of Goffstown
116 Goffstown Back Road | Goffstown, NH
Assoc. Branch Director: Laura Nese
E lnese@graniteymca.org P 603.497.4663

YMCA of Strafford County
35 Industrial Road | Rochester, NH
Membership Director: Cheryl Pellicie
E cpellicie@graniteymca.org P 603.332.7334

YMCA of Greater Londonderry
206 Rockingham Road | Londonderry, NH
Membership Director: Pam Dangora
E cpellicie@graniteymca.org P 603.437.9622

www.graniteymca.org



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TOGETHER WE CAN MAKE A DIFFERENCE

The Granite YMCA is here to offer a **partnership** that is more than a fitness program, but an investment in your health and well-being. Healthy and happy employees create successful organizations leading to stronger communities.

PARTNERSHIP FEATURES

- no cost to join
- 1 week **free trial** at any of our 5 facilities
- 100% of all **join fees waived** (savings of up to \$75)
- **10% - 20% discount** off the cost of monthly membership fees (discount is dependent on your workplace agreement with the Y)
- Materials to help promote the Y to employees
- **On site health and wellness** programming (additional fees may apply)
- YMCA representation at company **health fairs**

As one of the state's longest standing and most enduring non-profits. The Granite YMCA focuses on youth development, healthy living, social responsibility, and family strengthening. Across the state, its six branches engage 30,000 men, women and children - regardless of age, income or background - to improve their health and well-being, and provide opportunities to give back and support neighbors. In 2015, The Granite YMCA provided financial assistance and free services valued at \$1.55 million to 19,488 individuals. www.graniteymca.org.



decreased
turnover

increased
productivity
&
morale

YMCA WELLNESS
PROGRAMS ARE
GOOD
FOR YOUR
HEALTH

decreased
absenteeism

reduced health
care costs

86%

of U.S. workers are either overweight or suffer from chronic health conditions costing more than \$153 billion in lost productivity each year. ¹

75%

of national health care costs are attributed to treating chronic disease. ¹

450

million work days lost each year by full time employees who are overweight or obese and have chronic health issues. ¹

¹ Center for Disease Control and Prevention