



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

The YMCA is fortunate to have a number of companies actively participating in the health and wellness of their employees.

Your employer, BIW, has made it possible for you to receive a corporate member discount at your local Y.

As part of your membership, you have access to all three of our YMCA facilities, group exercise classes, pool & hot tub at Health Club & Spa, sauna and more.

If you wish to take advantage of this membership program, simply visit the Member Services desk at any of our locations, show proof of employment, and set up your membership draft.

YMCA OF AUBURN-LEWISTON CORPORATE MEMBERSHIP

Everyone is Welcome

The YMCA is more than just a gym and swim or a workout. Through its over 154 years, the YMCA of Auburn-Lewiston has helped individuals to improve their health and well-being while building a strong sense of community. The Y provides family-centered, value-focused programs and activities for its members and the surrounding communities. As a member, we hope your relationship with us is as meaningful to you and your family as it is to us.

The Y is for everyone. Our programs, services and initiatives enable kids to realize their potential, prepare teens for college, offer ways for families to have fun together, empower people to be healthier in spirit, mind, and body; prepare people for employment, welcome and embrace newcomers and help foster a nationwide service ethic. And that's just the beginning.

Three Convenient Locations: As a member of the YMCA of Auburn-Lewiston, you have access to 3 fitness center locations and a 95-acre outdoor space.

- Our flagship Y at 62 Turner Street in Auburn
- Y @ CMMC located at 12 High Street in Lewiston
- Y @ Health Club and Spa located at 1977 Lisbon Road, Lewiston.
- The Y's Outdoor Learning & Education Center (OLEC) at 151 Stetson Rd. in Auburn. 95 Acres with trails, programming, & summer camp.

Your Corporate membership includes:

- Quality fitness equipment
- A variety of group exercise classes both in person and Virtual
- Caring and trained staff to support your health and well-being goals through personal training and nutrition counselling at discounted rates for members.
- Reciprocal membership with YMCAs Nationwide
- Reduced rates on parent and child classes: swimming, arts, sports instruction and leagues
- No annual fee or joiner fee
- Friendly, safe, and supportive family fitness environments

Membership Options & Rates for BIW employees

YOU WILL NEED TO SHOW YOUR EMPLOYMENT ID OR OTHER PROOF OF EMPLOYMENT AS WELL AS SET UP AS A MONTHLY DRAFT/EFT

HOUSEHOLD FAMILY MEMBERSHIP	\$50.00
ADULT MEMBERSHIP (23 – 61)	\$30.00
SENIOR (62+) & YOUNG ADULT (19 – 23) MEMBERSHIP	\$25.00

If you have any questions about your Corporate Membership options, and how the Y can benefit you, please contact:

YMCA of Auburn-Lewiston 62 Turner St, Auburn, ME 04210

The Y at CMMC 12 High St. Lewiston, ME 04240

The Y at The Health Club & Spa 1977 Lisbon Rd. Lewiston, ME 04240

W. 207-795-4095 or email us as info@alymca.org