



BROOKS<sup>®</sup>  
Rehabilitation

# RECONNECT WITH A HEALTHIER YOU

**NO JOINING FEE**  
**2 FREE GUEST VISITS**

<b>\$21.25</b> Brooks Rehab Monthly Contribution	+	<b>\$12.50</b> YMCA Monthly Match	=	<b>\$33.75</b> MONTHLY SAVINGS
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### EXCLUSIVE RATES

Save up to 50% on all programs and services like swim lessons, youth sports, camps and more with our exclusive member-only rates.



### KIDZONE

Complimentary on-site childcare while under the guidance of professional and friendly staff. KidZone is included with family memberships.



### UNLIMITED GROUP EXERCISE

Designed for all levels and interests, take advantage of our unlimited offerings and discover your new favorite class the next time you come in.



### FASTFORWARD FITNESS

Our 90-day training and support program where you'll meet with a wellness coach to establish fitness levels and get set up for success.



### NUTRITION CONSULTATION

Reaching and maintaining a healthy weight is important for your overall health and well being. Enjoy a FREE 30-minute consultation.



### ACCESS TO YMCAS NATIONWIDE

When you travel, you don't have to take a break from your workout routine. Your First Coast YMCA membership allows you access to hundreds of YMCAs across Florida and around the country.

## NEW Options for Your Family

We understand that being flexible is more important than ever. We want to be there to support you and your family's needs in any way we can.

- **Before & Afterschool Program** for extra care while you go to work
- **Learning Labs** provide a quiet space for your children to get their schoolwork done as an alternative to learning from home
- **Youth Sports** to keep kids active – Basketball, Soccer and Volleyball registration is happening now! Learn about what we're doing to keep your kids safe in the program
- **Homeschool P.E.** for structured, regular physical activity and fun! – FREE for Y members!

## RECHARGE AND RECONNECT

The Y isn't a building. It's a place formed by people from all backgrounds and walks of life who come together to improve their lives, nurture their families and strengthen their community together. Join us and be part of an amazing place where you can recharge your spirit, mind and body and reconnect with others.

## FOR A SAFER US

We want to assure you that we are doing everything we can to create a safe, fun and positive experience for everyone who walks through our doors.

### Our protocols include:

- Temperatures and health surveys
- Masks required at entry
- Stringent cleaning procedures, including the use of foggers and an airborne disinfection system
- Reservations for Group Exercise, KidZone, pool and gym for reduced capacity
- Spaced-out or blocked off equipment for adequate social distancing

## COMING SOON:

- Virtual Y Membership with all new digital content such as LIVE group exercise classes, cooking demos, family activities and "Ask the Expert" segments with our healthcare partners.
- PLUS, two new locations NOW OPEN at Nocatee and Wildlight!

**Recommit to your wellness goals! Please reach out to Lindsay with questions or to get started today!**

**Lindsay Murphey**  
**LMurphey@fcymca.org**  
**904.265.1821**

Bring your employee ID badge.

**See our latest updates at**  
**FCYMCA.org**



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# CORPORATE WELLNESS EMPLOYEE MEMBERSHIP RATES

## Brooks Rehabilitation

	YOUNG ADULT	ADULT	HOUSEHOLD 1	HOUSEHOLD 2	SENIOR
<b>FFC MEMBERSHIP</b>	\$56.00	\$75.00	\$109.00	\$122.00	\$65.00
<b>COMPANY SUBSIDY</b>	\$21.25	\$21.25	\$21.25	\$21.25	\$21.25
<b>YMCA SUBSIDY</b>	\$12.50	\$12.50	\$12.50	\$12.50	\$12.50
<b>MONTHLY DUES*</b>	\$22.25	\$41.25	\$75.25	\$88.25	\$31.25

\*paid through payroll deduction

### Membership types:

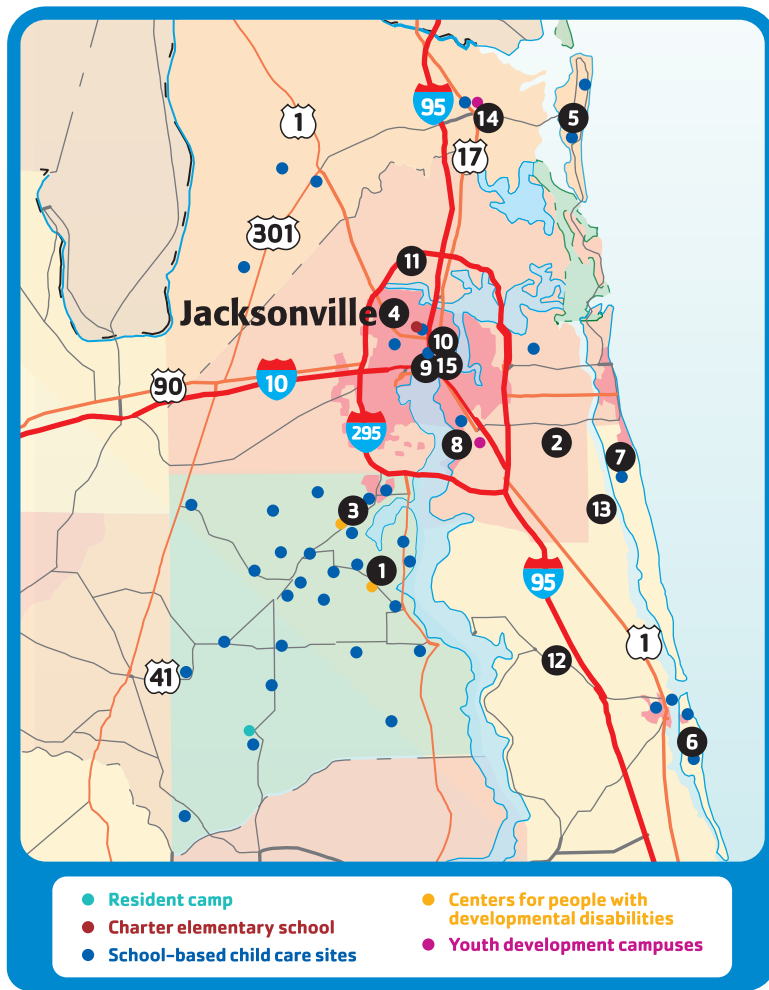
Young Adult = 1 Adult (age 20-29)

HH1 = Household 1 (2 adults, no children or 1 adult + children)

HH2 = Household 2 (2 adults + children)

FFC = Florida's First Coast, access to all branches

# LOCATIONS



## There's a Y near you:

- 1 BARCO-NEWTON FAMILY YMCA**  
2075 Town Center Boulevard  
Fleming Island, FL 32003  
904.278.9622
- 2 BROOKS FAMILY YMCA**  
10423 Centurion Parkway North  
Jacksonville, FL 32256  
904.854.2000
- 3 DYE CLAY FAMILY YMCA**  
3322 Moody Avenue  
Orange Park, FL 32065  
904.272.4304
- 4 JOHNSON FAMILY YMCA**  
5700 Cleveland Road  
Jacksonville, FL 32209  
904.765.3589
- 5 MCARTHUR FAMILY YMCA**  
1915 Citrona Drive  
Fernandina Beach, FL 32034  
904.261.1080
- 6 ST. AUGUSTINE YMCA**  
500 Pope Road  
St. Augustine, FL 32080  
904.471.9622
- 7 PONTE VEDRA YMCA**  
170 Landrum Lane  
Ponte Vedra Beach, FL 32082  
904.543.9622
- 8 WILLIAMS FAMILY YMCA**  
10415 San Jose Boulevard  
Jacksonville, FL 32257  
904.292.1660
- 9 WINSTON FAMILY YMCA**  
221 Riverside Avenue  
Jacksonville, FL 32202  
904.355.1436
- 10 YMCA AT THE BANK OF AMERICA TOWER**  
50 North Laura Street  
Jacksonville, FL 32202  
904.356.9622
- 11 YMCA AT BAPTIST NORTH**  
11236 Baptist Health Drive  
Jacksonville, FL 32218  
904.592.9622
- 12 YMCA AT FLAGLER HEALTH+ VILLAGE**  
98 Turin Terrace  
St. Augustine, FL 32092  
904.500.9622
- 13 YMCA AT NOCATEE**  
884 Cross Town Drive  
Ponte Vedra, FL 32081  
904.671.9622
- 14 YMCA AT WILDLIGHT**  
251 Breezeway Street, Suite 120  
Yulee, FL 32097  
904.849.9622
- 15 METROPOLITAN OFFICE**  
40 East Adams Street, Suite 210  
Jacksonville, FL 32202  
904.265.1775

## MEMBERSHIP TYPES

**Teen (ages 12-19)**

**Adult (ages 30-64)**

**Young Adult (ages 20-29)**

**Senior (ages 65+)**

### Household 1

- One adult and any number of dependents
- Two adults and no dependents
- Two seniors and no dependents

### Household 2

- Two adults and any number of dependents
- Two seniors and any number of dependents

Proof of residency is required for all individuals covered by household membership options. Dependents are defined as those who are claimed by the primary head of household on their tax returns.

## OTHER GREAT BENEFITS

- › **Unlimited group exercise classes**
- › **State-of-the-art strength and cardio equipment**
- › **Complimentary FastForward Fitness program**
- › **KidZone childcare while you work out**
- › **One free Parents' Night Out every month** \*With family memberships at participating locations
- › **Community outreach & volunteer opportunities**
- › **Exclusive rates on youth sports, camp, swim lessons, fitness and nutrition services, chronic disease prevention and more!**

At the Y, we make sure every child has a chance at a brighter future, provide opportunities for the young and the young at heart to achieve better health and well-being, and give everyone a place to belong, regardless of any financial barrier that may exist.

**Stop by, give us a call or visit our website to learn about how you can give to the Y, volunteer in your community or become part of the family.**

**FCYMCA.org** Download our mobile app!



CONNECT WITH  
**@FirstCoastYMCA**

