



### VALLEY OF THE SUN YMCA & MARICOPA COUNTY WELLNESS PROVIDER PARTNERSHIP FREQUENTLY-ASKED QUESTIONS

**Q: What is the YMCA?**

A: It's an inclusive organization of men, women and children joined together by a shared commitment to promoting healthy living, nurturing the potential of children, and fostering a sense of social responsibility.

**Q: Will the membership include all of the YMCA's locations?**

A: Yes

**Q: Where are the YMCAs located?**

A: Please visit <http://www.valleymca.org/locationsMap.cfm>

**Q: When is the YMCA open?**

A: Please visit <http://www.valleymca.org/locationsMap.cfm> and click on a specific branch location.

**Q: If I join the YMCA, can I bring guests?**

A: Yes, for a day pass fee of \$20.00

**Q: What services will be available?**

A: The reduced rates pertain to membership and child care. To obtain the reduced rates for child care, one must purchase a membership and become a Facility Member.

**Q: What services will (membership) cover?**

A: A Facility Membership includes:

- 1) **FREE** Access to **ALL** 17 Branch Locations
- 2) **FREE** SMART START Appointment
- 3) Dozens of **FREE** Fitness Classes
- 4) **FREE** Water Fitness Classes
- 5) **FREE** Child Watch while you work out (*for Family I and II Memberships*) for age 3 months to 12 years
- 6) **FREE** Senior Programs
- 7) **Reduced Rates** on Swim Lessons
- 8) **Reduced Rates** on Youth Sports
- 9) **Reduced Rates** on Summer Day Camp
- 10) **Reduced Rates** After School Programs
- 11) **Priority Registration** for all YMCA Programs
- 12) **FREE** Access to web-based Fitness software



**Q: What is SMART START?**

**A:** Your Smart Start Program will be custom designed to get you started on your wellness goals at the Y in a smart and effective way. The Smart Start Concierge will design a comprehensive plan to include various YMCA programs, many already included with your membership. This plan will fit your busy schedule and help you achieve your wellness goals. The Smart Start appointment takes about 15 minutes to get you on your way to achieving your goals.

**Q: Are there medical waivers to fill out?**

**A:** The YMCA does not require Maricopa County members to fill out medical waivers. The YMCA does provide a copy of the PAR-Q (Physical Activity Readiness Questionnaire) for each member to review and act on as needed.

**Q: What will the rates be for the different services that the YMCA offers?**

**A:** There are other services and programs not included in your membership but available for a fee. The services and programs available vary by branch. A list of these includes the following:

1) **Aquatics**

- Swim Lessons
- Swim Teams

2) **Youth Sports**

- Basketball
- Soccer
- Volleyball
- Golf
- Flag Football
- Gymnastics
- T-Ball
- Skateboarding
- Baseball
- Cheerleading
- Martial Arts

3) **Education, Teen Leadership, Arts & Humanities**

- Art Classes
- Hip-Hop Dance Classes
- Ballet

4) **Family Time**

- Family Fitness Classes
- Family Fuel – Nutrition Classes
- Adventure Guides / for fathers-daughter, for fathers-sons

5) **Personal Fitness Training**

- Boot Camp
- Small Group Training
- One-on-one Training



**Q: Who is eligible to utilize this benefit?**

**A:** Eligible Employees:

Employees enrolled in a County-sponsored medical plan.\* Family Members who are covered by the employee's County-sponsored medical plan are also eligible for the membership savings. However, dependents covered by the County-sponsored medical plan who are between age 18 and 26, will not qualify for the membership savings. If a dependent is between age 18 and 26, it is advised to go to the local branch to discuss other membership options.

\*Employees not enrolled in a County-sponsored medical plan may still join the YMCA and, upon showing their County ID Badge, will have their joining fees waived as courtesy of the YMCA.

**Q: I will need child care while I work out. What does the YMCA offer?**

**A:** You have the option to use Child Watch while you work out (if enrolled in a Family I and II Memberships) for babysitting services for children ages 3 months to 12 years. There is a 2 hour per visit limit, and employees are not permitted to leave the premises while their children are at Child Watch.

**Q: Is there an age limit for children?**

**A:** From age 3 months to 12 years

**Q: Are there any restrictions that may apply that I should know about if I want to enroll?**

**A:** No, but we do encourage new members to review the New Member Handbook for all the details. The New Member Handbook can be retrieved at the home branch.

**Q: How will I enroll?**

**A:** When Maricopa County employees sign up for a membership the following items are needed at the time of enrollment:

1. County ID Badge,
2. Cigna Medical ID Card for yourself (and your spouse if signing up for Family II Membership)
3. Employee ID Number (9-digit number that begins with 81 \_ \_ \_ \_ \_)
4. Method of payment to pay the equivalent of one payroll deduction fee \*\*

Employees will fill out a Membership Application/Waiver as well as a Payroll Deduction Form.

\*\* At the time of registration for a YMCA membership, employees will be asked to pay the equivalent of one (1) payroll deduction fee for the membership type selected until their payroll deductions begin. Also, when employees sign up for child care services, they will need to bring a method of payment for any required fees (as this will not be handled through payroll deductions).



**Q: I am already a YMCA member, how do I transition?**

**A:** County employees wishing to transition from a **Regular YMCA Membership** to a **Maricopa County YMCA Membership** can do so. They will need to provide their Maricopa County ID Badge, Cigna Medical ID Card, and their County, 9-digit, Employee ID number. They will also be asked to fill out a YMCA cancellation / bank draft termination notice and then fill out the appropriate forms identifying them as a Maricopa County employee. The regular cancellation policy guidelines (30 days written notice) will be waived. Also, a voucher system will be used to make up for the unused portion of the YMCA membership. Employees will also be asked to pay the equivalent of one (1) payroll deduction fee for the membership type selected until their payroll deduction takes effect.

**Q: What is the cost of this benefit?**

Membership Type	Monthly Co-Pay	Bi-Weekly Deduction	Includes
Adult	\$24	\$12	Employee Only
Family I	\$44	\$22	Employee + Child(dren) under age 18 living in same household
Family II	\$51	\$25.50	Employee + Adult + Child(dren) under age 18 living in same household

**Q: How will I be paying to take advantage of this benefit?**

**A:** Payroll Deduction Process:  
The Maricopa County employee fills out a Payroll Deduction Form for their membership co-pay. At the time of registration the employee will pay the equivalent of one (1) payroll deduction fee for the membership type selected until their payroll deduction goes in effect. The child care services cannot be paid through payroll deduction.

**Q: Can I pay with my Health Savings Account or FSA cards?**

**A:** Membership fees cannot be paid using an H.S.A. or FSA. Child care fees can be paid using FSA.

**Q: Is this a pre-tax benefit?**

**A:** Membership fees are not a pre-tax benefit.

**Q: When did it become effective?**

**A:** The Wellness Provider Partnership was activated at all of the Valley of the Sun YMCA branches on July 1, 2012. Employees can sign up at any of the YMCA Branches.



**Q: How can I cancel my benefit (membership)?**

**A:** Cancellation Process:

The YMCA does not require long-term contracts; a 30 day written notice is required to change or cancel a membership. Maricopa County employees would fill out the Payroll Deduction Termination Form.

**Q: Do I have to receive my benefits from the County to get the discounted rate?**

**A:** Employees enrolled in a County-sponsored medical plan are considered eligible employees and will receive all of the benefits as stated in this summary.

**Q: Why isn't the YMCA membership offered to all employees?**

**A:** To be eligible for a discounted YMCA membership fee, employees must be enrolled in a County-sponsored medical plan. This is an extension of the benefits employees already pay for.

**Q: Is the YWCA a part of the YMCA?**

**A:** No, the YWCA is Young Women's Christian Association.

**Q: Is this the same as the Gold's Gym discount through ESM?**

**A:** No. The YMCA believes that everyone has the desire to be well and that well-being is best cultivated by providing supportive relationships and environments. Because the YMCA knows that healthy lifestyles are achieved through nurturing mind, body and spirit, well-being and fitness at the YMCA is so much more than just working out. Beyond fitness facilities, the YMCA provides educational programs to promote healthier decisions, and offers a variety of programs that support physical, intellectual and spiritual strength. As being healthy means maintaining a balanced spirit, mind and body. The YMCA is a place where you can work toward that balance by challenging yourself not only to work out, but to learn a new skill or hobby, fostering connections with friends through the YMCA's lifelong learning programs, or bringing your loved ones closer together through our many family-centered activities.