



WAYS TO SAVE ON 14Y MEMBERSHIP

MEMBERSHIP PERKS FOR OLDER ADULTS

The 14th Street Y is proud to offer many Health + Fitness offerings geared towards older adults, including low impact virtual group fitness classes, in-person fitness pop-ups, health and wellness workshops, adult lap swim at our refreshing pool, and one-on-one personal training.

SAVE THROUGH YOUR INSURANCE PLAN

You may be eligible for a membership to the 14Y at **NO COST TO YOU** with the Silver Sneakers program!

If you are Medicare supplemental plan holder with UnitedHealthcare Medicare Supplement or Advantage, check your eligibility:

Email info@healthycontributions.com or Call toll free 800-317-2739

If you are Medicare supplemental plan holder with Aetna, Blue Cross and Blue Shield, Emblem Health, Healthfirst or Humana, check your eligibility:

Visit <https://tools.silversneakers.com> or Call toll-free 866-584-7389

SAVE BIG ON SUMMER MEMBERSHIP

We also have new Senior Summer Membership deal available to all those age 65+. Join for the full summer, May 1 – August 31, for just \$190 (save \$137). Plus, we'll waive the \$99 initiation fee!

Learn more about Senior Summer Membership and other summer deals at 14StreetY.org/SummerDeal

QUESTIONS?

Our friendly membership team is happy to assist you! Contact the Service Desk at 646-395-4310 or email ServiceDesk@14StreetY.org

