



"Three Great Clubs—One Great Price"

Broadwater ATHLETIC CLUBS

Broadwater Athletic Club & Hot Springs
4920 Hwy 12 W
443-5777

Broadwater's Life Fitness Center
607 N. Lamborn
443-6045

Broadwater's Downtown Athletic Club
316 N. Last Chance Gulch
443-8348

Newsletter

June
2004

Adventure Zone Summer Hours

Beginning Friday, June 11th.

Monday through Friday

9:00 a.m. to 1:00 p.m.

Saturday

10:00 a.m. to 8:00 p.m.

Sunday

1:00 p.m. to 7:00 p.m.

After 1:00 p.m. on weekdays, children need to be directly supervised by parents to be in the Adventure Zone, or parents can make a reservation for their child in the Nursery. In most instances, older children supervised by the Nursery staff can still play in the Adventure Zone.

On days the Waterslide has to be closed due to poor weather, we will make every effort to make the Adventure Zone available to kids.

Centennial Waterslide

Directed by Richelle Koffman and Tyler Amundson

Summer is here, we hope! The Waterslide will open Saturday, June 12th. Weather permitting, the Waterslide will be open daily from 1-7 p.m. Members are FREE at the Waterslide. Non-members pay \$8.50 per day or \$5.50 after 4:00 p.m.



Camp Broadwater – Director: Philip Jackson

Starts June 14th

Mondays, Wednesdays, and Thursdays

1:00 p.m. – 5:30 p.m.

Fitness activities, swimming, Waterslide, games and more!

	Member	Non-Member
Single Visit	\$5.00	\$10.00
10 Visits	\$45.00	\$90.00
20 Visits	\$85.00	\$170.00
30 Visits	\$120.00	\$240.00

Camp Broadwater is a summer program for kids 8-13 that incorporates the fun of the Waterslide and Natural Hot Springs pools with a children's fitness and activities program designed to teach and shape the lives of our younger members.

For more information or to register your child, visit with the staff at the BAC front desk.

Walk This Way

COME JOIN US at the D.A.C. for a great early morning walk through historic Helena neighborhoods (including alley tours), up Mount Helena to view incredible sunrises, the Bagel Company for an early morning snack, Central School to re-live our youth on the jungle gym, or...wherever those wonderful hardworking feet take us. **NOTE: This will NOT be a Sunday Stroll!!**

Mondays at 6:30 a.m. Meet at the DAC and be ready to go!

To avoid stress at home, try vacuuming wearing pearls and high heels. It worked great for June

Wiggle Worms June Themes

June 1-4 S – Snakes and Salamanders
June 7-11 T – Trucks and Trains
June 14-18 U - Umbrellas
June 21-25 V - Variety
June 28-July 2 W – Whales and Walruses



Kids 3 and up can participate in Wiggle Worms at the BAC Nursery. Schedule is Monday – Friday 9:30 – 10:30. Please make reservations for the Nursery by calling 443-5777. Bring in your preschool aged children for fun activities, crafts and more, free to members!

Race for the Cure Warm-up

A big thanks goes out to Anneliese and the rest of the wonderful ladies who helped with the warm up for the Race for the Cure this year. As always, you were fantastic!!!

Remember when books were the only things that got paged?



Adding your Kids to your Membership

Did you know that it only costs \$50.00 to put your kids on your membership for the summer? That will keep them swimming, Adventure Zoning, Watersliding, active and having fun all summer long! Plus they will get the member discount on swim lessons and Camp Broadwater. Add your kids 5-18 years to your membership for the summer at the Front Desk at any of the Clubs.

Belt for Calf Raises at BAC

We had another new belt for the calf machine at the BAC, however it is already broken, we are working on replacing it. The new one we bought a few weeks ago grew legs and wandered off. If you know where it has wandered to, we'd really like it to return home. It is greatly missed. The old one is now also missing. If this new one also wanders off, we may not be able to get another. Please help it remember where it lives and encourage it to stay there!

Beginning Climbing Class

On Saturday, June 19th from 1:00 p.m. to 3:00 p.m. a beginning climbing class will be offered at the Rock Climbing Wall. This class is for participants 14 years of age and up. Cost for members is \$25.00 and non-members \$35.00. Skills taught will include introduction to top roping, harnesses, ropes, knots, tying in, belay devices and carabiners, belaying, bouldering and spotting and more. At the end of the class all participants will take the Belay Certification Test with the goal that all participants will pass and receive their Certification.



Sign-up is at the BAC front desk. Payment must be made when signing up. Class size is limited so don't wait, sign up now!

Outdoor H.I.T - Outdoor High Intensity Training

What: Outdoor High Intensity Training – Hill intervals, power walk, train to run, kickboxing, yoga on the lawn, bleacher runs and some surprises. This is *not* a walking class!

When: June 22nd -July 29th
Tuesdays and Thursdays
6:00 - 7:00 a.m

Where: Meet at LFC Front lawn

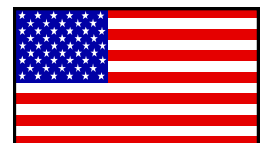
Cost: Member: \$25.00, bring a training partner, only \$20.00 each
Non-members: \$45.00, bring a training partner, only \$40.00 each

Sign-up: At the DAC or LFC Front Desk. Payment is required at time of sign-up. Class size is limited, sign up now!

Coach: Donna Hulse

Are you ready for the challenge? This is not a walking class! Attendance is mandatory! I will call if you don't show up for coaching session. *See you there!*

All Broadwater Clubs will be CLOSED on Sunday, July 4th. Happy Independence Day!!!



Freak Fitness: The weights you should know how to lift.

Why are animals so much stronger than humans? It isn't because they do bench presses, curls and leg extensions. Animals only lift one kind of weight, *Body Weight!*

Broadwater's trial "Freak Fitness" class is a small group class oriented towards body weight only workouts designed to promote animal-like fitness, including:

- ◆ Functional strength
- ◆ Mobility and endurance
- ◆ Mental focus

"Sounds like just a bunch of calisthenics what's the deal?" Freak Fitness would better be described as extreme body weight calisthenics. It is challenging for the following reasons:

- ◆ Very short rest periods
- ◆ Exercise range of motion
- ◆ Increased muscular tension throughout the workout

Bring a water bottle, an open mind and put yourself to the test! Class size is limited to 10, pick up your number at the DAC Front Desk. You are welcome to observe a class before participating to see if the class is right for you. Most of the exercises can be modified to fit different fitness levels. See instructors Tom Bailly or Sheryl Nay for more information.

Classes start Saturday, June 12th 10:30 at the DAC. Don't forget to get your number at the Front Desk. Class is limited to 10, first come, first served.

Summer Visitors

For your friends and family who come visit this summer, we have some great passes available to bring them to the Clubs. One, Two, Three and Four week passes are available for kids and adults who are staying a while. We also have super deals on family groups coming to the Westside to spend the day in the Club and in the Pools. Full Facility Passes:

Child (with paying adult)	\$9.00
Adult	\$11.00
Adult + 1 other person	\$19.00
Adult + 2 other people	\$25.00
Adult + 3 other people	\$29.00
\$7.00 for each extra person after 4.	

Abs Only Workout

You asked for it, you got it! An abs only workout! Join Anneliese on Saturday, June 26th from 8:45 a.m. to 9:30 right before the Step Class at the DAC. Bring a partner and be prepared to have fun! If you have any questions, call Anneliese at 443-6045.

Get Active America Thank You

Thanks to everyone who helped make our Get Active America Week and



Open House a success. Club Staff and Management worked hard to make the events fun and exciting. Thank you to Lehni Garza for organizing a great event! As I'm afraid I will forget to mention someone, I'm not going to list names! Everyone's work, time and effort was greatly appreciated and helped to make the event the success that it was! **Let's Get Active America!**

Sweat Towels at the BAC

We now have some nice, white, big sweat towels on the Fitness Floor at the BAC. However, they don't seem to stick around very long. They are disappearing at an alarming rate. Please, if you have accidentally taken any home, return them. When done with your sweat towel, just throw them in the basket on the fitness floor so we can launder them. Thanks for your assistance.

**UNDER PRESSURE,
EGGS CRACK AND
COAL MAKES
DIAMONDS. THE SAME**

America the Beautiful

**Oh beautiful for spacious skies
For amber waves of grain,
For purple mountain majesties
Above the fruited plain.
America, America, God shed His grace on thee,
And crown thy good with brotherhood
From sea to shining sea.**

VOTE – JUNE 8TH!