

Freak Fitness II

Freak Fitness I was a blast! The members who took part in it were FANTASTIC! They worked their buns off and had a great time doing it!

We had so much fun *without anyone using any equipment*, we're gonna do it again!

If you missed it the first time *Freak Fitness* is all about working Functional Strength, Mobility, and Endurance using the best equipment there is – ***Your Bodyweight!*** This class is not for the faint-of-heart, ***you will workout!***

The next class will be:

- ◆ At the DAC
- ◆ Saturday, July 17th
- ◆ 8:00 a.m. to 9:15 a.m.



Help Support our Troops

More Montana Troops have been deployed to fight in Iraq and around the world. Help support our troops by donating items for Care Packages.

The Montana National Guard Family Readiness Group sends Care Packages to *Montana* troops. Small or trial size packages are preferred. Items of need are:

- ◆ Shampoo & Conditioner
- ◆ Soap
- ◆ Moisturizer
- ◆ Feminine Products
- ◆ Wet wipes/baby wipes
- ◆ Store-bought, well packaged cookies
- ◆ Toothbrushes
- ◆ Toothpaste
- ◆ Mouthwash
- ◆ Sunscreen
- ◆ Lifesavers candies
- ◆ Non-chocolate, non-melting candies
- ◆ Microwave popcorn
- ◆ Peanuts, pretzels or other snack foods
- ◆ Sweetened Kool-Aid, Gatorade, and other **sweetened** drink mixes
- ◆ Coffee, sugar, creamer, tea bags
- ◆ Hand sanitizer
- ◆ Wraparound sunglasses
- ◆ Batteries, assorted sizes
- ◆ Blank greeting cards (birthday, anniversary, get well, miss you, Mother's Day, Father's Day, etc.)
- ◆ Videos, DVDs, Music CDs and cassettes (current)
- ◆ Small board games such as Chess, Checkers, Dominoes, Parcheesi, Yahtze, Uno,
- ◆ Cribbage, Playing Cards, and Jigsaw puzzles
- ◆ Recent Paperback books (mysteries, action, drama and science fiction are popular)
- ◆ Puzzle books, comic books
- ◆ Holiday Decorations
- ◆ CASH!!! To defray shipping costs.



All Clubs are also selling yellow ribbon "Support Our Troops" magnets. Cost is \$5.00. All money goes to the MANG Family Readiness Group.

Diapers and Swimming

Children still in diapers need to wear an approved Swim Diaper. There are disposable and reusable ones for sale at the Front Desk. Swim diapers do not swell up like regular diapers, which can explode, releasing the gels in the diaper into the pool. Regular diapers have also been shown to release waste into the water if your child has a bowel movement. Swim diapers will contain waste, preventing the spread of disease. Here's to happy swimming!



Outdoor Pools and (ick!) Bugs

We are very proud of our pools here at the Broadwater Athletic Club and Hot Springs. We have the unique honor to provide three outdoor pools heated with our natural mineral Hot Springs. The pools are kept at a comfortable temperature year round for everyone's enjoyment in any season.

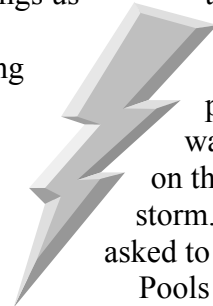
Having outdoor pools can lead to problems of bugs and other debris in the pools. Our lifeguards and maintenance staff make every effort to keep our pools clean and comfortable. The surface of the pools are skimmed on a regular basis, as well as having the bottom "vacuumed." If you ever feel the surface needs to be skimmed, please talk to the front desk staff and we will make arrangements.

We always strive to provide a fun, safe environment for our members. Always feel free to let us know what we need to do to improve your time at any of the Broadwater's Three Great Clubs!

Lightning Storms

This brings us to another issue, lightning. When a lightning storm is in progress, the Being in the Waterslide or place during a storm clears. minutes after is observed.

to another issue, pools will be closed. water, at the on the tower is not a safe storm. Everyone in the asked to go indoors until the Pools will reopen 20 the last bolt of lightning



If you lived in an area where the weather stayed the same throughout the entire year, how would you ever get a conversation started?

Sweat Towels

Over 1000 Sweat Towels have migrated from the Clubs in the past few months. If they continue to walk out the door, they will no longer be provided. There are baskets provided for return of dirty sweat towels. Please do not throw them in the garbage or take them home. Return them after use for laundering so we can continue to provide these for our members.