



"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

JUNE 2006 NEWSLETTER

Camp Broadwater

Directed by Susie Rosling

Starts June 12th & Ends August 24th

Mondays, Tuesdays, Wednesdays and Thursdays

12:30 p.m. – 5:30 p.m. Fitness activities, swimming, Waterslide, games and more!

	Member	Non-Member
<i>Single Visit</i>	\$10.00	\$15.00
10 Visits	\$90.00	\$140.00
20 Visits	\$160.00	\$260.00
30 Visits	\$210.00	\$360.00
<i>All Summer</i>	\$250.00	\$420.00

Camp Broadwater is a summer program that incorporates the fun of the Waterslide and natural Hot Springs pools with a children's fitness program designed to teach and shape the lives of our younger members.

Participants ages 7 to 13 need to pre-register at the Broadwater Westside. Once your child is registered, they are registered for the whole summer. Your child can attend the days that work for your schedule.

Children need to arrive at the Broadwater Westside between 12:30 and 1:00. Upon arrival the children will be checked into the program and given a band to identify they are a part of Camp Broadwater. Once the children have received their band, they join the group and are supervised by Camp Broadwater Instructors.

Children should come prepared to work out, have fun and participate in a variety of fun games and activities with appropriate shoes and clothes, swim suits and a towel.

Children should bring a healthy snack and something to drink, or they may purchase something at the Club.

Children will need to be picked up at 5:30 at the Adventure Zone Party Room. Please pick up your child on time. Late charges will apply.

Registration is at the Broadwater Athletic Club and Hot Springs. Parents must accompany child when registering for Camp Broadwater and sign waiver.

For more information call the Broadwater Westside at (406) 443-5777.

Daily activities will include:

*The Rock (Climbing Wall)

*Waterslide

* Sports

*Fitness Activities

*Games

*Water Games

*Hula Hoop Games

*Obstacle Courses

*And Much, Much More!

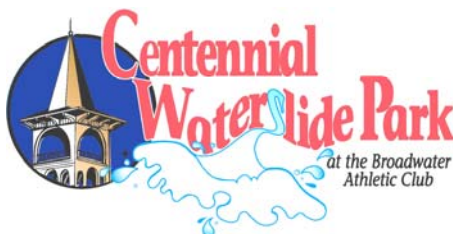
Centennial Waterslide

Directed by Grant Hardan

Summer is here! The Waterslide will open Saturday, June 10th.

Weather

permitting, the Waterslide will be open daily from 1-7 p.m. Members are FREE at the Waterslide. Non-members ages 5 and up pay \$8.50 per day or \$5.50 after 4:00 p.m. Non-members 4 and under are \$3.50 per day or \$2.00 after 4:00 p.m.



Adventure Zone Summer Hours

Beginning Monday, June 13th.

Monday through Friday

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

Saturday

9:00 a.m. to 8:00 p.m.

Sunday

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

On Thursday, June 8th and Friday, June 9th, the AZ will be open 9:00 a.m. – 8:00 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.

New Summer Classes!

Broadwater Downtown Club:

- **Outdoor H.I.T. – Monday, 6 a.m.** A high intensity training class in our ‘club without walls.’ This is a strength oriented cross-training class outdoors! Plan on lots of variety in a variety of locations.
- **AM Walkabout – Thursday, 6 a.m.** It’s time to hit the road again with Rochelle! This is a fast-paced walking class that will take you to many great areas around Helena’s Westside. Walking has been shown to reduce blood pressure and resting heart rate in some individuals. Start your weekend off on the right foot.
- **Group Circuit – Wednesday, 12:10 p.m.** A great, basic workout for the guys and gals! This class is done as a group, but based on circuit training (no choreography). The moves are basic and fun, but challenging. Geared for all fitness levels.

Broadwater Eastside Club:

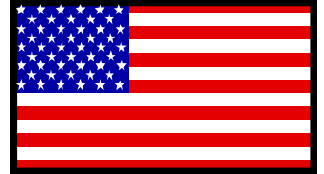
- **Outdoor H.I.T. – Thursday, 6 a.m.** A high intensity training class in our ‘club without walls.’ This is a strength oriented cross-training class outdoors! Plan on lots of variety in a variety of locations.
- **Workout Inside/Out – Wednesday, 7 a.m.** This is a moderate intensity walking class on the East Side of town. Expect a 40-minute cardio session walking outdoors followed by 20 minutes of light toning and stretching. A great way to start your day!
- **Cardio Combo – Monday, 5:30 p.m.** Anything goes in this cardio class filled with lots of variety. Classes may include any or all...Step, BOSU, Floor aerobics and more. Remember, variety is the spice of life!

Broadwater Westside Club

- **Strength & Stamina – Tuesday, 5:30 p.m.** A great class to improve your muscle tone and endurance. This is a high-energy combination class and can accommodate all fitness levels. Come out West and join the fun!



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



Summer Visitors

For your friends and family who come to visit this summer, we have some great passes available so you can bring them to the Clubs. One, Two, Three and Four-week passes are available for kids and adults who are staying awhile. We also have super deals on family groups coming to the Westside to spend the day at the Club, the Pools and the Waterslide.

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.	

Member Appreciation Party!

Join us on Thursday, July 13th, 4-8 p.m. at the Waterslide for a Member Appreciation Party! We’ll have food, games and lots of fun. As members you will be our guest at this fun-filled party. Plan to join us for lots of family fun!



Adding your Kids to your Membership

Do you want to add your kids on for the summer? Kids under 5 cost only \$25 for the summer and kids 5-18 are only \$50.00. 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 to your membership for the summer at the Front Desk at any of the Clubs.

Congratulations Graduates!

A big “congrats” goes out to all the amazing Graduates in Helena! From Kindergartners to High Schoolers and College! Way to go!

