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'Three Great Clubs One Great Price!'

Broadwater

Athletic Clubs & Hot Springs

West Side East Side Downtown
443-5777 443-6045 443-8348

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We're on the Web!
www.theBroadwater.com

Special points of interest:

- *All Broadwater Clubs will be CLOSED on Wednesday, July 4th, Happy Independence Day!!!*



- *Summer Group Fitness Schedule will be available in June with changes going into effect June 3rd.*

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Ho-Down at the Broadwater!

Member Appreciation Party!

Join us on Thursday, August 2nd, 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!

We'll have a chuck wagon full of good eats! We're



planning on another pig roast! Jim Sparing will be roasting

the pig (all 210 pounds!) on the premises. We'll also have Chili, Hot Dogs, Chili Dogs, Fruit and Cake!

We'd like to arrange for some Square Dancing, so if you do-si-do let us know!

Mark your calendar—Thursday, August 2nd, 4-8 p.m.! The Waterslide will be closed to the public and we will be celebrating our awesome members!

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 One Day 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.

2007 Waterslide Season is Here!

Summer is here! The Waterslide will open Saturday, June 8th. 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.

MEET THE PERSONAL TRAINERS

Shirley Little

Fitness professionals have the amazing privilege of helping people optimize their well-being. What's just one fitness goal you would like to achieve? Possibly picking up a grandchild or a child with ease or getting up from the chair using your legs without having to use your arms?

I am an ACE certified Personal Trainer, Lifestyle & Weight Management Coach and Group Fitness Instructor. I especially enjoy working with seniors and "baby boomers". I am back until November and would love to work with you to achieve your fitness goal. Do something for yourself! My number is 443-2559.

Debbie Dahl

One of the biggest reasons I have pursued personal training comes from an experience in college where I was a member of a half-time show dance team. At 105 lbs. I was told I was not getting to perform because I just wasn't built right – my legs were short and stocky. That experience makes me determined to teach people to be happy with their bodies, no matter what body type a person may have.

What is most important is that we pursue fitness, wellness, and good habits. I feel motivated to encourage clients to get into a regular exercise routine that they can enjoy and live with constantly. I feel my biggest strength is compassion first and then motivation to work and create a fitness environment to fit each client's needs and desires. Contact me at 458-6247.

Esther Merritt

Hi! My name is Esther Merritt and I am an ACE Certified Personal Trainer and Group Fitness Instructor. I have held an ACE Certification for 6 years and prior to ACE, I was AFAA Certified for 2 years. My passion for fitness and love for helping people get in shape go hand in hand. I believe everyone should have a trainer at least once in their life to experience the depth to which one can push themselves.

Being a trainer has many faces and the most exciting one to wear is when you have helped a person achieve their goals and get the results they have been looking for. Having a trainer provides you with accountability, motivation, encouragement, and a little extra willpower that you thought you didn't have. I love keeping it fresh and real. Results over night? No. Consistency is the key to successful weight loss and your freedom to health. It's definitely a life long journey which becomes a life style that you begin to crave and look forward to. I know I love it!!

Debbie Sebens

I have been a long time member of the Broadwater Athletic Clubs. I am just recently ACE Certified as a Personal Trainer. I have been passionate about the fitness industry for the past 10 years and engage in a work out regimen two to three times a week with cardio on off days.

I strongly believe that being physically fit is the key to living a longer, healthier and happier life. I believe that in order to be an effective Personal Trainer, you must possess the ability to reflect that passion, energy and self assurance to your clients, and be able to guide them towards their success.

Nan Brisko

I am a member of the National Strength and Conditioning Association (NSCA) and a Certified Strength and Conditioning Specialist (CSCS.) I hold a Masters Degree in Kinesiology and Health with an emphasis in predicting athletic performance at the University of Washington.

During my Graduate studies I worked as a Strength and Conditioning Coach for the University of Wyoming's athletic department. As a coach I was responsible for designing weight and conditioning programs for the University's Division I Women's Volleyball team, Women's Soccer Team, Women's Tennis Team, and Men's and Women's Track Team. In addition, I also competed for the University of Wyoming's Women's Soccer Team for four years and was selected for the All Mountain West Conference Soccer Team. I currently am involved with the Broadwater Athletic Clubs' 'JAWS' program for young athletes.

Margot Wright

Hello, I'm Margot Wright. I started my fitness adventure in the pool. During high school I would assist in swimming lessons until I became old enough to get my Water Safety Instructor Certification. Teaching helped with my finances while going to college. After years of ups and downs in life, I was drawn back to the pool. I was guided into teaching fitness, strength training and weight management classes through the local YMCA. I soon became a director of part of the programs there. I left that job because I longed to work in my field of design.

It wasn't until my health took a dramatic turn that I realized I really wanted to help people. I watched too many people give up, lose hope and stop believing in themselves. Wellness is an attitude. It's positive energy and it is a way of life. I empathize with people with health challenges. I understand their struggle. I am determined to fight the war on childhood obesity and have compassion for the elder generation. My dream of wellness for all is huge and one we can conquer. I believe in taking one step at a time.

Anneliese Smith

I got into the fitness field initially to lose my forty pounds I had gained during pregnancy. A friend brought me to one of her aerobic classes and I loved it. I loved it so much she convinced me to become a group instructor. I was a stay-at-home mom at the time and teaching classes gave me an outlet to be social, lose the weight and make some money at the same time. What I didn't realize was how pivotal my involvement in teaching classes would be to my future.

After I lost the weight I got into weight lifting by a fluke. I was amazed at how different I felt and looked. People asked me how I did it. I quickly realized that if I could do it, ANYONE could do it and I knew I could help them do it. I've always loved working with people and my BS degree in Communication has helped me in more ways than I ever thought it could—just not in the field I originally thought I was going to be in. Here I am sixteen years later with an ACE certification in Personal Training and Lifestyle and Weight Management and convinced that THIS is what I was meant to do with my life—help people help themselves!

Aaron Bush

Having run cross country and track, and participated in a multitude of sports, I'm particularly interested in sports conditioning and maximizing the effectiveness of each workout toward individual goals.

Whether you're interested in achieving a new PR in the 5K run, hiking Mt. Helena without getting winded, or dropping a few pounds, I will provide the information and motivation necessary to get there. The gym is only a starting point, used to supplement and enhance our enjoyment of other activities in life.

Mark Nay

I got into fitness through my great love for athletics. I've always loved sports. All six of my children have been in athletics and I enjoyed watching them while trying to help them improve their skills.

I have coached runners, football players and basketball players. I have trained basketball, football and soccer players as well as runners. I think to be a good trainer, you have to be a good coach. That's what I love the most...coaching! My specialty lies in athletic training and weight lifting.

Angela McDannel

I came into fitness through a love of the outdoors and outdoor activities like hiking and cross-country skiing. Now firmly affixed in middle-age, I have come to realize how essential making time for a regular fitness routine is to continued good health, physical ability and an overall sense of well-being.

I am enthusiastic about working with newcomers to fitness who want to make lifestyle changes that incorporate a regular fitness routine. And I like challenging those with an established routine to shake it up a bit and explore beyond their current knowledge or limits. There are so many exciting and fun options for staying healthy and strong! 444-4991

Kelly Duncan

Kelly Duncan has been a personal trainer for three years. She has had a lifelong passion for fitness and loves to share that passion with others. Specializing in core strength training, Kelly's inspiration in training is helping change people's lives and seeing the results that come from adapting a healthy lifestyle.

Our Mission

We are committed to changing people's lives by helping them reach their fitness goals through result-oriented programs.

About Our Trainers

Our Trainers are ACE (American Council on Exercise) certified. ACE certified Trainers are highly respected, sought-after Trainers. They are known for their dedication and knowledge. They train and educate clients on safe and effective exercise techniques that motivate them to achieve a healthier lifestyle.

How Do I Hire A Trainer?

It's easy! Just pick up a business card at any of our front desks OR give our Fitness Director, Nanette Huddleston a call and she will put you in touch with a trainer based on your needs. 443-6045 or 461-3311

Training Rates

Private

Sessions/Member	member	Sessions/Non-member	Non-member
3	\$120.00	3	\$150.00
6	\$240.00	6	\$300.00
8	\$320.00	8	\$400.00
12	\$450.00	12	\$565.00

Group (3, 6, or 8 Sessions)

Member/Group	Non-member/Group	Member/Group	Non-member/Group
2	\$30/session	2	\$35/session
3	\$24/session	3	\$30/session
4	\$20/session	4	\$25/session

12 Sessions

Member/Group	Non-member/Group	Member/Group	Non-member/Group
2	\$28/session	2	\$33/session
3	\$23/session	3	\$28/session
4	\$19/session	4	\$24/session

Monthly EasyPay sessions are available. EasyPay rates receive a 10% discount off the session rate of \$40 and are based on 50 weeks/year.

Sun Protection for Infants

Too much sun exposure in early childhood contributes to skin cancer. If your child is under 6 months old, keep him under a tree, an umbrella, or a stroller canopy, out of direct sunlight. You'll also want to use a sun-

screen with a high SPF value. Older babies and children (and adults) should also be sunscreens regularly, after toweling or after being in the water for an extended period of time. Read the guidelines on your sunscreen bottle and keep

the whole family safe from skin cancer!



Do you want to add your kids on for the summer? Kids under 5 cost only \$30 for the summer and kids 5-18 are only \$55.00. 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.

Adventure Zone Summer Hours

Beginning Monday,
June 11th.

Monday through Friday
9:00 a.m. to 1:30 p.m.

Saturday

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

Sunday

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

On Wednesday, June 6th and

Thursday, June 7th, the AZ

will be open 9:00 a.m. to

8:00 p.m. On Friday, June

8th, the AZ will be open

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

which time it will be closed

for ball cleaning!

After 1:30 p.m. on weekdays, children need to be directly supervised by parents in the Adventure Zone, or parents can make a reservation for their child in the Nursery.

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

Summer Swim Lessons

There are still openings for Swim Lessons. There are multiple sessions planned for the summer and openings exist in many classes. Get your kids signed up now!

If the class you want is full, private lessons are also available. Check with the Front Desk at the BAC.

The schedule is available at the Clubs or online at theBroadwater.com.

Fourth Annual Football Speed Camp

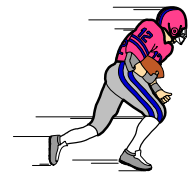
The Edge Speed Camp is designed to teach all aspects of accurate and efficient running specifically for the game of football. Groups will be kept small to allow for individual training attention.

We will be focusing on technical skill work during our speed and agility sessions as well as football conditioning to prepare the players to begin their high school preseason training. The camp is open to all high school football players.

Camp Dates: July 9-13, 2007

Cost: \$100 on or before July 1st

\$110 after July 1st



For more information pick up a Brochure today at any of the Broadwater Athletic Clubs. For any other questions call Nan Brisko at 449-6905

Camp Broadwater June Themes

Don't forget to sign up your kids for Camp Broadwater! Camp will run Monday—Thursday, 12:30 p.m. to 5:30 p.m. Kim Bifford is our new Camp Director and she excited to get going this summer! Here are the themes for June. Register now so you don't miss out!

June 11th– 14th Get Set Go! - Compete in all kinds of crazy relay races through the Adventure Zone, Pool, outside, or all three! On your mark, get set, GO!

June 18th—21st Fitness Fun—Explore all kinds of ways to get fit and have fun! Some of the Club's fitness professional will be joining us and so should YOU!

June 25th—28th Tag, You're It! Play a variety of tag games, including fruit basket upset, cat & mouse, and the Blob! Come check it out—last one here is IT!