



"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

May 2006 NEWSLETTER

Waterslide Season

Waterslide season is fast approaching! School is out Thursday, June 8th. Friday will be in-service day at the Waterslide and it will open to the members and the public on Saturday, June 10th! It is FREE to members. The day rate for non-members is only \$8.50. Bring your friends and family for a fun summer at the Centennial Waterslide!



Third 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 10-14, 2006
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 @ 449-6905

2006 Summer Swim Lessons

Summer swim lessons are starting soon! Sign-ups will start May 15th. There will be several sessions this summer with classes for all levels of swimmers. All lessons are scheduled at the Westside and payment is required at the time of sign-up. We will have WSI certified swim instructors teaching everything from Parent/Tot and preschool classes through Level 6 of the Red Cross Class Progression. Instructor to Student ratio is 1:5. Don't wait too long to sign up, classes fill quickly!

Personal Training Rates Going Up

Effective June 1, 2006 the Personal Trainer rates will be as follows:

Member Single sessions

3	\$120.00
6	\$220.00
12	\$390.00
Single sessions:	\$45.00

Member Group sessions

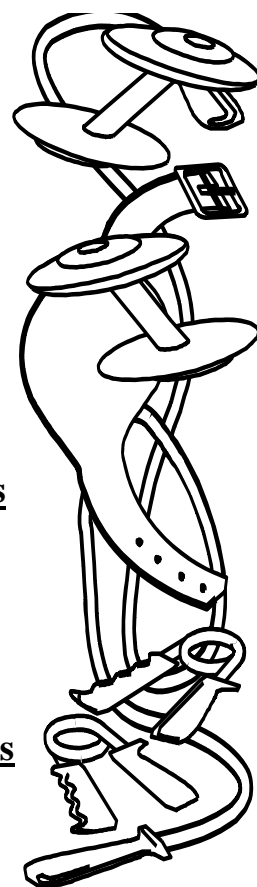
3	\$95.00
6	\$170.00
12	\$300.00

Non-member Single sessions

3	\$150.00
6	\$280.00
12	\$510.00
Single Sessions:	\$60.00

Non-member Group sessions

3	\$115.00
6	\$210.00
12	\$380.00



Star Client

Rory Colbert is the Star Client winner for the month of April. He won a nutritional consultation. You can be a Star Client too! This month's giveaway is a fabulous gym bag. Find out how you can win it. Contact any personal trainer for details!

Stamina and Muscle (S&M) Class

This 6-week class will be taught at the Downtown Club beginning May 11th and ends June 15th. (Note, these are new dates from the previous newsletter). Classes will be Thursdays 8:45 a.m. to 10:00 a.m. Instructor Kelly Duncan, ACE Certified Personal Trainer will help you improve your strength, endurance, stamina and muscle tone. Cost is \$40.00 for members and \$60.00 for non-members. Sign up Downtown. Your payment holds your spot.

Buy a personal training package now, before the rates change. Check out the \$10 off any personal trainer package in the Broadwater Bucks coupon book. Ask any trainer for details!! A fitness assessment takes 30 minutes of your time and you get valuable coupons ALL for free!! Take time to do this--your body's worth it!!

Race for the Cure

The Race for the Cure is coming up on Saturday, May 20th. Start time is 10:00 a.m. behind the Capitol on Lockey.



Have a fun day of fitness that helps a great cause; finding a cure for breast cancer!

33rd Annual Governor's Cup Race

Saturday, June 3rd will be the 33rd annual Governor's Cup. This race will feature everything from a 5 K to a Marathon. The Governor's Cup is a qualifying event for the Boston Marathon; so come see some great long distance runners!



Pre-race events start on Friday, June 2nd with a Fitness Fair, Spaghetti Feed, Artwalk and more.

The Governor's Cup is an annual fundraiser for the Caring Foundation of Montana. For more information or to register, go to www.govcup.bcbsmt.com.

Check us out on the Web:
theBroadwater.com

Vigilante Parade

The Vigilante Parade is Friday, May 5th. The Childcares will close at 11:30 to allow everyone to attend the parade. The Westside Nursery will re-open at 2:30 p.m.

The Adventure Zone will open as soon as the staff person can get here after the parade.

Thank you for your cooperation. We hope you will support our local High school students and enjoy the parade!



Summer Lifeguard Hours

- Lifeguard Hours begin June 12th
- Daily 1-7 p.m.
 - Children 13 years and younger may not swim in the pools without lifeguard or adult supervision. 14 & 15 year olds must be part of the Teen Fitness Program to be in the pools without a parent.
 - Children must be checked in with the lifeguard if parents are not present.

Bad Weather Policy - All pools will close during electrical storms.

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 sunscreen with a high SPF value. Older babies and children (and adults) should also be sunscreensed 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!

All Clubs will be CLOSED on Monday, May 29th to honor Memorial Day.

Summer Group Fitness Schedule will be available in June with changes going into effect June 12th.

Women's Day Spa at the Downtown Club

Please join us for our first Women's Day Spa. Enjoy a day of pampering and friendship. This special event will only be available to 12 female club members. Since space is limited, please register as soon as possible.

- ☞ 30-Minute Massage
- ☞ Facial, hand or foot treatment
- ☞ Yoga-Pilates Class
- ☞ Light Lunch, Gift bags and more!
- ☞ Sign up Downtown



When: Sunday, June 11th
 Time: Check in at 8:30 a.m.
 Cost: \$100.00