



# Broadwater ATHLETIC CLUBS Helena, Montana

*July 2009*  
**Newsletter**

## Member Appreciation Party!

Join us for our 6th Member Appreciation Party... AND celebrate the 20th Birthday of the Centennial Waterslide.

We will have food, games and lots of fun. The menu this year will be a Taco



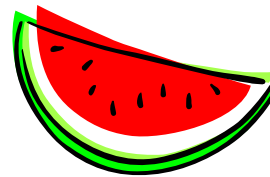
Bar with sides of rice, chips and fruit—and Birthday Cake!

When: Thursday, July 23rd.

Where: Westside Club at the Waterslide.

Time: 4pm-8pm.

The Waterslide will be closed to the public.



Join us for an evening of food and fun as we say "Thank You!"

Member Appreciation  
Waterslide Birthday  
Taco Bar



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## Welcome Helena Brewers

The Milwaukee Brewers have chosen the Broadwater Athletic Clubs to be the Official Training Site for your Helena Brewers. This is the 8th year in a row they have chosen the Broadwater. We are very proud to have them here. They use the Westside

Club and come out as a group. They are always wearing Helena Brewer clothing, so you shouldn't have any trouble recognizing them!  
Hopefully we can help them bring a championship to Helena this year!

**GO BREWERS!**




*The Broadwater Clubs will be closed Saturday, July 4. Have a safe and happy holiday.*

## Inspiration Fitness Update

May Inspiration Fitness Winners for minutes recorded Swimming:

|                           |           |
|---------------------------|-----------|
| Vicki Ruzicka             | 1582 min. |
| Liz Schroeder             | 990 min.  |
| David Blade               | 915 min.  |
| Heather Degeest           | 680 min.  |
| Tanya Lynch               | 615 min.  |
| Christi Deschamps (Staff) | 235 min.  |



*Get Inspired!*

Congratulation to these top winners—all received a Broadwater Carry-All Bag. Fifteen member runners-up and two staff received a Weight Control Slide Guide.

June competitors will be announced soon. June was 'Cardio Combo'. The top 10 winners will receive a Broadwater Carry-All Bag. The next 20 runners-up will receive a water bottle.

Look for Inspiration Fitness to return in September. If you have ideas on how we can improve this motivational program, let us know!

## Group Fitness Updates

### Daytime Dance Schedule

|      |              |         |
|------|--------------|---------|
| 7/2  | Latin Styles | Leslie  |
| 7/9  | Jazz Basics  | Leslie  |
| 7/16 | Rock & Roll  | Leslie  |
| 7/23 | Show Tunes   | Leslie  |
| 7/30 | Tap          | Danette |

All levels welcome.

No Dance

experience necessary!



*Get Moving...  
Daytime Dance  
Thursdays 11 am  
Eastside Club*

Dancing can be magical and transforming. It can breathe new life into a tired soul; make a spirit soar; unleash locked-away creativity; unite generations and cultures and trigger long-forgotten memories.

On a more physical level, dancing can give you a great mind-body workout. Regular physical activity can help keep your body, including your brain, healthy as you age. Exercise increases the level of brain chemicals that encourage nerve cells to grow. And dancing that requires you to remember dance steps and sequences boosts brain power by improving memory skills. **SO LET'S DANCE TO HEALTH!**

## Training Tip

The best way to maximize your workout for both energy and weight loss is by consuming a significant amount of high quality protein within an hour after exercising. One of the best sources of protein for most people is whey protein as it also has the added benefit of naturally supporting

your immune system. Twenty to twenty-five grams of bio-available whey protein consumed within an hour of your workout will help prevent the breakdown of lean muscle mass, helping



*Fuel Your  
Workout!*

to ensure that weight lost is body fat and not muscle. Further, your muscles can recover and rebuild much faster when protein is made available as soon after exercise as possible.

## U.S. Air Force Thunderbirds in Helena



### Lockheed Martin



It's no surprise, unless you were wearing ear plugs and blinders, that the U.S. Air Force Thunderbirds were in Helena for the "Gateway to Freedom" Air Show on Saturday and Sunday, June 27 and 28. What you may not know, unless you were working out at the Eastside Club, is that the Crew of the Thunderbirds and Golden Knights Parachute teams were also working out at the Eastside Club!

The Thunderbirds are in their 56th season in the team's history. This year they are flying the Lockheed Martin F-16 Block 53 aircraft. Among the crew are two Montanans! SSgt. Matthew Doney from Lewistown, MT and SSgt. Jory Cyr from Anaconda, MT.

The Thunderbirds 1st show was May 25, 1953 in Luke, AZ. where the team was officially designated the 3600th Air Demonstration Unit. The name Thunderbirds was soon adopted by the unit; influenced in part by the strong Indian culture of the south-western U.S. where Luke is located.

"We are proud to represent our fellow Airmen who continually execute the Air Force mission, which is to Fly, Fight and Win...in air, space and cyberspace."  
Lt. Col. Greg Thomas, T-Bird #1

## U.S. Army Parachute Team - Golden Knights



The U.S. Army Parachute Team performed with the U.S. Air Force Thunderbirds in Helena on June 27 and 28 at the "Gateway to Freedom" Air Show. This was particularly exciting as they were celebrating their 50th Anniversary.

There are two teams, Black and Gold. Helenans got to see the Gold team known as the Golden Knights. The teams compete nationally and internationally as well as perform at air shows. These teams are the most successful U.S. Department of Defense sorts teams winning many gold and silver medals.

The U.S. Army Parachute Team began in 1959 when 13 men joined together to form the Strategic Army Corps Sports Parachute Team to compete in the then communist dominated sport of skydiving. They performed so well that on June 1, 1961, the Army officially recognized, designated and activated the team as the U.S. Army Parachute Team.



## Camp Broadwater July Themes

- **July 6- July 9: Lost in Space**—Madeline L'Engle's A Wrinkle in Time will provide the framework for this week's adventure. We will have plenty of fun as we play space tag, black hole twister and land the space shuttle.
- **July 13- July 16: Rock It**—This week we explore Gary Paulsen's The Rock Jockeys as we learn all about three boys' climbing adventure to find the remains of an old World War II bomber.
- **July 20- 23: All Mixed-Up**—In the book, From the Mixed up Files of Mrs. Basil E. Frankweiler by E.L. Konigsburg we learn about two children hiding out in the Metropolitan Museum of Art.
- **July 27- 30: Underwater Adventure**—This week we will embark on an underwater adventure through Reeftown in Graeme Base's book The Sign of the Seahorse. With our underwater friends we will discover who is polluting the water in Reeftown!

**DON'T LET YOUR KIDS (7-13 YRS OLD) MISS OUT! FIND MORE INFO AT [THEBROADWATER.COM](http://THEBROADWATER.COM)!**

## Broadwater Athletic Clubs & Hot Springs

Broadwater Westside Club  
4920 Highway 12 West  
Helena, MT 59601  
(406)443-5777

Broadwater Eastside Club  
607 North Lamborn  
Helena, MT 59601  
(406)443-6045

Email: [info@thebroadwater.com](mailto:info@thebroadwater.com)



"Inspiring Helena to Fitness"

"Three Great Clubs One Great Price"



**Broadwater  
Athletic Clubs**

### Staff Recognition

#### Billie Perry



Billie has been with the Broadwater for a year and a half handling our Member Accounts. She is a dedicated member of our team and works diligently to ensure that all member accounts are handled accurately and promptly. She maintains a great attitude and is a wonderful member of the Broadwater Team!

### Adventure Zone Summer Hours

Monday-Friday: 9am—1:30pm

Saturday: 9am—8pm

Sunday: 1pm—7pm

After 1:30pm 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 Waterslide has to be closed due to poor weather, the Adventure Zone will be available for kids.

### Staff Recognition...Ty Perry

*The apple doesn't fall far from the tree! Ty is the daughter of Billie. Ty was hired last July as an attendant in the Adventure Zone. She has since taken the Red Cross course to become a Certified Water Safety Instructor (Swim Lesson Teacher) and is now teaching several lessons daily. Ty is a responsible, dedicated and highly dependable employee who frequently takes on extra responsibilities. She is very enthusiastic and much respected!*

*Thank you Ty!*