



Broadwater ATHLETIC CLUBS Helena, Montana



June 2009 Newsletter

Volume 9, Issue 6

MEMBER APPRECIATION PARTY!!

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Fit Facts

- 100 calories burned = 100 calories burned!
- Size Matters...
175 lb person burns 400 cal./30 min. jog
130 lb person burns 300 cal./30 min. jog

Help us celebrate the 20th Birthday of the Centennial Waterslide! Our Member Appreciation Party this year will also be a Birthday Party for the Waterslide!

Join us on Thursday, July 23rd, 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 Taco Bar with seasoned beef, beans, onions, lettuce, cheese & salsa! On the side have some rice, chips, and fruit!

Mark your calendar—Thursday, July 23rd, 4-8 p.m.! The Waterslide will be closed to the public and we will be celebrating our awesome members!



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. Sarah Flemming is our new Camp Director and she excited to get going this summer! Here are the themes for June. Register now so your kids don't miss out!

June 15-18: Chalk it Up!

This week the sidewalk's your canvas! We will play sidewalk games and other adventures inspired by Shel Silverstein's Where the Sidewalk Ends. Sidewalk Safari, Hopscotch, parking lot baseball, and the human game board are just a few of the games we will play.

June 22-25: The Hole Truth

This week we will solve the mystery of Kissin' Kate Barlow and the hidden treasure as we engage in ac-

tivities based on the book Holes by Louis Sachar. Activities include buried treasure hunts, basketball games, friendship activities, and desert creature explorations.

June 29-July 2: All Aboard Mateys

Ahoy Buccaneers! This week's activities will be based on Bailey School Kids: Pirates Don't Wear Pink Sunglasses by Marcia Thorton Jones. We will try to solve the mystery of Captain Teach and the hidden treasure. Capture the flag, treasure hunts, cannonball tag, and of course, walking the plank games are just some of the fun activities we will do.

Registration forms are available at www.thebroadwater.com or the Front Desk at either club. More information is online!

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)	\$9.50
Adult	\$11.50
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.	

Thunder Chickens Story...

The Broadwater's very own climbing team "The Thunder Chickens" recently competed in the 2009 Big Sky Regional Competition in Boise, Idaho. They have worked extremely hard through the winter and because of their hard work, they

were able to bring home the 2009 "Team Builder" award! The team is coached by Dominick Speranza and several other dedicated coaches. Congratulations to the "Thunder Chickens" Broadwater Athletic Clubs' Climbing Team.

SUMMER ACTION

Waterslide:

The Waterslide will open Friday, June 12th. Weather permitting, the Waterslide will be open daily from 1 p.m. - 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.

Summer Swim Lessons:

There are multiple sessions planned for the summer and openings exist in many classes. Get your kids signed up now! The schedule is available at the Clubs or online at www.theBroadwater.com

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

Adding Kids to Your Membership:

Do you want to add your kids on for the summer? Kids under 5 cost only \$30 for the summer, kids 5-13 are only \$55.00 and kids 14-18 are just \$60.00. 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 either of the Clubs.

*"Goals are dreams
with deadlines"*

Diana Scharf Hunt

Inspiration Fitness Update

Our top Winners for April's Inspiration Fitness Challenge (Treadmills) are:

Sharon Fetters	2690 min
Anna Salini	1705 min
Jan Stetzer	1565 min
Dee Kujala	1440 min
Vicki Ruzicka	1428 min
George Gluckert	981 min
Laura Gluckert	876 min
Trudy Hawe	698 min
Terry Lytle	680 min
Calvin Hanson	450 min
Staff: Tom Pritchett	1174 min



Top Winners receive a Carry-All Bag and Runners Up will get a water bottle!



May's Challenge was Swimming and the winners will be announced soon!

June Challenge Cardio Combo!

Choose your favorite cardio workout or a combination of cardio exercises and log your minutes.

Boston Marathon 2009

Goals Reached & Lessons Learned by Greg DeWitt, ACE Certified Personal Trainer

How do you say it any better than what a friend said in a recent email: “Dude, you ran the Boston Marathon?” On April 20, I ran and finished running the Boston Marathon, thus achieving my most recent fitness goal. At Boston and leading up to it, many goals have been set and many lessons have been learned. My finishing time qualifies me for next year’s race, but the lessons learned have led to development of new goals and expectations. I want to improve on this year’s efforts and do even better next year. In order to run 30 seconds per mile faster I’ll need to train harder and smarter and earn a better starting position. Thus, my new short-term goal is to set a personal best in a qualifying marathon. I’ve chosen the Montana Governor’s Cup Marathon in Billings that takes place September 20. In order to do this I need to increase my endurance, strength, and anaerobic threshold.

Running the Boston Marathon was a great experience, but having someone with previous experience would have made my first experience much better. First off, knowing how to better prepare for the three hours between the time the buses, which we loaded at 6:00 a.m., dropped us off at the starting area and the start of the race would have made life so much more comfortable. The weather was in the mid 30s and we spent the time on the sports fields behind a middle/high school complex. I did one of those slam-the-palm-on-the-head actions when I arrived and saw all the experienced runners roll out their ground sheets, air mattresses, and blankets to stave off the chill from the cold ground and chilly air. I mooched an empty bagel box and a piece of shrink wrap from the water bottle tent and curled up for several hours of shivering in the cold air. At least I was off my feet. I don’t think the shivering did much good for conserving energy before the race or helped me relax much. Toward the end of the hour and a half wait in a Porta-Potty line, the announcer kept urging those runners in the first wave to take the half mile walk to the starting corals as the 10:00 a.m. starting time was nearing. This too, didn’t help the nerves much. Eventually I made it to the Porta-Potty and then to my designated starting coral. I was in coral 10 with the other thousand runners who qualified around my qualifying time. Once the starting gun went off, it took us about seven minutes to get to the starting line (thank goodness for those timing chips). All along the entire 26.2 mile race route the crowd cheered runners by what ever recognizable feature they could identify. I wore my HURL (Helena Ultra Runners League) shirt and as such heard some interesting comments from the crowd. Along the way we bucked a headwind and the Newton hills between miles 15 and 20. The fans leaving Fenway Park added more cheers as we approached the finish in downtown Boston. The hard race and the training needed to qualify and run the race were payment for the memories of a lifetime.

So, what is your Boston Marathon? What goals do you have for your health and fitness? Do you know what you need to do to achieve your goals or are you one of those frustrated club members like the one who recently said, “I workout a lot but never seem to make any improvements.” Do you have a well defined fitness goal? When you workout, do you know how to make each workout count? If not, perhaps now is the time to invest in a personal trainer. If you’re tired of not making progress toward your fitness goals come see me so we can refine your goals and help you reach them.

Contact Greg at 461-1728

Margot’s Minute—the Aquatics Director’s Safety Message

Welcome to summer 2009. We are looking forward for a safe and enjoyable one. I would like to take this opportunity to thank all the members for sharing the pools during the spring training of lifeguards and swim instructors! **Now, some health and safety reminders for the pools:**

- It is important that the lifeguards focus on the safety of everyone in the pool. Therefore, they cannot visit with others while on duty.
- ALWAYS shower before entering the pools, *it’s a state law!*
- All persons with a known communicable disease or an open wound will not be permitted in the pools.
- Spitting, spouting of water or blowing the nose in the swimming pools is not permitted.
- No boisterous or rough play, which includes excessive splashing, dunking, pushing people in, camel/chicken fights, etc.
- No large floatation devices, air mattresses etc. allowed. Staff will request devices be removed if they are interfering with other users.
- No running on the pool deck. • No tobacco products in the pool or park areas.
- Glassware and other hazardous objects are not permitted in the Club or Waterslide Park.
- No cut off jeans or shirts. The Club is not responsible for damage to swimsuits.

Diving Board Precautions:

- Only one person and one bounce on the diving board.
- Jump straight out from the board and immediately swim away from the diving board.
- No back dives, back flips, butt bounces, cartwheels or other dangerous activities allowed from/around the board.
- Kickboards are an exercise tool. Do not stand, sit, kneel, “surf” or jump on the boards.

Waterslide Precautions:

- Slide feet first and face up. No head first, running, standing, kneeling, rotating, tumbling, sliding with another person, or stopping in the tunnel.
- Once at the bottom of the slide, clear the catch pool area immediately.
- Children under three (3) feet tall MUST wear a lifejacket. Small children may ride on an adult’s lap.
- No diving allowed in the Waterslide Pool.



Greg DeWitt

**“You are never given
a wish without also
being given the
power to make it
true.”**

Richard Bach

**ADVENTURE ZONE
SUMMER HOURS**

BEGINNING MONDAY,

JUNE 15TH.

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 3:00 P.M.

**AFTER 1:30 P.M. ON
WEEKDAYS, CHILDREN NEED
TO BE DIRECTLY SUPER-
VISED BY PARENTS IN THE
ADVENTURE ZONE, OR PAR-
ENTS CAN MAKE A RESER-
VATION FOR THEIR CHILD IN
THE NURSERY.**

**ON DAYS THE WA-
TERSLIDE HAS TO BE
CLOSED DUE TO POOR
WEATHER, THE ADVENTURE
ZONE WILL BE AVAILABLE TO
KIDS.**

The Broadwater Athletic Clubs

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

Broadwater Eastside
607 N. Lamborn
Helena, MT 59601
(406)443-6045



'Inspiring Helena to Fitness'



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 sun-screened regularly, after towel-ing 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!



Staff Recognition

Carol Spado

Carol Spado is your "ROCK" Wall Instructor. Carol is at the Rock Wall every Tuesday & Thursday from 4:00 to 7:00 pm. Carol's experience in climbing enables her to work with the most advanced climbers and shift gears to work with the younger future climbers and/or beginners. At the same time she is working with members, she is continually maintaining and keeping the room very clean and in good condition.

Thank you Carol!

STAFF RECOGNITION

EMMIE KLEPPELID

EMMIE IS OUR INTREPID CHILDCARE DIRECTOR. AFTER THE CLOSING OF THE DOWNTOWN CLUB SEVERAL CHANGES HAVE BEEN MADE IN THE HOURS AND SCHEDULING OF CHILDCARE AT THE EASTSIDE AND WESTSIDE CLUBS. EMMIE AND HER STAFF HAVE WORKED DILIGENTLY TO MEET THE NEEDS OF OUR MEMBERS. THANKS EMMIE FOR YOUR PERSISTENCE AND THE STAFF'S FLEXIBILITY!

Don't Fence Me In Race

Special Congratulations to Kellee English who won both her age group and overall in the 5K 'Don't Fence Me In' Race! Her time was 23:24.8. Way to go Kellee!!



Several of our members participated in this race which included 5K, 10K and 30K races. Congratulations to all of you!

Special points of interest:

- **All Broadwater Clubs will be CLOSED on Saturday, July 4th. Happy Independence Day!!!**
- **Summer Group Fitness Schedule will be available with changes going into effect June 1st.**



DAYTIME DANCE JUNE SCHEDULE

JUNE 4 LESLIE DANCIN' TO THE BLUES
JUNE 11 CAROLYN ZUMBA
JUNE 18 DANETTE JAZZY CLASSICS
JUNE 25 LESLIE DISCO

DAYTIME DANCE - THURSDAYS @ 10:00 AM EASTSIDE