



**'Three Great Clubs One Great Price!'**

# Broadwater

**Athletic Clubs & Hot Springs**

**West Side  
443-5777**

**East Side  
443-6045**

**Downtown  
443-8348**

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## Camp Broadwater

Starts June 9<sup>th</sup> & Ends August 21<sup>st</sup>

Mondays, Tuesdays, Wednesdays and Thursdays

12:30 p.m. – 5:30 p.m.

Fitness activities, swimming, Waterslide, games and more!

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

**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 may 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.

**Activities will include:**

- \*The Rock (Climbing Wall)
- \*Waterslide
- \* Sports

- \*Fitness Activities
- \*Games
- \*Water Games

- \*Swimming
- \*Parachute Games
- \*And Much, Much More!



## Biggest Loser Challenge Finale

The Biggest Loser Challenge has ended in a 12 week blaze of glory. Twelve weeks ago 18 participants signed up for the challenge that would take them on the first steps to a lifestyle change. Each month they put \$20 in a pot to be won by the Biggest Loser. That pot grew to a whopping \$1036.00 cash prize.

They sailed thru three grueling challenges complete with amazing prizes. The first challenge was a 20 station workout. The one who completed the most stations in 40 minutes won a gift certificate to Dinners Done Right. Congratulations to Tamara Ashley. She was thrilled to not have to cook for her family!

The second challenge

was all about cardio. The participants logged miles on cardio equipment but could only stay on each machine for five minutes. They had 20 minutes to log as many miles as possible. Robyn Kent blew away the competition with 11 miles and won a \$100 gift certificate to GNC! Way to go Robyn.

The grand finale was held Sunday, April 13th at the Eastside. It was an obstacle course like no other. They ran ladders, jumped over hurdles, carried BOSUs overhead UPHILL, ran suicides, and finished with a medicine ball run around the block! The proud winner of a Heart Rate monitor from Big Sky Cyclery was Kasha Schultz. Excellent work

Kasha.

Finally, the Biggest Loser with a total of 14.06% body weight loss was: Tamara Ashley! She won \$1036.00!!! All of her hard work paid off in a big way! The second runner up with 12.36% body weight loss was Karen Chadwick! Congratulations to all the Biggest Loser participants for a job well done and also a big thank you to Dinners Done Right, GNC, and Big Sky Cyclery. None of this would have been possible without the great idea from Donna Amaro and my clients who took it seriously and stayed with it 'til the end! Congratulations and thank you all!!

— Anneliese Smith

### Congratulations to all 2008 Graduating Seniors!

A special congrats go out to our fine young ladies in the AZ: Emma Person  
Brianna Gorecki  
Cathryn Forbes  
Cassie Schmit (Deerlodge)  
Jordan Sheppard



Sadly, some of these ladies will be leaving us this summer...so we wish them and all 2008 Seniors the Best of Luck!



## Get Moving Challenge

Save the date! The Broadwater 'Get Moving Challenge' is coming up soon! It's a fun-filled family event targeting youth 10 years and older.

We will have a circuit of unique, fun activities for young people to try ranging from 'Zumba', HipHop, Drumming, Spinning© and more! The more you participate, the more opportunity you have to win great prizes! We will also have healthy snacks and drinks for the first 300 participants.

**When:** Sunday, May 18th  
**Time:** 2pm – 4pm  
**Where:** Carroll College P.E. Center  
**Cost:** FREE!!!

## Race for the Cure & Governor's Cup

The Race for the Cure is coming up on Saturday, May 17<sup>th</sup>. 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!

Saturday, June 7<sup>th</sup> will be the 34<sup>th</sup> 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 Thursday, June 5<sup>th</sup> with and Expo at the Park Plaza Hotel.

The Governor's Cup is an annual fundraiser for the Caring Foundation of Montana. For more information or to register, go to [govcup.bcbsmt.com](http://govcup.bcbsmt.com).

# Group Fitness Update

There are several updates to our Group Fitness Menu. We are paring back a few classes for the summer months and getting ready to add some very exciting updates for Fall. Please pick up a revised Group Fitness Menu at any of the Front Service Desks.

New **Muscle MIXX** at the Westside Club on Monday mornings at 9:15am. This is a 45-minute class packed with a variety of toning and strengthening exercises that will really kick off your week! Carolyn

**Deb Tyanich** is retiring from our Group Fitness Team to pursue her busy career and other interests. We will miss her very much, but wish her all the best!

Look for Rochelle Stewart to pick up Tuesday evening 5:30pm **Spin & Stretch** and Claudia Montagne to lead the Thursday afternoon 4:15pm **Vinyasa Yoga**.

Welcome back **Beverly Bond!** Beverly has recently rejoined our Fitness Team and we welcome her 'home'! She will be teaching **PowerFlex** on Thursday morning, 6am at the Eastside Club this summer.

## Kickboards

Aquatic kickboards provide stability and buoyancy during water exercise. They help to immobilize the arms and to improve leg strength through kicking.

Kickboards are for

Truscott will lead you through a workout that includes the PowerFlex bar, dumbbells, tubing, bands and more! Give it a try and combine it with Anneliese's **PowerFlex** class on Wednesday mornings, 9am at the Eastside Club or Adelle's **Women's Strength** class on Thursday mornings, 8:45am at the Eastside Club.

'Zumba' – Esther Merritt and Carolyn Truscott recently headed to Salt Lake City to participate in a ZUMBA workshop.

This is a new Latin-flavored Dance choreography that is easy to learn, a blast to do, a great workout, and HotHotHot! You may get a 'taste' of Zumba in some of Esther's 4:15 **Step2It** classes this summer, but definitely look for more this Fall! They received a certificate of completion for the training, and we congratulate them on their achievement.



What a great way to start your day!

Saturday rotation was ended at the end of April. *Due to popular demand, we are bringing back two classes and offering them at an earlier time so you can get out and enjoy your summer!*

Effective May 10, 2008 at the Downtown Club – **8:30am:**  
 Yoga – Shairon Sears  
 Simply Cardio – Instructor Rotation

Spinning will return in the Fall on September 6, 2008 at 8:30am.

## Stretch & Relax 'on the BEACH'

Yes, it's time for spring break! On Friday, May 9 at 12:10pm we will be headed to 'Mexico'! Put on your flowered shirts, sombreros and shades (don't forget your beach towel) and join us downtown for a day of stretching and serious relaxation on your favorite beach.



**All Clubs will be CLOSED on Monday, May 26th in honor of Memorial Day.**

## Downtown Club Hours:



**Starting May 10, 2008 the hours for the Downtown Club will be 8:00 a.m. – noon! There will be daycare available from 8:00 a.m. – 11:00 a.m. For your convenience, please make your daycare reservations in advance.**

use only in the lap pool and only for adults.

For safety reasons, we ask that you not take kickboards out to the Rec Pool or the Waterslide Pool. We are unable to hand them out to

children. They are designed as a tool for exercise and not a pool toy. We also appreciate it when they are returned to the desk.

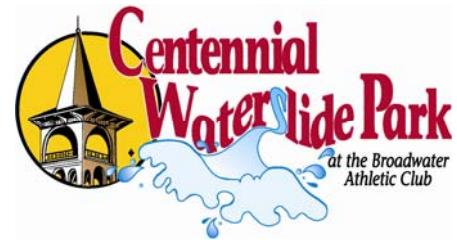


# 2008 Summer Swim Lessons

Summer swim lessons are starting soon! Sign-ups will start May 5th. 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 kept low. Don't wait too long to sign up! Classes fill quickly!

## 2008 Waterslide Season

Waterslide season is fast approaching! School is out Wednesday, June 4<sup>th</sup> for students K-8<sup>th</sup> grade and Thursday, June 5<sup>th</sup> for students 9<sup>th</sup> – 11<sup>th</sup> grade. Friday will be in-service day at the Waterslide and it will open to members and the public on Saturday, June 7<sup>th</sup>! It is FREE to members. The daily rate for non-members is only \$8.50, kids 4 and under are only \$3.50. Bring your friends and family for a fun summer at the Centennial Waterslide!



# Summer Lifeguard Hours

Lifeguard Hours begin Monday, June 9<sup>th</sup>  
Daily 1-7 p.m.

Children 13 years and younger may not swim in the pools without lifeguard or adult supervision. Fourteen & 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.**



## SUMMER ADVENTURE ZONE HOURS



### Last Week of School:

Monday, June 2 <sup>nd</sup> :	3:30 – 8:00
Tuesday, June 3 <sup>rd</sup> :	3:30 – 8:00
Wednesday, June 4 <sup>th</sup> :	3:30 – 8:00
Thursday, June 5 <sup>th</sup> :	9:00 – 8:00
Friday, June 6 <sup>th</sup> :	9:00 – 8:00

Beginning Monday, June 9<sup>th</sup>, the Adventure Zone will be open Monday—Friday 9:00 a.m. to 1:30 p.m. Watch for more information coming out soon.