



"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

Newsletter

May
2004

Get Active America

May 17-22 is *Get Active America* Week, an IHRSA sponsored event that The Broadwater Athletic Clubs is excited to be taking part in. Monday through Thursday, May 17-20, members will be able to bring a guest free! Friday – Sunday May 21-23rd, the facilities will be open to the public, free of charge, no membership required.

The goal of this initiative in May is to fight obesity and inactivity, which represents a huge public health problem.



The Broadwater Athletic Clubs and *Get Active America* hope to encourage millions of Americans to take that first step toward a healthier lifestyle while enjoying some fun fitness activities and the camaraderie of others in the communities.

Be a part of *Get Active America* and bring in your friends and family. Be sure to attend our fun filled Open House on **Saturday, May 22nd**.

Open House May 22nd!

On Saturday, May 22, we will be holding an Open House. There will be free food and beverages and special activities during the following times:

Downtown Athletic Club – 316 N. Last Chance Gulch, 9:00 a.m. – 12 Noon

Free 5 minute chair massages at the DAC

- ◆ 9:30 Step Class and Spinning Class
- ◆ 10:45 Core Board Demo Class
- ◆ 11:15 Yoga Demonstrations

Childcare will be available on a first come first served basis or make reservations at 443-8348.

**Life Fitness Center – 607 N. Lamborn
Noon – 2:00 p.m.**

- ◆ 12:00 Q & A with Personal Trainers
- ◆ 12:40 BOSU Demonstration
- ◆ 1:15 PowerFlex Demonstration

Childcare will be available on a first come first served basis or make reservations at 443-6045.

**Broadwater Athletic Club & Hot Springs
4920 Highway 12 West, 2:00 p.m. to 6:00 p.m.**

- ◆ The Adventure Zone will be open for kids 5-13
- ◆ A fun obstacle course will be set up in Court 2 for the kids to romp and play
- ◆ The Recreation Pool will be attended by a lifeguard for all to swim and have fun.
- ◆ The Rock Wall will be open for all. Come climb. There will be belayers on hand.
- ◆ 2:00 – 4:00 St. Peter's Hospital will be doing blood pressure checks and Body Mass Indexing
- ◆ 2:00 Group Racquetball lessons for beginners
- ◆ 3:00 "Nutrition by the Portion" lecture by Tara Mercer, RD
- ◆ 3:30 "Neck and Back Pain - Solutions!" lecture by Anna Nash, PT
- ◆ 4:00 Generation TBC – a fitness class for parents & kids (8+)
- ◆ 5:00 Q & A with Personal Trainers
- ◆ 5:00 Water Aerobics

Childcare will be available on a first come first served basis or make reservations at 443-5777.

Please spread the news! We hope to see you there!

Good Luck Cindy Sparing!

The time has now come for us to say Goodbye and wish Cindy the **best of luck** in a new career. Cindy has been attending Carroll College to pursue a new career path as a Registered Nurse.

Over the years (too many to count!) Cindy has built the best aquatics program in town and taught hundreds of kids to swim. A big thank you goes out for her years of commitment and dedication. You are truly going to be missed by everyone!!!

Welcome Lehni Garza

With a goodbye comes a welcome. Lehni Garza, who has been teaching classes at the LFC and DAC is now taking on some new responsibilities. She has an extensive background in fitness and aquatics. She will be supervising Camp Broadwater, the Waterslide, the Aquatics program including swim lessons and is our new Special Programs and Events Coordinator. Whew! She has great enthusiasm for fitness and excellence. We look forward to her continuing the quality Aquatics program and new programs and events around the Clubs!

Just a reminder, all Broadwater Clubs will be CLOSED on Monday, May 31st in honor of Memorial Day.

Wiggle Worms May Themes

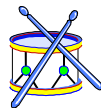
May 3-7 O – Ocean

May 10-14 P – Painting

May 17-21 Q – QQQ

May 24-28 R – Rhymes and Rhythms

June 1-4 S – Snakes & Salamanders



Kids 3 and up can participate in Wiggle Worms at the BAC Nursery. Schedule is Monday – Friday 9:30 – 10:30. Please make reservations for the Nursery by calling 443-5777. Bring in your preschool aged children for fun activities, crafts and more, free to members!

Pets are smarter than you think. They are fed and cared for, they don't have to work, and they never have a scheduling conflict.

Camp Broadwater – Director: Philip Jackson

Starts June 14th

Mondays, Wednesdays, and Thursdays

1:00 p.m. –5:30 p.m.

Fitness activities, swimming, Waterslide, games and more!

	Member	Non-Member
Single Visit	5.00	10.00
10 Visits	45.00	90.00
20 Visits	85.00	170.00
30 Visits	120.00	240.00



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.

Members ages 8 to 13 need to pre-register at the Broadwater front desk.

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 front desk at 1:00. Upon arrival the children will be checked into the program and given a band to identify them as 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. Campers should bring a healthy snack and something to drink, or they may purchase something at the Club.

Daily activities will include:

- *The Rock (Climbing Wall)
- *Water Balloon Games
- *Obstacle Courses
- *Games
- *And Much More...
- *Weight Lifting
- *Yoga
- *Wacky Olympics
- *Parachute Gams

Once Camp Broadwater is over for the day, 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.

Two fish swim into a concrete wall. One turns to the other and says "Dam!"

Health Benefits of Laughter

Did you know a good laugh gives your muscles a workout. This "inner jogging" increases blood pressure rate, depth of breathing, and oxygen surges throughout the body. After a good laugh, muscles go limp, blood pressure falls, and you experience a mild euphoria. And the scientific definition itself is worth a laugh: "A psycho physiological reflex, a successive, rhythmic, spasmodic expiration with open glottis and vibration of the vocal cords, often accompanied by a baring of teeth and facial grimaces." WOW! Who knew??

Two Eskimos sitting in a kayak were chilly, so they lit a fire in the craft. Unsurprisingly it sank, proving once again that you can't have your kayak and heat it too.

Forever Fit

Les and Inez Hansen came to the Broadwater Athletic Club a few years ago on a doctor's recommendation to do water aerobics. They branched out, adding the PPC Life Center machines, bike, and treadmill four times a week. Les had a stroke in 1998 that changed their lifestyle considerably, but it didn't stop their routine of exercise. Now, six years post-stroke, Les at 86 is doing the Forever Fit class, a circuit training based class for seniors with physical challenges. In addition to this class, he and Inez use the strength training machines, still do the Lifecycle and walk on the treadmill. They are busy four times a week at the Broadwater. Do they take a day off? "No," says Inez. Every day they walk in the mall. This is a couple that is *Forever Fit!!*

The Edge Football Speed Camp

A program specifically designed to take you to the top of your game. **The Edge** is the difference between the bench and the field, the difference between touchdowns and tackles, the difference



between winners and losers. Make sure you have what it takes; make sure you have **The Edge**. You might be fast, but we can make you your fastest! Stay ahead of the competition by improving your 40 time.

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 focussing 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. Locations will vary, a schedule is available in the brochure and online at thebroadwater.com.

Camp is scheduled Monday, Wednesday, Friday for three weeks beginning July 5th from 10:30 a.m. to Noon. Cost is \$100 if registered by June 1st, \$125 after June 1st. The Trainer is Nan Brisko, a highly trained, skilled and experienced athletic trainer with a college degree in Exercise Physiology. Registration forms are available at all three clubs. Payment must accompany registration.



Lots of people want to ride with you in the limo, but what you want is someone who will take the bus with you when the limo breaks down. ~ Oprah Winfrey

2004 Summer Swim Lessons

Summer swim lessons are starting soon! Sign-ups will start May 17th. There will be several sessions this summer with classes for all level of swimmers. All lessons are scheduled at the BAC 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!



Fit Smart

The Wednesday night Fit Smart Class at the LFC will be finishing up for the spring in May. This great class geared to help participants choose a workout to help aid weight loss will start up again in the Fall.

Senior Health and Fitness Expo

The Rocky Mountain Development Council will be hosting their annual Senior Health and Fitness Expo on Wednesday, May 19th. The event will take place at the Civic Center from 2:00 p.m. to 7:00 p.m. Organizations such as AARP, Montana Senior Citizen's Association, Mountain West Bank, St. Peter's Hospital and the Broadwater Athletic Clubs will be present to share information.

Presentations will be made on such topics as Diabetes, Depression & Grief in the Elderly and Their Caregivers, Healthy Eating on a Budget and other great topics.

The Health Fair will feature information on Senior Fitness, prescription drug interactions, oximetry testing, bone density scans and other services.

Check the Queen City News for more information on scheduled events.

Waterslide Season

Waterslide season is fast approaching! School is out Thursday, June 11th. Friday will be in-service day at the Waterslide and it will open to the members and the public on Saturday, June 12th! 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!



New Group Fitness Schedule

Look for a new Group Fitness Schedule coming out in June. The schedule will change with some classes being put on hold for the summer.

There will also be a couple new outdoor classes for the summer. Check the schedule and look for flyers around the Club for more information!

Stability Balls at the BAC

We have a great new rack for storage of the Stability Balls at the BAC. Feel free to use these balls for your exercise routine. Anytime Studio I is not in use by a group fitness class, members are welcome to come in. Posters are hanging that describe a variety of exercises with the stability ball. Please put the balls back on the rack when done. Studio I is also an excellent place for stretching and improving flexibility.

Race for the Cure

The Race for the Cure is coming up on Saturday, May 15th. Start time is 10:00 a.m. behind the Capitol. Come watch our Broadwater Group Fitness Instructors lead the crowd in a rip-roaring fun warm up!

To register for the race go to mtrace4thecure.org. It's only \$18.00 per person, with special rates for families. Have a fun day of fitness that helps a great cause; finding a cure for breast cancer!

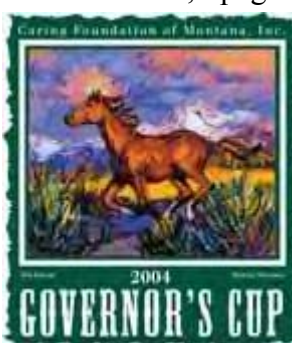


Governor's Cup

Saturday, June 5th will be the 31st annual Governor's Cup. This race will feature everything from a 5 K mile to a Marathon. The Governor's Cup is a qualifying event for the Boston Marathon; so come see some great long distance runners!

Once again, before the race begins the Broadwater's Group Fitness Instructors will be leading participants in a race warm-up. Look for them and come join the excitement.

Pre-race events start on Friday, June 4th with a Fitness Fair, Spaghetti Feed, Artwalk and more.



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