



Broadwater

ATHLETIC CLUBS

Helena, Montana

Celebrating 32 Years and Counting...



April 1, 2011

Volume 11, Issue 4

April Newsletter

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Spring 2011 Swim Lessons

Spring Swim Lesson Sessions are starting **April 4th and 5th and May 2nd and 3rd (evenings)**. Lessons are available for students ages 3 - 5 years (5:30pm-6:00pm) and 6 years and up (6:05pm-6:35pm). For exact days and times, please contact the Westside Club or go online at www.thebroadwater.com.

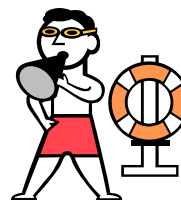
Cost: Preschool Mixed Level 1, 2 & 3 \$30 Member/ \$60 Non-Member
 Ages 6 + Mixed Level 1 & 2 \$30 Member/ \$60 Non-Member
 Ages 6 + Mixed Level 3 & 4 \$40 Member/ \$80 Non-Member



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Water Safety Instructor Class - WSI Certification

Wednesday, April 6, 4:30 PM – 8:30 PM
 Thursday, April 7, 4:30 PM – 8:30 PM
 Saturday, April 9, 9:30 AM – 4:30 PM
 Sunday, April 10, 9:30 AM – 4:30 PM
 Saturday, April 16, 9:30 AM – 4:30 PM



Student must be 16 years old by the last class and must attend all classes.

Students will need to purchase their own Water Safety Instructor Kit from www.shopstaywell.com

Members \$125.00
 Non-members \$135.00

Limited space, please sign up early at the Westside front desk.

Looking for a summer job?

We are now hiring WSI-Swim Instructors!



The Adventure Zone
 will be closed
 Sunday, April 3rd
 for Cleaning!

**Happy
 Easter**

CLOSED
 Sunday, April 24

Group Exercise Updates



We're working towards replacing the flooring in the Group Exercise Studio at the Eastside Club! Right now we are getting bids and looking at options, but this is EXCITING news! We'll keep you posted on the timetable. We're also considering a few options to open up the studio.

In the meantime, keep coming to the classes! Remember to remove your street shoes before entering the studio and THANKS for your support of our Group Exercise program and fabulous instructors!



If you have any questions about any of our classes, please contact Nanette Huddleston, Fitness Director at 443-6045 or 461-3311.

Daytime Dance Schedule

4/7 Swing & Jive

4/14 A taste of Qigong

4/21 Disco

4/28 Drumming

Thursday - 10AM - Eastside



BodyAttack Launch 72 Rocks the 80's Theme

Ande, Nan and Danette led everyone in an 80's theme launch of BodyAttack 72. If you haven't tried BodyAttack yet, NOW is the time. This is one of the best total body workouts you will ever get! Modifications are available for various fitness levels.

BodyAttack at the Eastside Club

Monday, 5:30pm

Friday, 9:15am



Zumbatomic® Series



Join Danette for this fun, Zumba® inspired series for kids ages 4-7 and 8-12. It's 6 weeks of fun AND fitness!

When: Saturday, April 9 - May 14

Time: 9:30AM (ages 4-7)

10:30AM (ages 8-12)

Where: Broadwater Westside Club (Group Ex. Studio)

**Cost: \$25/Member, \$50/Non-member
(Additional siblings \$10 less).**

Sign up at the Westside Club - Questions call 443-5777 or Nanette at 443-6045 or 461-3311.





Suffer with Varicose Veins?

Dr. Michael Orcutt will be giving an informative presentation at the Westside Club.

**Wednesday, May 4th
12:00 p.m.**

Dr. Orcutt is a native of Conrad, Montana. He has practiced general and vascular surgery in Great

Falls since 1985. For the past eight years Dr. Orcutt has offered state-of-the-art, office based treatment for varicose veins. In October, 2009 he opened Centers for Advanced Vein Care of Montana. This practice is devoted solely to the care of patients suffering from varicose

veins. He will give a presentation summarizing why and how varicose veins form, who gets them, and what can be done about them. His discussion will include information about the new methods of treating patients in the office with techniques that result in minimal discomfort and allow patients to return to normal activities in just a couple of



Massage Therapist

MARY ANN QUINN is a Licensed Massage Therapist and a Helena native. She graduated from the Montana Institute of Massage Therapy in 2010 and is Nationally Certified in Therapeutic Massage and Bodywork. Her modalities include: Swedish, Deep tissue and Sports massage.



Mary Ann's interest in massage therapy began when she took up the sport of running, both for pleasure and competition, in race distances from 5K to the marathon.

Through years of running, the groundwork was laid for her awareness of how muscles can be stressed by exercise, then recover and repair using massage and stretching techniques. She believes massage therapy can be a great adjunct to any fitness program. For the stresses of day-to-day life, she believes massage therapy

can help rejuvenate the body using the healing power of therapeutic touch.

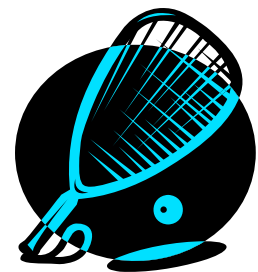
Mary Ann is currently available for appointments Tuesday mornings from 5:30 a.m. to 11 a.m. and Wednesdays and Thursdays from 4 p.m.—9 p.m. She looks forward to working with members of the Broadwater Athletic Clubs.

Book Your Massage with Mary Ann Today by calling the Westside Club - 443-5777

State Singles Racquetball Tournament

The Broadwater was chosen to host the 2011 State Singles Racquetball Tournament April 8, 9 & 10. Come out and see

who takes home the Championship trophy or pick up an application and play for the trophy!





Broadwater
Athletic Clubs & Hot Springs

"Inspiring Helena to Fitness"

Broadwater Westside Club
4920 US Highway 12 West
Helena, MT 59601
(406) 443-5777
(406) 443-5964 fax

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

We're on the Web!
theBroadwater.com



facebook.com/BroadwaterAthleticClubs

Massage Therapy

Choose Swedish, Deep Tissue or Sports massage.

<u>Members</u>	<u>Non-Members</u>
30 Min \$35	30 Min \$40
60 Min \$55	60 Min \$60
90 Min \$75	90 Min \$80



Book your appointment at the Westside Front Desk or call 443-5777.

NURSERY ARTISTS OF THE MONTH

EASTSIDE - TYZER ZODY
WESTSIDE - HILLORI ROBY
VISIT THE NURSERY TO
SEE THE ART!



Staff Recognition



MEGAN LEWING has worked in the Adventure Zone for almost a year. She has an amazing personality and is always cheerful, smiling and happy to be at

work. Megan has fun with the kids and makes sure the AZ is a fun and safe place to play. She is also an incredible team player and always willing to help sub shifts when needed. Thank you for all you do Megan! We are happy to have you as part of the team at the Broadwater and appreciate your hard work and dedication!

Emily Crocker has been working in our Westside Nursery for almost one year. Emily is a good-natured, hard-working, pleasant person. She interacts with the children every shift she works and has helped out her co-workers greatly by subbing when she can. We are very fortunate to have Emily on our Childcare Team. Thanks so much for your wonderful, friendly attitude Emily!! We appreciate all you do!!

