



**THE BROADWATER IS  
HERE TO STAY!**

**THE RUMOR AROUND  
TOWN IS THE BROADWA-  
TER IS CLOSING ITS  
DOORS—THAT IS SIMPLY  
NOT TRUE!**

**THE BROADWATER IS  
CELEBRATING 32 YEARS  
IN BUSINESS!**

**IT IS OUR POLICY THAT  
YOUR DUES ARE GUAR-  
ANTEED TO NEVER IN-  
CREASE** (children's dues may  
change with age).

**THANK YOU FOR BEING A  
VALUED MEMBER!**

**JIM & CAROL WILLIAMS  
OWNERS**

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**Broadwater  
ATHLETIC CLUBS  
Helena, Montana**

Celebrating 32 Years in Business

Volume 11, Issue 3

March 1, 2011

**March 2011 Newsletter**

**Lifeguard Certification Class**

Interested in becoming a Lifeguard? It's a great job and valuable skill!  
Classes coming up! Space is limited! Sign up today at the Westside  
Club Front Desk.

- Wednesday, March 16, 4 PM – 9 PM
- Thursday, March 17, 4 PM – 9 PM
- Friday, March 18, 4 PM – 9 PM
- Saturday, March 19, 9:30 AM – 6 PM
- Sunday, March 20, 9:30 PM – 6 PM



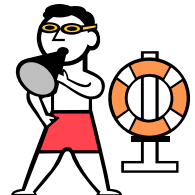
Members \$125.00  
Non-members \$135.00

**Must be 15 years of age - Students need to attend all classes. Students will  
need to purchase their Lifeguard Book at [www.shopstaywell.com](http://www.shopstaywell.com)**

**The Broadwater is now hiring Lifeguards. Apply at the front desk**

**Water Safety Instructor Class - WSI Certification**

- Wednesday, April 6, 4:30 – 8:30 PM
- Thursday, April 7, 4:30 – 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



Members \$125.00  
Non-members \$135.00

*Student must be 16 years of age by the last class.*

*Students must attend all classes.*

*Students will need to purchase their own Water Safety Instructor Kit from  
[www.shopstaywell.com](http://www.shopstaywell.com)*

Limited space, please sign up early at the Westside Club Front Desk.

**The Broadwater is now hiring WSI-Swim Instructors!**

Daylight Savings Time  
begins  
Sunday, March 13  
Spring Ahead!



Thanks to our Fabulous Fitness Trainers. They provide equipment orientations to our members and are 'cleaning machines' when they aren't working with someone. Tell them 'Thanks' next time you see one.

## Group Exercise Updates

Hey - It's almost spring time and time to shake up your routine! Your challenge this month is to try at least *one new class per week*...Get out of your comfort zone, grab a friend and have fun! Pick up a *Group Exercise Menu* today and make a plan.

### VARIETY = RESULTS

If you have any questions about classes, please call Nanette at 443-6045.

#### BOSU Rotation for March (Thursday at 12:10pm - EAST)

|          |           |
|----------|-----------|
| March 3  | Anneliese |
| March 10 | Nan       |
| March 17 | Ande      |
| March 24 | Nan       |
| March 31 | Ande      |



#### BodyAttack Rotation for March (Monday at 5:30pm - EAST)

|          |             |
|----------|-------------|
| March 7  | Ande        |
| March 14 | Nan/Danette |
| March 21 | Ande        |
| March 28 | Nan/Danette |



Got what it takes to be a Group Exercise Instructor? If you're interested, I'd love to hear from you!

Contact Nanette at 443-6045

## Daytime Dance Schedule for March

|          |                   |         |
|----------|-------------------|---------|
| March 3  | Disco             | Leslie  |
| March 10 | Zumba             | Carolyn |
| March 17 | Zumba             | Carolyn |
| March 24 | Taste of QiGong   | Leslie  |
| March 31 | Chicago Revisited | Leslie  |



Eastside Club  
Thursdays  
10AM

### Massage Update...

We are still putting the finishing touches on the massage room but everyone is so excited about this new service at the Broadwater Westside that we have started booking appointments! Please bare with us while we iron out the kinks. We will be trying different



therapists so if you have a favorite, please let us know!

### Massage Available Now!

Before your session...

- Take a relaxing sauna, Jacuzzi or shower
- Limit Caffeine and sugar intake
- Avoid eating immediately before your session
- Allow extra time in your schedule so you do not have to rush.
- Be aware of your current condition so you can report anything that needs attention

|             |              |
|-------------|--------------|
| Member:     | 30 Min \$ 35 |
|             | 60 Min \$ 55 |
|             | 90 Min \$ 75 |
| Non-Member: | 30 Min \$ 40 |
|             | 60 Min \$ 60 |
|             | 90 Min \$ 80 |

Now offering:  
Swedish  
Deep Tissue  
Sports

See Front Desk or  
call 443-5777 to  
book your massage!

# Spring 2011 Swim Lesson Program



## Preschool: Mixed Level 1, 2 & 3: Ages 3 through 5 years

### **Evening Monday and Wednesday**

**Dates:** Session 1 March 7<sup>th</sup> – March 23<sup>rd</sup>  
Session 2 April 4<sup>th</sup> – April 20<sup>th</sup>  
Session 3 May 2<sup>nd</sup> – May 18<sup>th</sup>

**Times:** Monday and Wednesday evenings, 5:30 – 6:00 PM

**Cost:** \$30.00 member/ \$60.00 non-member

### **Evening Tuesday and Thursday**

**Dates:** Session 1 March 8<sup>th</sup> – March 24<sup>rd</sup>  
Session 2 April 5<sup>th</sup> – April 21<sup>st</sup>  
Session 3 May 3<sup>rd</sup> – May 19<sup>th</sup>

**Times:** Tuesday and Thursday evenings, 5:30 – 6:00 PM

**Cost:** \$30.00 member/ \$60.00 non-member

## Mixed Level 1 & 2: Ages 6 and up

### **Evening Monday and Wednesday**

**Dates:** Session 1 March 7<sup>th</sup> – March 23<sup>rd</sup>  
Session 2 April 4<sup>th</sup> – April 20<sup>th</sup>  
Session 3 May 2<sup>nd</sup> – May 18<sup>th</sup>

**Times:** Monday and Wednesday evenings, 6:05 to 6:35 PM

**Cost:** \$30.00 member/ \$60.00 non-member



## Mixed Level 3 & 4: Ages 6 and up Must have appropriate skills.

### **Evening Tuesday and Thursday**

**Dates:** Session 1 March 8<sup>th</sup> – March 24<sup>rd</sup>  
Session 2 April 5<sup>th</sup> – April 21<sup>st</sup>  
Session 3 May 3<sup>rd</sup> – May 19<sup>th</sup>

**Times:** Tuesday and Thursday evenings, 6:05 to 6:50 PM

**Cost:** \$40.00 member/ \$80.00 non-member

**All Group Lessons must be paid at the time of registration.**

## THUNDER CHICKEN'S CLIMBING WALL TEAM

The climbing club is starting their spring session for ages 7-18 years old. Broadwater members can join the team for no charge. Practices are Tuesday and Thursdays from 7—8:30. For more information on the climbing club, contact Zac Bushilla at 459-3055.



\*\*\*\*\*  
\* **FREE DUES!!** \*  
\* **Refer a new** \*  
\* **member and re-** \*  
\* **ceive one month's** \*  
\* **dues FOR FREE!** \*  
\*\*\*\*\*



Join our facebook network where you can win guest passes, keep updated on new classes, new programs and much more!

[facebook.com/broadwaterathleticclubs](http://facebook.com/broadwaterathleticclubs)



March 2011 Newsletter



"Inspiring Helena To fitness".

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

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

Broadwater Athletic Clubs & Hot Springs  
[facebook.com/broadwaterathleticclubs](http://facebook.com/broadwaterathleticclubs)



We're on the Web!  
[theBroadwater.com](http://theBroadwater.com)



**Daycare Artists of the  
Month for February**

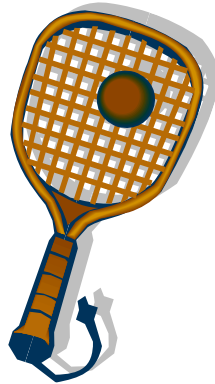
**Eastside - Wyatt Ott**

**Westside - Lorelei Wilke**

**Children's art is displayed in  
the Nursery.**



The Annual 2011 Broadwater Blast Racquetball Tournament, which was held here at the Broadwater Westside Club the third weekend of February, was a huge success. Matt Majxner won Men's "Open" Championship. Coby Iwaasa, all the way from Canada, took 2nd place. Coby is the #1 14 year old racquetball player in the world! Brian Ranf won "A". Caleb Dale and Matt Majxner are now holding onto the "A" Doubles Championship. "B" Singles Championship belongs to Ken Krantz.



Congratulations to all the players!

A big thank you to this years sponsors!  
**BERT & ERNIE'S, FLATTAIL GUTTERS  
ASSOCIATED FOODS, LEHRKIND'S &  
SUBWAY**

Look for the 2011 "STATE SINGLES CHAMPIONSHIPS" April 8th, 9th, 10th. Come on out and watch the best racquetball players in the state compete for the big CHAMPIONSHIP trophy.

## Staff Recognition

Leslie Smith



Leslie brings her creativity to every class she teaches from valentine's Day Burlesque in Day-time Dance to a new Pilates exercise that finds a muscle you never knew you had! She also recently organized a 'field trip' to see *Chicago* at Grandstreet and followed it with a Chicago themed Dance Class. Way to go Leslie for always going above and beyond!

Reid Rowsey



Reid is one of our 'newer kids on the block' at the Eastside Club. He's already demonstrating a high level of commitment and responsibility. Reid is always willing to sub, do extra jobs when asked AND he's one of our ace racquetball players. He recently participated in the Broadwater Blast tournament. Thanks for all you do, Reid!