



Celebrating 32 Years and Counting...

Broadwater

ATHLETIC CLUBS

Helena, Montana



Camp Broadwater

Starts June 13th & Ends August 25th
Mondays, Tuesdays, Wednesdays and Thursdays
12:30 p.m. – 5:30 p.m.

Fitness Activities, Swimming, Waterslide, Games and more!

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

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 young lives.

Participants ages 7 to 13 need to pre-register at the Westside. Once your child is registered, they are registered for the entire summer. Your child can attend the days that work for your schedule.

Children need to arrive at the Westside front desk between 12:30 and 1:00. Upon arrival the children will be checked in 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 Director Lexi Skinner.

Children should come prepared to have fun and participate in a variety of games and activities. Please bring appropriate shoes, clothes, swimsuit and towel. Don't forget sunscreen!

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 by 5:30 at the Adventure Zone Party Room. Please pick up your child on time. Late charges may apply.

Registration is at the Westside Club. Parents must accompany child when registering to sign waiver.

For more information call the Westside at (406) 443-5777.

Activities will include

- *The Rock (Climbing Wall)
- *Waterslide
- * Sports
- *Fitness Activities
- *Games
- *Water Games
- *Swimming
- *Adventures
- *And Much More!

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May 1, 2011

Special points of interest:

- **Vigilante Day**
Friday, May 6 (No Childcare available 11-3:30 during parade)
- **Mother's Day**
Sunday, May 8
- **Armed Forces Day**
Saturday, May 21
- **Memorial Day**
Monday, May 30
(CLUBS CLOSED)

NOTE: No Group Exercise Classes, Eastside on Memorial Day Weekend.



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Summer Programs

2011 Summer Swim Lessons

Summer swim lessons are starting soon! There will be four 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 signup. We have WSI certified swim instructors teaching everything from Parent/Child Aquatics and Preschool classes through Level 6 of the *new* Red Cross Class Progression. Instructor to student ratio is kept low. Don't wait too long to sign up! Classes fill quickly!

2011 Waterslide Season

Waterslide season is fast approaching! School is out Thursday, June 9th for all students. Thursday will be a staff in-service at the Waterslide and it will open to members and the public on Friday, June 10th! It is FREE to members. The daily rate for non-members is only \$8.50, kids 4 and under are only \$3.50. There are no height restrictions for kids at the Centennial Waterslide and season passes are available for non-members! Bring your friends and family for a fun summer at the Centennial Waterslide! The funnest, fastest, tallest Waterslide around!



Summer Lifeguard Hours

Lifeguard Hours begin Friday, June 10th

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 at the pool. (Parents must be at the Club.)



Bad Weather Policy – All pools will close during electrical storms.

SUMMER ADVENTURE ZONE

Last Week of School:

- Monday, June 6th: 3:30 – 8:00
- Tuesday, June 7th: 3:30 – 8:00
- Wednesday, June 8th: 3:30 – 8:00
- Thursday, June 9th: 3:30 – 8:00
- Friday, June 10th: 9:00 – 8:00

Beginning Monday, June 13th, the AZ will be open Monday–Friday 9:00 a.m. to 1:30 p.m. Regular weekend hours.

Remember, to be checked into the AZ the child must be 5 - 13 years old. Younger children need to be checked into the Nursery.



Healthy Snacks



fresh! Healthy Vending coming to the Westside Club in May! Healthy refreshing snacks—organic bars and chips, dried fruit, 100% fruit juices, organic yogurts, fresh fruit smoothies, organic milks and dozens of other healthy snacks. Accepts bills, coins AND credit/debit cards (Visa, MC, AMEX and Discover).

Varicose Veins Presentation

Dr. Michael Orcutt 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 days. **Wednesday, May 4th at 12:00 p.m. Westside Club.**



Your Fun, Family
Fitness Center for 32 Years
and Counting!





Mom called—She wants a Gift Certificate for a Massage at the Broadwater for Mother's Day!

Happy Mother's Day!!



Group Exercise Updates

Group Exercise Menu Changes for Summer

The following classes will be on 'hiatus' for summer (Effective June 1). Look for some exciting changes and additions this fall!

- Monday, 2:30pm Pilates - Eastside
- Friday, 5:30pm Pilates - Eastside.
- Saturday, 8:30am Cycling - Eastside.



**There may be other last minute changes - For current class information for

'Walk-About'

Starting Monday, June 6, join Leslie Smith for a 45 minute 'express' walking class geared to get you moving and your heart pumping! Even moderate walking reduces your blood pressure, cholesterol and stress. So get your walking shoes and join us!



Walk-About
Monday at 10am
Eastside Club

Daytime Dance for May

- May 5 Salsa
- May 12 Taste of Qigong
- May 19 Swing & Jive
- May 26 Drumming



Join Leslie every Thursday at the Eastside Club at 10AM. No experience necessary.



INVITE A FRIEND TO A ZUMBA CLASS!

PUNCH CARDS AVAILABLE
10 VISITS - \$40

Eastside Studio Floor

As most of you that take Group Exercise Classes at the Eastside Club know, we are getting a new studio floor (YAY!). It's very exciting and will be beautiful! The planned installation will be from Friday, May 27 through Monday, May 30. We will close the studio Friday - Monday. The Club will be closed on Monday for Memorial Day. Look for some of the instructors to come up with some fun outdoor classes for you on Friday! We will announce those as they are planned. Thank you for your patience during this transition!



Spinning Bikes find a New Home!

We are moving our spinning bikes to the 'glass room', so they can be permanently set up, and maintaining the stretch area! This should make life much easier for all you spinners! The transition may involve some 'down time' for the back studio, but we will try to keep the disruption to a minimum. Stay tuned for announcements and postings regarding the move. It will be around the same time the new studio floor is installed. Window coverings and fans will also be installed. The equipment currently in the back room will be moved to other areas of the club.



Local Races

Race for the Cure

- May 12 – Regular registration deadline for teams, mail-in registration, and Sleep-in. Team registration closes. Mail-in registration must be received by the Komen office by May 12. Sleep-in for the Cure participants must register by May 12 to receive a t-shirt by Race Day, although Sleep-in registration remains open until May 31. All registrations past May 12 will pay a late registration fee.
- May 18 – Online registration closes. In person registration still open at registration fair and on Race Day. (Komenmontana.org)
- May 19, 4:00 to 7:00 – Komen Montana Registration Fair and T-shirt Pickup
- May 20, 11:00 to 7:00 – Komen Montana Registration Fair and T-shirt Pickup

Saturday, May 21 – RACE DAY!



Online Registration

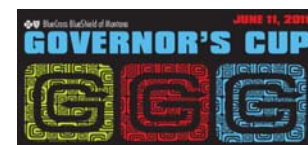
Register online today through imAthlete.com. The earlier you register, the more you save!

Mail-In Registration

Complete your race information online through imATHLETE.com to create a form that you can print and submit with your payment. Mail to imATHLETE, P.O. Box 667, Santa Monica, CA 90406

On-Site Registration (June 10 – one day only)

Noon to 7 pm, Helena Civic Center – 340 Neill Avenue – Helena, MT



RACE DAY - SATURDAY, JUNE 11



'Inspiring Helena to Fitness'

Broadwater Westside Club
4920 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
(406) 443-3647 Fax



Staff Recognition

Jenny Frost

Jenny became a Front Desk Team Member January of this year. She has learned the front desk routine quickly and is very efficient at her work. We are so happy to have her on staff and appreciate all she does! THANK YOU, JENNY!!



facebook.com/BroadwaterAthleticClubs
Like our page and have the chance to win passes!
Tell your friends to like us too!



Personal Training Testimonial by Jannine Turner

In June 2010, I decided it was time to take time out for myself and become healthy. June is always the month that I usually become extremely busy with planting flowers, yard work, etc. This time I added to the mix by increasing my exercise in hiking and walking. I attempted to change my diet. Then in August, 2010, some life altering events occurred that I decided to stop playing around and take my life in my own hands. I drastically changed my diet. Anything that was "bad" for you, I completely cut out of my diet. That included sodas, chips, etc, you name it, it was gone. I started just drinking water, milk, and fruit juice. I will admit, I kept my coffee and that will not change!! I did some soul searching by reading 2 books, the *Mediterranean Diet* and *French Women Don't Get Fat*Needless to say, my diet now consists of lots of fresh fruit, vegetables, excellent cheese, and lean portions of meat. Lots of fish, chicken and the occasional piece of red meat. I remain a carnivore but use the portion sizes that European women use so that they can enjoy small amounts of many amazing and varying menus, such as that 8 course meal without gaining weight - who knew??!! The other thing that I did was drastically change my activity and exercise level. I went from my mild mannered 3 mile hikes to jogging/hiking 6 miles every day in the mid morning and then recover to do a 4-5 mile mountain bike ride in the afternoons on my days off.

You may be asking yourself, will this girl ever get to her point. Yes, that brings us to Broadwater Athletic Club & Hot Springs. With the life altering events in August, came the 'bucket list' that I have always wanted to accomplish. One of which being able to swim. So, I started coming to Broadwater to relearn how to swim. I give many thanks to Gail for being a patient instructor. The swimming lessons along with the increase in activity gave me the confidence to pursue the weight loss that I wanted and it started paying off. By October, I had gone from a dress size 22 to a dress size 14. But, now I was getting worried that I would not keep up the weight loss because of the winter weather setting in, so I decided to invest in a personal trainer. Greg DeWitt entered into my life. At first I was extremely nervous that it was going to be like one of those scenes out of *Thintervention* or *Extreme Body Makeover* and that there would be screaming and torture. Imagine my surprise when Greg assisted me in coming up with a game plan based on my weight goals and time frame. Ladies, you will understand when I was emphatic about being a size 12 by New Years Eve for an outing with the girls! I hit that goal with room to spare. Along with weight training, core training, and kick boxing, there is now race training - who knew! I was also doing 20-26 miles of cross country skiing in a 4 day period of being off from work! Goal dress size for June 2011 was size 8 (the size I was when I was a flight nurse!). As of April I am there and well on my way into a healthy size 6. The weight goals keep getting met!! The bikini fits, we just have to make it look "ripped". The race is in May, I am able to jog 6.5 miles at this point - I am signing up for my first ever 12k trail race and Greg plans on doing it with me! The long term goal of keeping the weight off is a trip to Paris and the French country side - it is in the works!! The whole crew at the Broadwater has been extremely supportive of me while I have been on this journey and thank you for that. Greg has my biggest thanks and respect for helping me get this part of my 'bucket list' accomplished. He and I have a running joke that we are into "S&M", he is the sadist and I am the masochist. He says to do 10 of an exercise and I will say no, let me do 20! This part of my journey has been very liberating and has given me so much confidence and brought out the young woman, full of life that I use to be.

My greatest gratitude to you Greg! *Jannine Turner*