



Broadwater
ATHLETIC CLUBS
 Helena, Montana



Member Appreciation Party!

8th Annual
 Member Appreciation Party

Join us
 August 4th
 from 5-7 pm

for a BBQ at
 the Waterslide



Come on
 out and en-
 joy burgers
 and hot dogs fresh off
 the grill! Fruit and veg-
 gies too.



This year we
 will host an ugly hat contest!
 Wear the ugliest hat and win a
 prize!

Food, fun and lots of prizes!!
 Come prepared for a good
 time!

Don't forget sunscreen!

Thank You!

Volume 11, Issue 8

August 1, 2011



Important Dates

- August 25, Last Day of Camp Broadwater.
- August 28, Centennial Waterslide closes for the season.
- August 30 & 31 - First Day of School depending on grade and school.
- September 5 - Labor Day The Broadwater Clubs will be **CLOSED**.



Inside this issue:

Group Exercise Updates	2
Daytime Dance Schedule	2
Teen Fitness Update	3
Summer Wrap Up	3
Childcare Reminder	3
Staff Recognition	4



The mobile HealthFair will be returning to the Broadwater Westside Club on Wednesday, August 24th and Tuesday, September 13th. They are the nation's #1 provider of mobile health screenings for heart attack, stroke and aneurysm - on a bus similar to the bloodmobile. Appointments are pre-scheduled before the event. HealthFair has been saving lives across the country since 1998 and you can see some of their stories at <http://www.healthfair.com/AboutUs/Testimonials.aspx>. We're excited to participate in this great opportunity for members! Six life saving tests for just \$179. Call 1-877-579-3247 to schedule your health screening. Ages 18 and up.

Group Exercise Updates



Fall Group Exercise Menu Effective Sept. 6, 2011

It's hard to believe, but it's almost time for our Fall Group Exercise Menu to come out! We will be adding back a couple classes and making a few minor changes. Stay tuned and look for flyers announcing the changes to come!

We WILL be adding back the Saturday morning Cycling class at 8:30am, but not until October 1.



Daytime Dance Schedule

Aug 4 Jazz
 Aug 11 Qigong
 Aug 18 Salsa
 Aug 25 Salsa



Thursday at 10AM
 Eastside Club
 No Experience Necessary - Just FUN!

WEEKEND ROTATION September 2011 – February 2012



Saturday 8:30 Spin		Sunday 10:30 Power Muscle	
September – No Classes		9/11	Shirley
		9/18	Michelle
		9/25	Cheryl
10/1	Donna	10/2	Shirley
10/8	Pam	10/9	Danette
10/15	Anneliese	10/16	Cheryl
10/22	Beverly	10/23	Michelle
10/29	Theresa	10/30	Ande
11/5	Carol	11/6	Danette
11/12	Donna	11/13	Michelle
11/19	Pam	11/20	Anneliese
11/26	Theresa	11/27	Cheryl
12/3	Marshall	12/4	Ande
12/10	Anneliese	12/11	Danette
12/17	Theresa	12/18	Cheryl
12/24	NO CLASS – XMAS EVE	12/25	NO CLASS – XMAS
12/31	NO CLASS – NY EVE	1/1	NO CLASS – NY
1/7	Pam	1/8	Danette
1/14	Carol	1/15	Cheryl
1/21	Theresa	1/22	Ande
1/28	Anneliese	1/29	Danette
2/4	Pam	2/5	Cheryl
2/11	Theresa	2/12	Ande
2/18	Anneliese	2/19	Danette
2/25	Marshall	2/26	Cheryl

ROTATION SUBJECT TO CHANGE BASED ON INSTRUCTOR AVAILABILITY.

BodyAttack & Bosu Rotation for Fall 2011



BodyAttack Monday, 5:30PM		BOSU Thursday, 12:10PM	
Sept. 12	Ande	Sept. 15	Nan
Sept. 19	Nan	Sept. 22	Ande
Sept. 26	Ande	Sept. 29	Anneliese
Oct. 3	Danette	Oct. 6	Ande
Oct. 10	Ande	Oct. 13	Nan
Oct. 17	Nan	Oct. 20	Ande
Oct. 24	Ande	Oct. 27	Anneliese
Oct. 31	Team for Halloween!	Nov. 3	Ande
Nov. 7	Ande	Nov. 10	Nan
Nov. 14	Danette	Nov. 17	Anneliese
Nov. 21	Ande	Nov. 24	HAPPY TG
Nov. 28	Nan	Dec. 1	Ande
Dec. 5	Ande	Dec. 8	Nan
Dec. 12	Danette	Dec. 15	Ande
Dec. 19	Ande	Dec. 22	Anneliese

ROTATION SUBJECT TO CHANGE BASED ON INSTRUCTOR AVAILABILITY.

"A vigorous five-mile walk will do more good for an unhappy but otherwise healthy adult than all the medicine and psychology in the world." -- Paul Dudley White, American Physician and Cardiologist

End Summer with Fun! Games! Swimming! Fitness!



Teen Fitness Program Update

Our Teen Fitness Program now includes 13 year old teens! If you have a teen that is interested in using the Fitness Floor at either the Westside or Eastside Clubs, they must be on their parent's membership or have a Student Membership. They may schedule an appointment with a Fitness Trainer at either Clubs Front Desk. Our Fitness Trainers will teach them to safely use the equipment and have them sign a form agreeing to follow all the policies. Westside Club 443-5777, Eastside Club 443-6045.

Camp Broadwater Schedule for August

AUGUST 1 - 4: DISNEY WEEK

AUGUST 8 - 11: TAG YOUR IT!

AUGUST 15 - 18: KICKBALL! DODGEBALL! BOOMBALL!

AUGUST 22 - 25: PARACHUTE GAMES



**A BIG 'Thank You' to Lexi Skinner, our 2011 Camp Director,
for another fun filled summer at Camp Broadwater!**



**THE BROADWATER
CENTENNIAL WATERSLIDE
WILL CLOSE FOR THE SEASON
SUNDAY, AUGUST 28**

OPEN I-7 DAILY

**PLATINUM AND WESTSIDE
W/POOL MEMBERS - FREE**

Non-members:

Day Pass: \$8.50, 4 & under \$3.50

After 4pm: \$5.50, 4 & under \$2.00



SUMMER HOURS

M-F 9:00AM - 1:30PM

SAT 9:00AM - 8:00PM

SUN 1:00PM - 7:00PM

**Since our teens may now participate
in teen fitness at age 13 and use the
facility to workout, AZ age is 5-12
year olds.**

Childcare Reminder:

For your convenience, our Westside Childcare has a drop-off service. Drop-off is available to any child who is a member for up to 4 hours. The cost is only \$2.50 per hour. Simply call the front desk and make your reservation with only 2 hours notice. Moms and Dads can enjoy grocery shopping, doctors appointments, or simply lunch knowing their children are in good hands. Also, parents you deserve a break too. Workout, get a massage and enjoy a dip in the hot tub while your children are having fun with friends in the nursery. Your member child can enjoy the Eastside or Westside nursery for up to 2 hours while parents are working out. Just remember to make your childcare reservation with a 2-hour lead time after 10:30 am to guarantee your spot. From 8:30-10:30 am the 2-hour lead time reservation is not required, but it is advised to call early as spots fill up fast.





Westside Club

4920 US Hwy 12 West
Helena, MT 59601
406.443.5777
406.443.5964

Eastside Club

607 North Lamborn
Helena, MT 59601
406.443.6045

Email: info@thebroadwater.com

"Inspiring Helena to Fitness"



[Facebook.com/BroadwaterAthleticClubs](https://www.facebook.com/BroadwaterAthleticClubs)

Like our page and have a chance to win FREE passes and other prizes!



Nursery Artists of the Month



Eastside **Westside**
Luke Darcey **Riley Nett**

Stop by and check out the great artwork by our youngest members.

A BIG Thank You to Margot Wright and her Aquatic Team for their hard work and dedication this summer at the Westside Pools and Water-slide.



Staff Recognition

Ben Rickman has worked in various positions at the Broadwater. In 2007, he started out as a lifeguard and quickly became head lifeguard. In addition to lifeguarding, his senior year of high school he helped out with club maintenance and was a lifesaver filling in for Fred who was out on medical leave. This summer Ben returned to us while home from college to help out with repair and maintenance around the Clubs. He has done a phenomenal job with our improvements and is a huge asset!

Ben, thank you so much for all your hard work this summer!

We wish you all the best as your return to college.

Staff Recognition

Lexi Skinner has directed Camp Broadwater for her second year this summer. Before becoming Camp Director she was a lifeguard and swim instructor here at the Broadwater. Lexi is loved by children of all ages! She is patient, caring and has fun with the camp participants. We wish her all the best as she returns to college where she will soon receive her degree in education. Thank you, Lexi, for another successful year with Camp Broadwater!



"Hey! A Big Shout Out"

Most of our regular Eastside Club Members noticed that Travis was missing for a week in July. We all missed him while he recovered from an illness, but we must also give a BIG 'Thank You' to Tom Pritchett, Angie Dalton and Barbara Schaeffer for all stepping up and filling in during his absence.

