



"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

December
2004

Help Brighten Christmas for Cooney Convalescent Home Residents

The Broadwater Athletic Clubs are collecting Christmas gifts for some of the residents at Cooney Convalescent Home. Gift Tags with information on what the residents would like are available at the BAC. All gifts should be returned to the Clubs and we will deliver them to the Home.



We would also like to collect several small gifts to use as prizes for Bingo and other games at Cooney. These tags are at the LFC and DAC. All gifts should be returned to the Clubs by Sunday, December 19th. Thank you for your generosity!

Christmas Camp Broadwater! (5-13) December 27-31, 12:30-5:30 PM

While school is out bring your kids to the Broadwater West Side for an afternoon of fun activities including swimming (weather permitting), court sports, rock climbing, games and obstacle courses and the Adventure Zone, just to name a few! Registration is required. Registration forms are available at all club locations, but return forms and pay fees at the BAC West Side location only. Registration deadline is December 22nd.

\$35/week for Members
\$60/non-members

Gift of Health



The Broadwater's annual Gift of Health is again available! They make wonderful Stocking Stuffers for you, your friends and loved ones! They are available at all three Clubs, 12 visits for only \$20.00! They can also be purchased online. One pass per person. Valid now, visits expire 1/22/04.

Buy Online – theBroadwater.com

WOW!!! You can now buy awesome gifts on theBroadwater.com web site! Just go to theBroadwater.com and click on Buy Online and you can buy amazing and wonderful gift certificates for nearly everything the Broadwater has to offer! Buy tanning passes, massage gift certificates, personal training packages, climbing parties, you name it! *TheBroadwater.com, Buy Online!!!*

Women on Weights Results

Hey Ladies! WOW (Women On Weights) was such a huge success I bet you can't wait to hear the results! Nine hard working women participated in WOW that concluded its 6 weeks November 9th and here's what happened...They lost a total of 22 3/4 inches and 5.9% body fat!!! Pretty incredible results I'd say.

Women on Weights January, 2005

The next session will be 8 weeks long starting in mid January. Look for flyers at your favorite Broadwater Athletic Club! Call Anneliese if you have any questions, 443-4538. Thanks again to the ladies who have made Women on Weights such a huge success! Nice work!



Holiday Hours

The Christmas Season is upon us! All Clubs will close at 6:00 p.m. on Friday December 24th and December 31st. All Clubs will be closed on Saturday December 25th. The BAC and LFC will be closed on Saturday, January 1st, but the DAC will be open from 9:00 a.m. to Noon. Happy Holidays!



Yoga Kids

BAC Mondays 4:15-5:00 p.m.

Play and have fun while learning Yoga poses! Learn about “with” and “within” time, playing together and having time for you. Yoga Kids also enjoy a final relaxation with an imaginative story. Class is for children 5-10 years of age. Older children are welcome, younger children must be accompanied by an adult.

Kids TBC – Kids 5-9 years old

TBC just for the kids! Kids will have so much fun in this Total Body Conditioning Circuit. Class is 45 Minutes and no sign up required. This is a great option for the younger kids, while the adults and older kids are in the Generation TBC Class. Thursdays 6-6:45 PM at the BAC beginning January 20. No charge to members.

Yoga Flow

LFC Thursdays 6:45-8:00 p.m.

- ☞ *Yoga Flow eases our bodies and minds.*
- ☞ *The body must 1st be challenged before it can release and feel at ease.*
- ☞ *Yoga Flow’s breathing techniques help to clear our minds.*
- ☞ *Clear minds keep our thoughts in the present and integrate our mind-body connection.*



- ☞ *During a Yoga Flow session it is typical to rise to a challenge, feel a release and enjoy a deserved final relaxation.*
- ☞ *Class begins with heat building movements.*
- ☞ *A breath for each movement helps to warm our muscles and prepare our bodies for the pose holding phase.*
- ☞ *During our pose holding phase we are most likely to release.*
- ☞ *Releases include, but are not limited to, dizziness, breathlessness, fatigue, tears and or laughter.*
- ☞ *Use the breath to center again.*
- ☞ *After heat building and pose holding is the final relaxation phase.*
- ☞ *Rest and rejuvenate!*



New Year’s Resolutions

It’s coming up to that time of year again! Soon we will all be making those grandiose resolutions again “I’ll never ...!” Rather than trying to make unrealistic goals, make them something you can accomplish. Changes are easier to make in small parts. Add one more workout to your weekly schedule. Go from one vegetable a day to two, and then three, etc. By taking small steps, you will be able to achieve grand results!

Home School Physical Education Program

Parents – are you looking for a way to provide fun group activities for your home schooled child? You will find this class to be just what you are looking for! These classes offer a full curriculum in accordance with the Montana Standards for Health and Physical Education. Each session will cover a different activity including Winter Olympics, personal and group fitness, games and relays, rock climbing and court sports, just to name a few! Pick up a flier at any BAC location for complete information, or contact Philip Jackson at 431-6599/457-2390.



K-5th grades – Mondays and Wednesdays
2:00-3:00 PM

6th – 8th grades – Tuesdays and Thursdays
3:00-4:00 PM

- **Session 1: Jan 24 – Feb 10** Winter Olympics! This unit will include events from our version of the Winter Olympics! Events include hockey, bobsledding, snow boarding, along with snowball races, snowball sling shot and more!
- **Session 2: Feb 14 – March 3** Fun Through Fitness! Your child will learn the importance of fitness and how to make it fun. We will cover personal fitness routines incorporating the BOSU, the stability ball, the Reebok Core board and other equipment for balance and stability training. Also included are group fitness activities like Yoga and circuit training.
- **Session 3: March 7 – March 24** In this unit we will teach your child fun and exciting spring-time activities and games including kick ball, relays and parachute games, just to name a few.
- **Session 4: April 4 – April 21** This session we will be focusing on tumbling, gymnastics and other activities to improve balance and body awareness. Your child will improve flexibility, strength, body control and awareness.
- **Session 5: April 25 – May 12** THE ROCK! We will be doing rock climbing basics, which will include bouldering and belaying all the way to the top! This is a great unit for upper body strength and teamwork.
- **Session 6: May 16 – June 2** This unit will cover group and individual sports including racquetball, walleyball and basketball. Kids will learn techniques, rules and have fun playing one another!

Session Rates: \$40 Member/\$50 Non-Member

(\$5 discount for additional children same family, same session)



Sun Salutations Yoga Class

DAC Mondays & Wednesdays 5:40-6:10 a.m.

Rise and shine and give the day your glory! Sun salutations are a great example of poses that build heat. During class we move through a set of eight different poses with slight variations. Warm up the body before beginning the Cycling or Weight Training classes that begin at 6 a.m. Otherwise, stay until ten after six for back and abdominal work with a relaxation that tunes into the body. Come and join us!

Lifeguard Swim Hours

Kids 15 and under who have the appropriate skills may come and enjoy supervised time in the pool! Lifeguard Swim hours are Monday, Wednesday, and Friday 4-7 p.m., and Saturday 1-4 p.m.

THE ROCK!!

Bring your kids out for a night of rock climbing! The Rock will be fully supervised on Tuesday and Thursday nights from 4-7. Kids can boulder free, or rent a harness from the front desk for \$4 and the monitor will belay.

Youth Programs New in January!

These exciting new programs will be taught by Philip Jackson, a recent Carroll College Graduate with a degree in Community Health. Classes will be held at the Westside Club. We need a minimum of 5 and will have a maximum of 15 in each class. Sign-up information is available at the Front Desk at the BAC. Payment is required at time of sign-up. Sessions for both classes will be as follows:

- Session 1: Jan 24 – Feb 10
- Session 2: Feb 14 – March 3
- Session 3: March 7 – March 24
- Session 4: April 4 – April 21
- Session 5: April 25 – May 12
- Session 6: May 16 – June 2

1,2 and you! (12-24 months, must be walking)

In this 45- minute parent/tot class, your one to two-year-old will exercise both their mind and body using skills they already possess. Kids will gain new skills working beside Mom or Dad. Lesson plans are geared to develop physical fitness, social interaction, coordination and self-esteem with these fun-filled exciting classes!



- ◆ Morning Class: Monday & Friday
- ◆ 9:35-10:20 AM
- ◆ Evening Class: Monday & Wednesday
- ◆ 6:00 – 6:45 PM
- ◆ \$27 Member/\$40 Non-Member

Little Gym (3-5 years)

This exciting class is designed to develop children’s fundamental motor skills, teaching them how to use their bodies! They will develop body awareness, body management, physical, mental and emotional fitness through movement. (Minimum 5, Maximum 15)

- ◆ AM Class: Tuesday & Thursday 10:30 – 11:30 AM
- ◆ PM Class: Monday & Wednesday 12:15 – 1:15 PM
- ◆ \$27 Member/\$40 Non-Member



Happy Holidays!



Holiday Adventure Zone & Lifeguard Hours & Drop-off Care in the AZ and Nursery

	AZ	Lifeguard	The Rock
December 23 rd	9 am – 8 pm	1 pm – 4 pm	4 pm – 7 pm
December 24 th	9 am – 6 pm	1 pm – 6 pm	No Attdnt
December 25 th	-----CLOSED-----		
December 26 th	1 pm – 7 pm	No Guard	No Attdnt
December 27 th	9 am – 8 pm	1 pm – 7 pm	No Attdnt
December 28 th	9 am – 8 pm	1 pm – 4 pm	4 pm – 7 pm
December 29 th	9 am – 8 pm	1 pm – 7 pm	No Attdnt
December 30 th	9 am – 8 pm	1 pm – 4 pm	4 pm – 7 pm
December 31 st	9 am – 4 pm	1 pm – 4 pm	No Attdnt
January 1 st	-----CLOSED-----		
January 2 nd	1 pm – 7 pm	No Guard	No Attdnt



Don't forget about the drop-off service for kids in the Adventure Zone! Kids 5-13 can be dropped off in the Adventure Zone for up to 4 hours while you take care of your Christmas Shopping and other errands.

	Member Children	Non-member
2 hours	FREE	\$4.95
3 hours	\$2.50	\$6.95
4 hours	\$4.95	\$9.95

Drop-off care for up to 4 hours is also available in the BAC Nursery for kids under 5 years old. Rates are \$2.00 per hour per child. Reservations must be made for children dropped off in the Nursery – 443-5777.