



**'Three Great Clubs One Great Price!'**

**Broadwater**

**Athletic Clubs & Hot Springs**

**West Side  
443-5777**

**East Side  
443-6045**

**Downtown  
443-8348**

**April Fool's Day!**

**Pigeon Rank**

Google has a history of entertaining – if not remotely plausible – April 1st hoaxes: the best of these was [their 2002 revelation](#) that Google's search results were created by vast batteries of trained pigeons. This enabled them to attain speeds 'superior to traditional search engines, which typically rely on birds of prey, brooding hens or slow-moving waterfowl.'

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**Summer Camp Broadwater Director Needed**

Camp Broadwater is scheduled to begin Monday, June 9<sup>th</sup>, but we can't do it with YOU – our **NEW CAMP BROADWATER DIRECTOR FOR SUMMER 2008 IS**

If you are in deed interested in becoming the latest (and greatest?) Camp Broadwater Director, we are taking applications NOW! Camp is scheduled to run Monday – Thursday all summer long. Camp starts at 12:30 p.m. and ends at 5:30 p.m. The Director is responsible for scheduling fitness activities and other activity and health oriented events. Camp Broadwater utilizes the Rec Pool, Waterslide, Adventure



**Camp Broadwater Kids getting a lesson in climbing from guest speaker Kyle Perkins (Summer 2007)**

Zone, the Rock Wall, Courts and other areas of the club as appropriate.

If you have experience working with kids and are looking for a **FUN-TASTIC** Summer job, apply at any of the Broadwater clubs. Call Lianne at 443-5777 for more info!

**2008 Montana State Doubles Racquetball Championship**

Congratulations to the Broadwater's own racquetball director, Josh Doniak, for winning the 2008 Montana State Open Doubles Racquetball Championship along with his partner,

Blake Silva, from Bozeman.

Josh also won Mixed Open Doubles Championship with partner DeeAnn Mooney from Missoula.

Congratulations to another Broadwater member – Jamie Cariveau – who won the "A" Championship along with his partner, Dodd Lowe, from Missoula.

Way to Go!



**Read about how YOU can treat chronic pain, not just the symptoms!**

>>>>>>>>

***Drumming Returns!***

More Drumming Classes coming this spring...

Thursday, April 10 – 5:30pm

Saturday, April 12 – 10:45am

Thursday, May 8 – 5:30pm

Saturday, May 10 – 10:45am

Broadwater's Downtown Club



**Broadwater Personal Trainer Adds Another Tool to Her Belt!**

Anneliese Smith completed an internship last November in San Diego for "Structural Assessment and Corrective Exercise" (SACE). She utilizes a combination of self-myofascial release, stretching and corrective exercises to relieve chronic pain sufferers.

Here you can read how a Broadwater member, Ann Dunn, has benefited from this unique technique offered by Personal Trainer Anneliese Smith:

I have been plagued with pain in my groin off and on for the past 16 years. In the spring of 2007, the pain began to occur more frequently and with more intensity. Walking became more and more uncomfortable – even painful if I tried to quicken my pace.

The pain became constant and would generate from my groin down my left leg to my knee. I consulted a physician who x-rayed my lower back and left hip. The diagnosis was "some arthritis and degeneration" and I was referred to an orthopedic specialist.

Again, my lower back,

left hip, and this time my front pelvis were x-rayed. The specialist advised me that I had three options:

1. Surgery
2. Use Ibuprofen to manage the pain, or...
3. Utilize a stronger prescription

Since surgery was not an option I wanted to pursue, I began taking Ibuprofen and began treatment with a Physical Therapist. However, I continued to experience pain periodically.

In September of 2007, I experienced another occurrence of sharp pain that simply would not go away. At that time I met with Anneliese Smith—a Personal Trainer at the Broadwater Athletic Club. After regularly participating in two different fitness classes, I had been forced to stop one because of my pain. When I quit, Anneliese took it upon herself to research and help me determine where the pain was coming from and offered to work with me.

Our first session was on November 8, 2007. At that time, Anneliese

worked with me to evaluate my strengths and weaknesses in order to develop an effective rehab program. On November 14<sup>th</sup>, Anneliese began working with me to establish an exercise program to stretch and strengthen muscles and body parts that hadn't worked right for years. After six sessions with Anneliese, I am no longer experiencing pain. I am now able to walk without favoring my left leg and hip and I can again do things that I have not been able to do for years without experiencing pain.

These improvements have come without invasive surgery and without the need for pain management medication. The time and care that Anneliese took to analyze the problem along with her follow up and support have led to an amazing improvement in my lifestyle.

**Thanks, Anneliese... for your help!**

Ann Dunn

**Ann's results are typical for people who have already exhausted traditional methods of relief such as physical therapy, orthopedists, acupuncture, massage, etc. If you or anyone you know suffers from chronic pain and would like to treat the cause, rather than the symptoms, contact Anneliese Smith at 431-4169.**

## Group “Therapy”

Beginning between 8:30 a.m. and 8:45 a.m., several ladies gather in the sunny upstairs workout room at the Broadwater’s Downtown Athletic Club Monday-Friday to work out. But it’s not a typical workout session. These ladies, some of whom have been together as a group for nine years or more, gather not only to exercise but to build relationships and to serve as a support group to each other through life’s walk. It’s this kind of determination to health and friendship that keeps the group together.

Take Janet, who had a

serious surgery and couldn’t participate in the weekly exercise sessions. She still faithfully attended post-exercise coffee time with the girls, a longtime tradition.

Now she’s healthy enough to participate again in the class.

Or consider the recent addition to the class, Patty; who states that as a relative newcomer, she was impressed with the compassion extended to her when she lost her mother. “It’s not easy to move to town and build friendships. These ladies are kind and supportive.”

Several other ladies drop

in to exercise when they return from vacations or being south for the winter. Others return after cancer treatment, visits to grandchildren or great-grandchildren, or the caretaking of elderly parents. The welcome mat and hand weights are always ready to greet them.

Sharon, one of the core members since ‘way back’ says, “The class gives emotional, mental, and physical support. We’ve formed lifetime friendships. We’ve also formed a Wednesday morning golf league, Prickly Pear Red

Hats, and we’ve traveled as a group to Greece and Ireland.”

Ranging in age from late 50s to mid 80s, they do their squats and smile in spite of ab crunches, this “therapy” group achieves its goal – to keep a gritty determination to health and to each other.

If this seems like a group “therapy” session you’d like to join, just come on down!

Contributed by Carolyn Truscott



## Policy Regarding Young Children in Locker Rooms

Allowing young boys and girls in opposite gender locker rooms can be an embarrassing situation for members.

Boys and girls 3 years and older are not permitted in opposite gender locker rooms.

A family dressing room with showers is available. It is located in the back of the Adven-



ture Zone. It also provides safe and easy access to the Rec Pool.

Ask the Front Desk for location and information on the pool door Alarm Code.

Thank you for helping to make the Broadwater a safe and comfortable place for everyone!

## Lifeguard Certification Class

**Where:** Broadwater Westside

**Who:** Good swimmers age 15 and up.

**When:**

- Wed, April 9, 5-6 p.m.
- Thur, April 10, 5-8 p.m.
- Sat, April 12, 9 a.m.–3:30 p.m.

- Thur, April 17, 5-8 p.m.
- Sat, April 19, 9 a.m.–3:30 p.m.
- Mon, April 21, 4-7 p.m.
- Thur, April 24, 5-8 p.m.
- Sat, April 26, 9 a.m.–3:30 p.m.
- Mon, April 28, 4-7 p.m.

**Cost:** Members-\$150.00

Non-Members-\$160.00

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

We are currently hiring lifeguards! Apply at the Front Desk and/or get certified NOW for a great job!

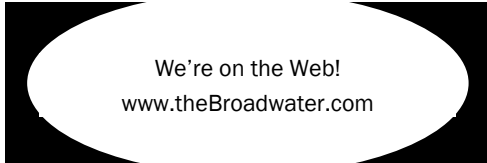


**Life guarding is a GREAT summer job! Get Certified now!**

## Broadwater Athletic Clubs

Broadwater Westside  
4920 Highway 12 West  
Broadwater Eastside  
607 North Lamborn  
Broadwater Downtown  
316 North Last Chance Gulch

Phone: 443-5777  
E-mail: [info@theBroadwater.com](mailto:info@theBroadwater.com)



*Three Great Clubs -  
One Great Price*

# 2008 Montana State Singles Racquetball Tournament


The Broadwater Athletic Clubs are proud to once again be hosting the 2008 Montana State Singles Racquetball Tournament April 11th, 12th and 13th.

**Entry Fee:** \$50.00 1st Event, \$10.00 Additional Events. Entry deadline is Monday, April 7th.

**Start Times:** Available Thursday, April 10th at 10:00 a.m. by calling 443-5777. Late starts will be considered, but not guaranteed.

**Tournament Directors:** Mike Taylor and Josh Doniak. Josh can be reached at 431-8402.

### **Hospitality:**

- ☉ Friday: Dinner 
- ☉ Saturday: Breakfast, Lunch, Banquet Dinner (\$10.00 for Banquet Guest)
- ☉ Sunday: Breakfast—Omelet Bar
- ☉ Drinks, Fruit and Snacks throughout the tournament.

**Host Hotel:** Park Plaza—\$69.00 per night (Max 4 people to a room)

**Men's Divisions:** Open, A, B, C, Novice

**Women's Divisions:** Open, A, B, C, Novice

**Junior Divisions:** 12 and under, 13- 17 years old.

**Men's Senior and Masters:** 18-34, 35+, 45+, 55+

**Weak Hand Division:** Rally Tally—one game—\$5.00 entry. WINNER TAKES ALL! (Start practicing!)

**Application are available at the Broadwater's Westside location!**



## Change is in the Air at the Westside Nursery!

Many of you may have noticed the construction and changes that have been taking place in the Nursery Area. Change is in the air! The old Wiggle Worms Preschool Room is being upgraded to a play area for kids 3 years old and up. The wall separating the rooms has been opened up, the entrance door to the nursery has been moved out, and the door into the Wiggle Worms Room will be cut in half. Here is what (and why) we have planned:

All children in the Adventure Zone area must be directly supervised by an adult. This could be a parent or a staff person. An adult needs to be able to climb into the Adventure Zone to assist a child who may have become stuck or otherwise needs help.

Nursery attendants will only be allowing children to play in the Adventure Zone when conditions permit. This is why we have opened up the Wiggle Worms Room.

This area will be able to be supervised at all times and will be stocked with toys appropriate for kids 3 and up. However, many of these toys are unsafe for children 2 years and under. This new set-up will allow babies and toddlers to stay safely in their area while older children are playing just "over the wall". These older children will have the privilege of playing in either area of the Nursery, depending on what activities they want to participate in.

The biggest change that parents and children will notice is the

decreased opportunities for Nursery children to play in the Adventure Zone. It is unsafe for children to be in the AZ when they are not directly supervised and when a responsible adult cannot be available to assist them because a younger child cannot be left unattended. Also, the AZ was designed for children 5-13 years of age. We ask for your understanding and support as we make this change for the safety of all children in our facility. As soon as the Wiggle Worms Room is complete, this change will go into effect.

Again, thank you for your support in this area!

