

**BROADWATER
ATHLETIC
CLUB S AND
HOT SPRINGS**



'Three Great Clubs One Great Price!'

Broadwater

Athletic Clubs & Hot Springs

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**East Side
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**Downtown
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1st Ever Broadwater T-Shirt Designing Contest!

Help us design a new Broadwater T-shirt.

We want a new look for our t-shirts and we're hoping you can help us! During the month of September we will be collecting designs from anyone who has one.

Entry Forms are available at the front desk of each club. It includes all the information necessary to compete in this fun contest. So let your creative juices flow and show us what you've got! Use the Broadwater logo or don't use

the Broadwater logo, but make sure you use the *word* Broadwater! Now get designing!



Core Skills 101

Are you looking to improve your core strength, find your weaknesses or imbalances, get that long awaited six-



pack?

Then Core Skills 101 is for you! Take this 6- week intensive 30 minute Group Training course.

Experience training techniques that utilize manual resistance, plyometrics, dumbbell work and balance drills.

It starts September 14th at 11:30 a.m. on Friday's at the Downtown

Club and ends October 19th. The cost is \$45 for members and \$60 for non-members.

Grab a friend, sign-up and pay at the Broadwater Downtown. Hurry—space is limited to only 12 participants.

For more information contact Anneliese Smith at 431-4169. No experience necessary.



Fall Swim Lessons begin the week of September 17th. Get your children signed up today!

Private Lessons are also available for persons of all ages and all abilities.

Fall Swim Lessons

Preschool: Ages 3 and 4 years

Evening

Dates: Session 1 - September 17th – October 3rd
Session 2 - October 8 – October 24th

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

Cost: \$35.00 member/ \$70.00 non-member

Level 1: Ages 4 and up.

Evening

Dates: Session 1 - September 17th – October 3rd
Session 2 - October 8 – October 24th

Times: Monday and Wednesday evenings, 5:35 to 6:05 PM.

Cost: \$35.00 member/ \$70.00 non-member

Level 2: Ages 5 and up. Must have appropriate skills.

Evening

Dates: Session 1 - September 17th – October 3rd
Session 2 - October 9 – October 24th

Times: Monday and Wednesday evenings, 6:10 to 6:40 PM.

Cost: \$35.00 member/ \$70.00 non-member

Mixed Class/Levels 1 & 2: Ages 4 and up.

Evening

Dates: Session 1 - September 18th – October 4th
Session 2 - October 9– October 25th

Times: Tuesday and Thursday evenings, 6:00 to 6:45 PM.

Cost: \$45.00 member/ \$90.00 non-member

Mixed Class/Levels 3 & 4: Ages 6 and up. Must have appropriate skills

Evening

Dates: Session 1 - September 18th – October 4th
Session 2 - October 9– October 25th

Times: Tuesday and Thursday evenings, 6:45 to 7:30 PM.

Cost: \$45.00 member/ \$90.00 non-member

Private Swim Lessons

Private swim lessons are available upon request. For more information, please contact Margot Wright at 443-5777.



	Members	Non-Members
One Child	\$10	\$15
Two Children (same family, same lesson)	\$15	\$20
Three Children (same family, same lesson)	\$20	\$25

All lessons must be paid for at the time of service.

Cancellations are required 24 hours in advance and notification must be made with the instructor directly.

Prior to lesson, please check in at the front desk, sign in and pay for the lesson.

Massage Program Changes

As many of you know, Piper Lynch, our Massage Therapist will be taking an extended maternity leave beginning August 25th. She is planning to return in February. During her absence, Colleen Purcell will be taking massage appointments.

All massage sessions will continue to be held in the studio located in the Broadwater Downtown. We are very excited to have Colleen working with us. She is a registered nurse who has been practicing massage locally since 2000.

You can reach Colleen directly at 410-1167.

Massage rates will be changing as of September 1, 2007. Member rates will be as follows:

- Sports Massage (55 min) \$50.00
- Deep Massage (55 min) \$55.00
- Target Massage (30 min) \$30.00
- Hot Stone Therapy (85 min) \$70.00
- Add stones (to 55 or 30 min) \$ 5.00

*Rates for non-members are an additional \$5 (excluding add stones which is still a \$5 add on to the non-member base rates for the 55 min or 30 min massages.)

An increasing number of research studies show massage reduces heart rate, lowers blood pressure, increases blood circulation and lymph flow, relaxes muscles, improves range of motion, and increases endorphins (enhancing medical treatment). Make your appointment today!



Massage Therapist Piper Lynch will be on maternity leave. Colleen Purcell will be taking massage appointments until Piper returns.

Staff Recognition for August

Each month, managers at the Clubs will nominating up to three employees who deserve special recognition. The following people represent three of our many terrific staff members here at the Broadwater Clubs. Each will receive a \$25.00 Gift Card.

The Broadwater management team has chosen **Christy Deschamps** (Westside service desk) as August employee of the month. Christy has shown exceptional professionalism and dedication as a member of the Broadwater team. Besides those wonderful qualities she has also helped out tremendously in picking

up numerous sub shifts that came up at very short notice. Christy, on behalf of the Broadwater, thank you very much for making the Broadwater a fabulous place to be as a member and an employee.

Ramie Sprenger has been with our Club for just over a year. She comes to us from Spokane, Washington and brings with her a wealth of talent and energy. She is recognized this month for her outstanding commitment to fitness as well as her willingness to always help out her fellow instructors as a sub or study partner! Ramie's concern for our member's happiness and welfare make her an excep-

tional and valued part of our fitness team. Thank you Ramie!

Kim Bifford, Camp Broadwater Director, did an incredible job of running Camp this summer! She planned and executed awesome activities. She arranged for the kids to go rock climbing and meet the Helena Brewers, They swam at the Rec pool and Waterslide, played tag games, made Ooblik, played with hoola hoops, did group fitness classes, Played in the Adventure Zone and so much more! This was her first year as Camp director and she had her program filled! We look forward to having her back next year! Thanks, Kim!

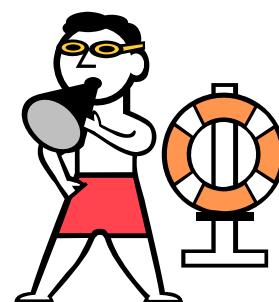
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Thanks Aquatics Staff

A great thanks to all the Lifeguards and Swim Instructors who worked in the tremendous heat and smoke this summer.

With a special thanks to one of the new guards, Austin Smith. While finishing his training, he was asked to help in a yucky situation. His

only remark was, "Am I doing this right?" He is reliable, adored by his coworkers and went the extra mile on a job well done.



Thanks to all our Lifeguards for making the 2007 Waterslide Season such a success!

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We're on the Web!
theBroadwater.com

WORDS

A husband read an article to his wife about how many words women use a day...30,000 to a man's 15,000. The wife replied, "The reason has to be because we have to repeat everything to men... The husband then turned to his wife and asked, "What?"

The next Newsletter will come out in October. Look for more on employee recognition, fitness tips and more!



**Broadwater
Athletic Clubs**

TIMBER!!!



We're sure many people have already noticed that the big tree at the Waterslide is gone. During a storm on Sunday, August 19th it fell down. It came down at the roots, revealing a tree in very poor condition. We are all saddened at its demise. Fred, Rory, Mike, Ben and Lianne did an awesome job of cutting up and removing the tree in record time. A special thanks to Rory for bringing in his trailer and electric chain saw.

Bits and Pieces, Odds and Ends

- The Eastside Club Women's Locker got a new counter. Doesn't it look nice?!?



- The Fall Group Fitness Schedule is out. Class changes are effective September 10th. Check out the changes.

- Thank you to everyone who attended and helped out with the Ho-Down! We sure had a great time! Look at the pictures, posted at each club. And a special thanks to Jim Sparing! Wasn't that pig delicious!



Group Fitness News...

Our Fall Group Fitness Schedule is effective September 10, 2007. Look for a few changes and additions...

DANCE! is back. Look for this class on Tuesday evenings at 5:30pm at the Downtown Club. Every week will be a different format that will include Salsa, Jazz, Hip Hop, Belly Dance, World Sweat and African. This class is appropriate for all fitness levels – men and women!

Spinning Classes:

- Look for the return of Thursday, 6am spinning with Rochelle. Set your alarm clocks and get ready to go!



- South Hills Outdoor Spinning with Scott will continue through October 10 to enjoy the beautiful Fall weather...then back in the Spinning Studio starting October 17. Remember, you must wear a helmet

to the outdoor class and it meets at the Park in front of the Old Fed. Building.

- Saturday morning Spinning will return on September 15th.

AquaLogix is coming to Thursday evenings at 5:30pm. Also due to popular demand, we are adding another evening class – so come and enjoy the water!

PowerFlex will be offered on Wednesday evenings at the Westside Club at 5:30pm. This is a great class to build muscular strength and endurance and enjoy the motivation and company of others at the same time. Give it a try!