



"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. Lambern
443-6045

Broadwater's Downtown Athletic Club
316 N. Last Chance Gulch
443-8348

June 2005

Activities Calendar and Newsletter

Centennial Waterslide Directed by Grant Hardan

Summer is here, we hope! The Waterslide will open Saturday, June 11th.

Weather permitting, the Waterslide will be open daily from 1-7 p.m. Members are

FREE at the Waterslide. Non-members ages 5 and up pay \$8.50 per day or \$5.50 after 4:00 p.m. Non-members 4 and under are \$3.50 per day or \$2.00 after 4:00 p.m.



Camp Broadwater – Director: Philip Jackson

Camp Broadwater is a summer program for kids 7-13 that incorporates the fun of the Waterslide and Natural Hot Springs pools with a children's fitness and activities program designed to teach and shape the lives of our younger members.



For more information or to register your child, visit with the staff at the BAC front desk.

Afternoon Program Starts June 13th

Mondays, Tuesdays, Wednesdays and Thursdays
12:30 p.m. – 5:30 p.m.

| | 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 |
| All Summer | \$300.00 | \$460.00 |

All Day Program Starts June 13th

Mondays, Tuesdays, Wednesdays and Thursdays
9:00 a.m. – 5:30 p.m.
(Max 15 children per day)

| Member | Non-Member |
|------------------|------------------|
| \$64.00 Per week | \$84.00 Per week |
| Or | |
| \$16.00 Per day | \$21.00 Per day |

Race for the Cure Warm-up

A big thanks goes out to Shirley and the rest of the wonderful ladies who helped with the warm up for the Race for the Cure this year. As always, you were fantastic!!!

Why don't we ever see the
headline:

Adventure Zone Summer Hours Beginning Monday, June 13th.

Monday through Friday

9:00 a.m. to 1:00 p.m.

Saturday

9:00 a.m. to 8:00 p.m.

Sunday

1:00 p.m. to 7:00 p.m.

(On Thursday, June 9th, the AZ will be open 3:30 pm – 8:00 pm. On Friday, June 10th, the AZ will be open 9:00 a.m. to 8:00 p.m.)

After 1:00 p.m. on weekdays, children need to be directly supervised by parents to be in the Adventure Zone, or parents can make a reservation for their child in the Nursery. In most instances, older children supervised by the Nursery staff can still play in the Adventure Zone.

On days the Waterslide has to be closed due to poor weather, we will make every effort to make the Adventure Zone available to kids.

Montana Racquetball Association



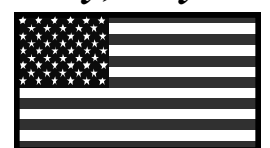
The Montana Racquetball Association recently elected new officers for 2005-2006. Kevin Danz was elected President and David Angove was elected Vice President. Both Kevin and David are members of the Broadwater. Congratulations to both men! We're proud to have members of the Clubs involved in this organization!

Wiggle Worms June Schedule

Kids 3 and up can participate in Wiggle Worms at the BAC Nursery. Schedule is Monday – Friday 9:45 – 10:45. During the summer months, staff will schedule events as time allows. Please make reservations for the Nursery by calling 443-5777. Bring in your preschool aged children for fun activities, crafts and more, free to members!

**All Broadwater Clubs will be
CLOSED on Monday, July 4th.**

**Happy
Independence
Day!!!**



Fitness Tips for People with Diabetes

Summer Visitors

- ◆ **Start Slow:** Allow yourself time to get into a routine. Start off by working out for 30 minutes two days a week and gradually increase your days up to four. Don't get discouraged. Set a goal for yourself each week and once you reach it find a rewarding way to treat yourself.
- ◆ **Avoid Low Blood Glucose:** During activity, check your blood glucose if you notice symptoms such as hunger, nervousness, shakiness or sweating. If low blood glucose is interfering with your exercise routine, try eating a snack before your workout or adjusting your medication. Talk to your physician about what's best for you.
- ◆ **Bring a Snack:** Plan to have water and snacks readily available during your workout. Carry a source of carbohydrates with you in case you have to treat low blood glucose. And always drink plenty of water before, during and after activity to prevent dehydration.
- ◆ **Wear Your ID:** In case an emergency occurs during your workout, a medical identification bracelet, necklace or even a medical ID tag should be worn to inform others of your condition.

For your friends and family who come visit this summer, we have some great passes available so you can bring them to the Clubs. One, Two, Three and Four-week passes are available for kids and adults who are staying awhile. We also have super deals on family groups coming to the Westside to spend the day in the Club and in the Pools. Full Facility Passes:

| | |
|---------------------------|---------|
| Child (with paying adult) | \$9.00 |
| Adult | \$11.00 |
| Adult + 1 other person | \$19.00 |
| Adult + 2 other people | \$25.00 |
| Adult + 3 other people | \$29.00 |

\$7.00 for each extra person after 4.

There will be no childcare at the DAC or BAC on Saturday, July 2nd. Sorry for any inconvenience.

Adding your Kids to your Membership

Do you want to add your kids on for the summer? Kids under 5 cost only \$25 for the summer and kids 5-18 are only \$50.00. That will keep them swimming, Adventure Zoning, Watersliding, active and having fun all summer long! Plus they will get the member discount on swim lessons and Camp Broadwater. Add your kids to your membership for the summer at the Front Desk at any of the Clubs.

Member Appreciation Tropical Party!



Join us on Tuesday, July 12th, 4-8 pm at the Waterslide for a Tropical Member Appreciation Party! We'll have food, games and lots of fun. As members you will be our guest at this fun-filled party. The party will be a kick-off event for our 2nd Annual Broadwater Olympics and Special Olympics Fundraiser, which will run July 13th – August 25th. Plan to join us again on August 25th for another great party!

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|--|---|---|---|
| | | | June 1 ILAB* Intro to Pilates BAC 7:00 p.m. | 2 | 3 | 4 Governor's Cup Race! |
| 5 | 6 | 7 | 8 ILAB* Nutrition for Life BAC 7:00 p.m. | 9 <i>AZ Hours</i> 3:30 p.m. to 8:00 p.m. | 10 <i>AZ Hours</i> 9:00 a.m. to 8:00 p.m. | 11 Waters lide Opens at One p.m.! |
| 12 <i>Summer Waterslide Hours 1-7 Daily (weather permitting)</i> | 13 <u><i>Session I Swim Lessons Begin All Levels!</i></u> Summer Camp Broadwater Begins | AZ Summer Hours Begin on Monday, June 13 th . The AZ will be open Monday-Friday 1:00 pm, Saturday 9:00 am to 8:00 pm and Sunday 1:00 pm to 7:00 pm. | | | 17 9:00 am to 7:00 pm | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 Session 1 Swim Lessons Waterslide Fun Day | 25 |
| 26 | 27 <u><i>Session II Swim Lessons Begin All Levels!</i></u> | 28 | 29 | 30 | All Clubs are Closed | |