



"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


July 2005

Activities Calendar
and Newsletter

Member Appreciation Party! Let's Get Tropical at the Waterslide Park! Tuesday, July 1`2th, 4-8 p.m.

We're having a PARTY to celebrate our members! The Waterslide Park will be closed to the public and open only to our members for this party. There will be NO COST to our Members.

 We will have **FOOD** - Pepper Bellies (Fritos topped with chili, cheese, jalapeño peppers, onions, olives, sour cream- or whatever else we have! We will also have Hot Dogs and Chili, Chilidogs, and cornbread. There will also be cool, refreshing **DRINKS** and **CAKE** (with coffee)!

 We will have **GAMES** - run by Grant and Philip, they will be for kids and adults and we have some fun **PRIZES**! There will be wheelbarrow races in the water, balloon tosses on land,

**Broadwater Olympics – Wednesday, July 13th -
Thursday, August 25th**

We are going to have some fun this summer!!!

The Broadwater Olympics: You, yes YOU, get to participate in the Broadwater Olympics! On Tuesday, July 12th you will be able to get your Olympic Card at the Member Appreciation Party! After that they will be available at the Front Desk at any Club. Complete Broadwater Olympic activities and earn points towards a Gold, Silver or Bronze Medal Prizes! Prizes will be awarded at the Closing Ceremonies on Thursday, August 25th. Earn points by doing Olympic activities at each of the Clubs; like going to a Spinning class at the DAC, Climbing *The Rock* at the BAC or using the Upper Body Ergometer at the LFC! You'll have five weeks to check out the Three Great Clubs, workout and have fun! You could win a mountain bike, dinner, a BBQ or one of any number of great prizes!



Closing Ceremony and Party: Set aside this date: Thursday, August 25th! We will be having the Closing Ceremonies for the 2nd Annual Broadwater Olympics and Special Olympics Fund Raiser at the Westside! Join us for food and fun!

Special Olympics: Throughout this exciting event we will be collecting donations for the Special Olympics! Special Olympics provides year-round sports training and athletic competition to more than 1 million people with intellectual disabilities in more than 150 countries. Participants in the Closing Ceremonies will be asked to donate to this worthy organization while spending time having fun with family and friends!

Diapers and Swimming

Children still in diapers need to wear an approved Swim Diaper. There are disposable and reusable ones for sale at the Front Desk. Swim diapers do not swell up like regular diapers, which can explode, releasing the gels in the diaper into the pool. Regular diapers have also been shown to release waste into the water if your child has a bowel movement. Swim diapers will contain waste, preventing the spread of disease. Here's to happy swimming!



Please Shower Before Entering Pools

This is just a reminder to all our members to shower before getting into the pools. This is especially important if you have just worked out. Sweat and body oils that end up in the pool waters can cause us to have to increase the chemicals in the pools necessary to maintain clean water. Help us keep the chemicals to a minimum by showering before getting into the pools. This is necessary for kids as well.

Swim Lessons

There are still openings for Swim Lessons. There are multiple sessions planned for the summer and openings exist in many classes. Get your kids signed up now!

If the class you want is full, private lessons are also available. Check with the Front Desk at the BAC.

The schedule is available at the BAC or online at theBroadwater.com.



Group Fitness Schedule Changes

Simply Cardio on Fridays at 5:30 p.m. at the LFC has been cancelled. Early AM Exploration on Mondays at 6:00 a.m. at the DAC has been *moved* to Thursdays, same time – same place.

Outdoor Pools and (ick!) Bugs

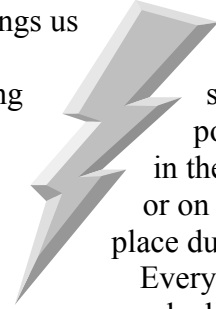
We are very proud of our pools here at the Broadwater Athletic Club and Hot Springs. We have the unique honor to provide three outdoor pools heated with our natural mineral Hot Springs. The pools are kept at a comfortable temperature year round for everyone's enjoyment in any season.

Having outdoor pools can lead to problems of bugs and other debris in the pools. Our lifeguards and maintenance staff make every effort to keep our pools clean and comfortable.

The surface of the pools are skimmed on a regular basis, as well as having the bottom "vacuumed." If you ever feel the surface needs to be skimmed, please talk to staff and we will make arrangements.

Lightning Storms

This brings us to another issue, lightning. When a lightning storm is in progress, the pools will be closed. Being in the water, at the Waterslide or on the tower is not a safe place during a storm. Everyone in the pools will be asked to go indoors until the storm clears. Pools will reopen **20 minutes** after the last bolt of lightning is observed.



Saturday & Sunday Group Fitness Classes

Don't forget our weekend classes, too! At 9:30 a.m. on Saturday at the DAC you can take a Cardio Step class OR a Yoga/Pilates Class. Childcare is also available, just make reservations the night before! At 11:30 a.m. on Sundays at the LFC you can take a PowerFlex Class.

Weekend:

The two days of the week with the

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 Camp Broadwater Theme for this week: SPORTS!	4 ALL CLUBS CLOSED – HAPPY 4 TH !	5 *ILAB – Just Relax! DAC 12:15 LFC 6:30 p.m. <u>SESSION II SWIM LESSONS</u>	6	7	8	9
10 Session 2 of PM Swim Lessons Start Tomorrow Camp Broadwater Theme for this week: BASEBALL!	11 New Sessions of 1, 2 & You and Little Gym Begin Today! Session 3 of AM Swim Lessons Start Today!	12 Member Appreciation Party! At the Waterslide 4-8 p.m.	13 Broadwater Olympics Starts! Ask the Front Desk for More Details! Camp Broadwater Field Trip	14 	15	16
17 Camp Broadwater Theme for this week: SPORTS!	18	19	20	21	22	23
24 Camp Broadwater Theme for this week:	25 Session 3 of AM Swim Lessons Start Today!	26	27	28 Camp Broadwater Field Trip	29	30

greatest chance for rain.

Life, unlike algebra, does not have the answers to the odd problems in the back of the book.

Have you started the Broadwater Olympics yet? Cards are available at the Front Desk of each Club. Get started today and be eligible for fun prizes!