

BLU UPDATE June 2014



We're having a heatwave
A tropical heatwave Irving Berlin

As we write, the weather is perfect. Hot and sunny. Shimmering 22 degree Lido water. An air-conditioned gym. It's at times like these when we all thank everyone who worked to save the Lido when it was threatened with closure.

Exciting times! There are lessons in **synchronised swimming** on Wednesdays 7-8pm. All welcome, including men and...ducks. For more info email brockwellmermaids@gmail.com

Weightlifting for young people (14-18 years) Friday 4:30-5:30pm (boys) and 5:30-6:30pm (girls) Cost: £2 per session, block bookings only (£20 for the first 10 week block, £16 for the second 8 week block)

Windrush Triathlon club has launched a junior club with training and fun in cycling, running and swimming for young people aged 8 and over. Costs are very reasonable. Contact info@windrush.co.uk.

Pool opening hours: We are enjoying lovely long opening hours during the summer months. On weekdays, the pool opens at 6.30am for the early birds (yes, that includes the ducks and geese and their babies) and stays open until 8pm. It is open 8am - 6pm at weekends and many swimmers would love extended hours at the weekend. Let us know what you think.

Swim prices are cheapest before 10am and after 5pm. See Fusion website for details. Also, if you don't want to commit to a season ticket or Lido membership you can save money by buying a "carnet" of 5 or 10 swim vouchers. Helps skip the queue too as you get a swipe card. Available from Lido reception. But take note that the 5 or 10 swims must be taken in the current summer season; you can't carry them over to next year.

These are exciting times in the **gym**. A Power Plate machine was installed at the Lido over a year ago which offers the capacity for a whole body massage to enhance relaxation by passively working the muscles for immediate localised increase in circulation. When used regularly and as part of a healthy lifestyle, Power Plate exercises can help you lose weight, build and tone muscles and increase your flexibility.

A newly installed free-standing punchbag with 'pink boxing gloves' is the ideal thing to work off the stresses of life and to keep yourself fit and healthy, and to greatly assist in sharpening your reflexes. An absolute boon to the Lido, and the pink gloves add a touch of feminine charm.

We campaigned for improvements to the **wetside changing rooms** and cheered when the work was completed. Unfortunately, there are some snagging points and the spinners are out of commission. But we hope that all the problems will be resolved soon. Please note that a spinner will not survive mis-use such as putting a wetsuit or trainers in it or sitting on top of it – yes, this has been seen!

Brockwell Lido provided a suitably watery setting for a free screening of *Beasts of the Southern Wild* on Saturday 17th May as part of **Herne Hill Free Film Festival**. A capacity audience of 400 was able to watch this visually stunning and powerfully moving drama for free, thanks to the generous donation of the use of Brockwell Lido and staff time by Fusion. And The Lido Café cooked up a storm with its Cajun influenced BBQ. The event was also supported by grants and donations from Herne Hill Forum and Pedder estate agents. There may be an “extra” **free film** in August. Watch this space!

Water from Brockwell Lido has been donated to the **Museum of Water**. You can see the whole wonderful exhibition at Somerset House until Sunday 29th June. Check out www.somerset-house.org.uk

Dates for your diary:

Sunday 22nd June - Windrush Aquathlon
<http://www.windrushtri.co.uk/page/windrush-aquathlon>

Thursday, 24th July Luna films present *Captain Philips* 12A. Doors open: 7:45pm. Performance starts 9:15pm. Tickets: £13.50

Every Tuesday 29th July – 2nd September 9.30 – 10.15am. Lido Mike is running his **Gentle Fit Swim sessions** again this year. Suitable for improver swimmers able to swim a minimum of 400m, the sessions will cover swim technique and develop swim fitness. Don't panic, the lessons are not aimed at making you into a potential triathlete! With a better technique you should find yourself being able to swim further with less effort. Cost £45. Contact Lido Mike at 07770261809 or www.streamlineswims.com

Saturday 31st August Annual swimming races.

Thursday, 18th Sept Luna film to be chosen by public vote. Doors open: 7:45pm. Performance starts 9:15pm. Tickets: £13.50. Vote for your favourite 1980s classic by 31st July: check out www.thelunacinema.com to vote and of course buy tickets.

Sunday, 5th October Fun Palace. This will be a FREE event and promises to be wonderful. You can find out more and get involved via Facebook (Fun Palaces).

Have you recently arrived in Herne Hill or are you new at the Lido? Available from Lido reception is **Peter Bradley's *Out of the Blue***, an entertaining and beautifully illustrated account of the history of Brockwell Lido, beginning with its predecessor, the swimming pond in Brockwell Park, through its opening in 1937, through turbulent years of fighting for survival, towards the creation of the gym and the Lido we all enjoy today.

The Lido Café terrace must be the most beautiful eating venue in South London. Or anywhere! Breakfast and lunch every day. Dinner Tuesday to Saturday.

So much to enjoy at Brockwell Lido! Have a wonderful summer!

Brockwell Lido Users
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