

BLU UPDATE JANUARY 2013



“A bear, however hard he tries, grows tubby without exercise.”
[A.A. Milne](#), [Winnie-the-Pooh](#)

Yoga Classes The [timetable of yoga classes](#) led by independent teachers is on the BLU website: www.brockwelllido.com. You can simply turn up to these as they usually have spaces, and pay the teacher directly. But you will need to book for Fusion organised classes, which are free if you have Choice membership.

Please report any faults with **gym equipment**, including screens, to a member of staff so that they can be logged and repaired as soon as possible. Items of equipment are numbered so this should help you identify the problem machine.

The hydrotherapy pool and spa are in good shape. The overhead and underwater jets are no longer user controlled; they each work on a 15 minute timer, alternating between the two. To ensure the pool works efficiently, it is important that it is regularly and thoroughly cleaned so the whole spa suite closes at 8pm on Fridays for cleaning. We know this will disappoint a few users, but this work is essential. To ensure a positive spa experience for everyone PLEASE do not eat or drink (other than water) in any part of the spa area and do not carry out any personal grooming there. Please report any miscreants to reception.

The Crisis Midwinter Swim on 15th December was launched in sunshine and in ebullient style by Jo Brand, although some of us were disappointed that she didn't actually get wet. The event was a huge success with over 170 swimmers and a total of more than 350 visitors overall. £14,000 was raised for Crisis. Later on the same day, around 250 people came to the poolside **Carol Concert** and £460 was raised for St Christopher's Hospice. It was lovely to see so many families with young children at the concert and the brass band and choir helped to make this a joyful event.

A week later, the **Mayor's Winter Plunge** took place on a miserably rainy day but still managed to attract around 50 swimmers and raise a respectable sum for the Alzheimer's Society. The Mayor of Lambeth entertained us all with a spirited and stylish rendition of Singing in the Rain.

UK Cold Water Swimming Championships take place on Saturday 26th January at Tooting Bec Lido.

Registration is now closed for this festival of cold-water fun, competition and bravery, but spectators will be very welcome. Opening ceremony 9am. Last race 2.30pm. Check out: <http://www.slsc.org.uk>

Winter swimmers continue to amaze the rest of us with their regular feats of endurance. It's not too late to join them. The pool is open for five swimming sessions each week Monday,

Tuesday, Wednesday 08:30 - 12:00 Saturday & Sunday 09:30- 13:00. The Lido Café is offering half price hot drinks to genuine winter swimmers. What with all that and the use of the Spa for only £3 as an extra after your cold water swim, how could you refuse? Special thanks go to the lifeguards who look after the swimmers, even in the snow.

Fusion have some encouraging offers on **Choice memberships** at the moment including 12 months for the price of 10. See them at http://www.fusion-lifestyle.com/centres/Brockwell_Lido

Follow [BLU on Twitter](#) for up to date Lido news including all-important water temperatures on swimming days.

See also **Brockwell Lido Gym and Spa Forum** on Facebook.

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