

BLU UPDATE NOVEMBER 2012



Saturday 15th December Crisis Midwinter Swim Safety briefing 11.45 am Group jump-in 12 noon.

Crisis needs 350 hardy swimmers to take the plunge for the charity's first annual Midwinter Swim at Brockwell Lido in aid of Crisis at Christmas. Jo Brand has volunteered to be one of them.

Three categories to choose from:

- Swimmers who just want to jump in and out
- Swimmers in fancy dress
- Swimmers who want to swim 100m (two lengths)

Everyone will receive a free Crisis-branded swimming cap as well as a hot shower.

Hot drinks and BBQ food will be on sale, provided by The Lido Café.

Register at www.crisis.org.uk/swim. Or come along at 11.30 on the day.

Saturday 15th December Carol Concert – 4.30pm-6.00pm

Back after such a successful event in 2011 - everyone will be welcomed to sing carols accompanied by the Croydon Brass Band. The Lido will be raising money for St Christopher's Hospice.

Although there are patio heaters, please ensure you wrap up warm! A torch might be handy too.

Tickets: £3 Adults, £1 6-16yrs, 5 and under free - available from Brockwell Lido.

Mulled wine and refreshments will be on sale at The Lido Cafe, so you are asked not to bring your own refreshments.

Saturday 22nd December 10.30-11.30am Mayor's Winter Plunge in aid of Alzheimer's Society - The Plunge will take place at 11.00am

Entry by donation - will you brave the icy waters? If you don't fancy a fresh dip then why not come along and support the braver members of the community?

Come along in 1930's Fancy Dress (whether plunging or watching on dry land) to celebrate the original opening of the Lido in 1937.

The Lido Cafe will be open to provide refreshments.

Saturday 26 January 2013 UK Cold Water Swimming Championships at Tooting Bec Lido

Registration is now open for this festival of cold-water fun, competition and bravery. Join the cold rush and enter online at <http://www.slsc.org.uk>

Winter swimming is now in full swing at Brockwell Lido. A season ticket is still amazing value at £50. This covers five sessions a week for five months and, if our maths can be trusted, this works out at around 50p per swim if you swim on every possible day. You can, of course, pay for each swim as you go but this doesn't seem to carry the same incentive as a season ticket! Swim days and times are: Monday, Tuesday, Wednesday: 8.30am – 12 noon. Saturday and Sunday 9.30am – 1pm.

The hydro pool has undergone repairs which should make it much more reliable.

Yoga classes are run at the Lido by many independent teachers. You can normally just drop in and pay the teacher. See the [timetable of yoga classes](#) online. It contains contact details for teachers so you can call them to get more information on classes.

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.

www.brockwelllido.com

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