

BLU UPDATE May 2014



A bear, however hard he tries, grows tubby without exercise

AA Milne

So, the weather has turned – or has it? Gentler skies have given way to typical spring sun and showers. In the pool, swimmers are ‘basking’ in luxurious 15 degrees and heading upwards. Positively Mediterranean as described by one regular!

The seventh **Modern Movement** event took place over the May Bank Holiday weekend with its twentieth century furniture, artefacts and fashion. Blessed with fine weather, over 350 people attended the event over the two days. Many thanks to all those involved.

Hang on, there’s another bank holiday heading our way. Fantastic! **Hours for the Lido on Monday 26th** are:

Gym and spa: 08:00-20:00

Pool: 08:00-18:00 (last entry 17:30)

For those that haven’t braved the water so far this year, now’s the perfect chance. Temperatures are posted daily on the [BLU Twitter feed](#). Throughout May, the pool opens 06:30 - 13:00, then 16:00 - 20:00 on weekdays, and from 08:00-18:00 at weekends. Last entry is half an hour before closing.

Lido Mike is back offering advice and tips to help improve your stroke whether you just want to go a bit faster or training up for a Big Event. You can either book in for an individual one-to-one, or small groups of four or five that allows you to split the cost. Go to www.streamlineswims.com for more info. At the end of August, Mike runs the annual Brockwell races, with competitors from Brockwell and Tooting Bec invited to take part. Always great fun, Mike will be looking for volunteers to help with the races as well as competitors to compete for the handsome cups! Watch this space for more details.

On the **Gym** side, boot camps have got off to a fantastic start. Come and get those early morning muscles going. You know you want to! Times are Wednesdays - 07:15, Saturdays - 10:30, and Tuesdays (running only) - 18:30. Or how about one of the new classes? These are:

Street Dance (14-19 year olds) Wed 17:00;

Junior Weight lifting (14-17 year olds boys and girls) Mon 17:00-18:00;

Lunchtime circuit class Tues 12:15 (45 mins)

Lunchtime spin class Tues 13:15
Total body conditioning class Wed 11:30.

Are you **over 50**? Do you wish there were more classes tailored to your needs? Or maybe you are recovering from injury, or pregnant, or post-natal? Or just new to group exercise classes? Or just looking for a “gentle” class. Please do let BLU know if you would be interested in such a class; give us an idea of what sort of class would suit your needs and what such a class might be called to attract interest.

Work on **the wet changing rooms** continues apace. It's hoped they will be ready for use again by the middle of June. Fingers crossed!!! There are still some vacancies for summer lifeguards. What a way to spend your summer than outdoors at the Lido (despite the usual English summer rain showers!). So if you're a good swimmer, between jobs, awaiting college, this could be the summer job for you. Contact tara.harris@fusion-lifestyle.com

Windrush, the Triathlon club that trains at the Lido, has launched a junior section, called Windrush Juniors, funnily enough, and is a great introduction to triathlon for boys and girls 8+. Club membership £5 for juniors allows them to join and includes: running sessions in Brockwell Park (Sat 08:30-09:30 £2 per session), cycling sessions at Herne Hill Velodrome (Tues 18:00pm £3), swimming sessions starting in June (Wed 17:00 - 18:00pm £3). Information and questions from info@windrushtri.co.uk

The long campaigned for and now realised **Car park** monitoring is up and running and working well. Spaces are now actually being filled by those using the park and the lido! But beware the time clock and don't be caught out (like one regular who forgot the two hour free parking rule). Make sure you're either within the two hour stay or register in advance with Dash Car Parking (www.dashpark.com/tube) or on a smartphone app. You can book extra parking once you're registered at £3.50 per hr.

A reminder for the brilliant **Herne Hill Free Film Festival**, which will be showing *Beasts of the Summer Wild* at the lido on 17th May at 20:30. Tickets and details can be found at <http://www.freefilmfestivals.org/whats-on/categoryevents/15-herne-hill-free-film-festival.html>

The Lido Café, doing their bit for summer enjoyment, are now open for breakfast from 8am every day. From May 20th, they will also be opening for dinner on Tuesday evenings with their special Tuesday night Prosecco offer. Mouth-watering newcomers to their summer drinks menu include a blueberry prosecco fizz and a new "smoky" Bloody Mary (for the morning after hangover). Crikey! Food highlights include a wild garlic, mint and courgette soup, guinea fowl baked with wild rice, apricots, cinnamon,

parsley & coriander, and a 30 day-aged longhorn bavette steak with a green peppercorn sauce. Who said British food is rubbish?

Here comes Summer!

Brockwell Lido Users

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