

BLU News! January 2016

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"One kind word can warm three winter months."

- Japanese Proverb



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***If you're ever sad remember the world is 4.543
billion years old and you somehow managed to exist
at the same time as David Bowie***

January Indoor Workout

Complete each exercise for 45 seconds, then rest for 15 seconds before moving on to the next exercise.

Squat Jumps
Squat-Lunge Combo (right)
Push Up to Unstable Plank
Jumping Jacks
Squat-Lunge Combo (left)
Bicycle Crunches
Burpees
Side-to-Side Punch Lunges
Side Plank (right)
Jumping Lunges
Wall Sit
Side Plank (left)

****REST 1 MINUTE - REPEAT ENTIRE WORKOUT****

Optional Cardio Blast:
Squat Jumps
Jumping Jacks
Burpees
Jumping Lunges

abetterlifewithburgers.blogspot.com

It's always easier to complain than praise. So we are starting the New Year with a big **THANK YOU** to all Lido staff who keep things going for Lido users. We wish you a very healthy, happy new year.

Hug a lifeguard! Their ability to keep warm is severely challenged at the moment and a hug might help. Not to mention a cup of coffee or a hot chocolate, cake too! Thanks to our lovely lifeguards who keep the winter swimmers safe. **PLEASE** listen to the lifeguards' advice, and [cold water swimming tips](#), especially since the drop in temperature.

Danny Baldwinson has been appointed as the **new dry side manager**. This means that many concerns of dry side Lido users will be addressed.

Please check **pool opening times** on [Fusion's website](#). With changing sunrise times, swimming times change

week by week. The website has had a revamp, you can now check class availability online, on the day of a class.

Christmas Day Swim Thanks to Anna Watson for her [superb photos](#) of our swimmers at Brockwell Lido on Christmas Day! If you want to buy one, you can contact Anna directly via her website – annawatson.com

You may have been alarmed, as we were, by the **floods** lapping the walls at the back of the Lido. We have been assured by the Lambeth Flood Risk Office, that work to alleviate this problem is planned to take place over four weeks in February.

The Lido Café is focussing on an [all-day brunch menu](#) through the winter months as well as a [drinks menu featuring the Mary](#). So no evening meals until summer arrives. But you can tuck into special ice cream even in this icy weather, courtesy of [Gelupo Gelato](#) who, according to TLC, make the best ice cream in England.

There are exciting events planned at [The Lido Café](#). Follow TLC on Twitter or Facebook to keep up with the latest news. As yet we can reveal nothing...

Please find a member of the committee, whether you are a gym/class or pool user, if you have any issues you would like us to deal with on your behalf. A few of us can be found all week, either pool side, in a class, cross training, drinking coffee or warming up in the spa. We may not always be aware of a problem, so if you don't tell us, we won't be able to rectify it.

We ask all Spa users to refrain from using any products. If you do, you may be asked to leave by a member of staff.

Minutes of the last committee meeting are now available on the [BLU website](#).

Swim and gym with care. Be aware of others. Try not to walk through the gym with muddy shoes/boots/trainers. Pick up your empties, put used tissues in the bin. Leave equipment the way you'd like to find it before use. Be considerate. The Lido is for everyone.



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