

BLU UPDATE DECEMBER 2012



"I'd be safe and warm. If I was in L.A. California dreamin' On such a winter's day." California Dreamin' by The Mamas and Papas.

Hydrotherapy pool and spa. The hydrotherapy pool has had a major overhaul, and although there were a couple of initial hitches, it now seems to be operating as it should. The overhead and underwater jets are no longer user controlled; they each work on a 15 minute timer, alternating between the two. So the water is never still. To ensure the pool works efficiently, it is important that it is thoroughly cleaned each week and for this to be carried out, not only the pool but the whole spa suite needs to close. Having checked attendance figures, Fusion have decided to close the spa at 8pm on Fridays for cleaning. We know this will disappoint a few users, but this work is essential.

Yoga Classes The [timetable of 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.

GREAT NEWS! The Lido Café is offering a 50% discount to all winter swimmers for any hot drink. Daniel Edwards, who runs the café, says, "We see most winter swimmers each day, so we know who is who, and we value their custom and consider this a little thank you"

Winter swimming: Changing room gossip. Having just left the pool, a shivering, regular winter swimmer, wrapped in two towels and two swimming hats, was recently heard commenting on the temperature of the water that morning (5.4 degrees). Everyone agreed it really was rather cold, when another swimmer pointed out that of course no one had to turn out to swim, the exercise was not compulsory. The shivering swimmer commented through chattering teeth: "Yes, it's not compulsory, but it is compulsive!" Everyone agreed!

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

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

Wrap up warm! A torch might be handy.

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

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

Midwinter swims There are two scheduled this year. Details below.
PLEASE follow the safety guidelines which will be explained before the

events and don't take unnecessary risks in the very cold water!

Crisis Midwinter Swim – Saturday 15th December

Safety briefing 11.45am. Group jump-in at 12 noon.

Led by comedienne Jo Brand.

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

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 11.30am on the day.

Mayor's Winter Plunge Saturday – 22nd December 10.30-11.30am in aid of Lambeth Mayor's chosen charity, The Alzheimer's Society. The Plunge will take place at **11.00am**. Spectators very welcome. Entry by donation.

UK Cold Water Swimming Championships – Saturday 26th January 2013 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>.

Holiday opening times of Brockwell Lido gym and spa and Car Park

Monday 24 December	8am – 4pm
Tuesday 25 December	Closed
Wednesday 26 December	Closed
Thursday 27 December	7am – 8pm
Friday 28 December	7am – 8pm
Saturday 29 December	8am – 6pm
Sunday 30 December	8am – 6pm
Monday 31 December	8am – 4pm
Tuesday 1 January 2013	Closed
Wednesday 2 January	Normal opening times

In previous years gym attendance in late afternoon/early evening during Christmas/New Year holiday periods has not been high. BLU has been in discussion with the Lido Manager about this year's opening/closing hours, as shown above. We think these timings are reasonable. But they are something of an experiment for this season. So **USE YOUR GYM** this year otherwise opening times may be shorter at Christmas 2013!! Winter swimming continues at normal times during the holiday period.

BLU wishes all our readers a wonderful Winter Solstice and a Great New Year

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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