

## BLU UPDATE FEBRUARY 2013



*"All you need is love. But a little chocolate now and again doesn't hurt"*

Charles M Schulz

The **winter swim group** is having a get-together on Tuesday 26<sup>th</sup> February 7-8.30pm at The Lido Café. Come and meet the rest of the winter swim bunch, find out more about winter swimming and enjoy a social chat! ALL WELCOME

For further information, contact [winterswimgroup@yahoo.co.uk](mailto:winterswimgroup@yahoo.co.uk)

**Winter swimmers** were in and on the news during the snow with a feature in the South London Press.

Plans to regulate the **car park** seem to have got stuck again. BLU and Fusion are as concerned as everyone else about the need to sort this out. In the meantime, please leave the disabled bays clear for blue badge holders.

**The spa** has been functioning pretty well but a pipe serving the steam room needs repairing/replacing. We still hear stuff about bad manners. Whoever could think it was acceptable to take a picnic or to have a loud and lengthy conversation on your mobile in the hydrotherapy pool? The spa is supposed to be therapeutic to mind as well as body. That means respecting other people's need for peace and quiet as well as avoiding pollution of the pool by shaving or using oils or lotions.

Some unlucky spa users recently ended up outside the Lido without their clothes after a smoke alarm triggered an evacuation and the Fire Brigade. Fusion supplied thermal blankets and at least one person kept warm skipping with a skipping rope. What presence of mind to grab the rope before leaving the building with just a pair of shorts!

Did you know that there are highly regarded **physiotherapists** based at the Lido? An initial assessment costs only £20 for Lido members and £25 for non-members. Check out [www.AdvancedPhysioTherapy.co.uk](http://www.AdvancedPhysioTherapy.co.uk)

**The Lido Café** has been really looking after our stalwart winter swimmers and has promised to offer a good service to all lido users this summer. The beach hut will open much more regularly. You should always be able to get a takeaway drink and something to eat, either from the café or the beach hut and you will, of course, be welcome to have table service in the café (as long as you have some clothes and footwear on!) You can see TLC's menus and sign up for their newsletter at <http://www.thelidocafe.co.uk>

We would like to hear your feedback on all aspects of the Lido, especially **exercise classes**. There are about 100 classes each week, but BLU rarely receives messages from the users of these. We would like to feature such feedback in BLU Updates. Please email your views to BLU or post them on Facebook or twitter.

There are many **Yoga classes** at the Lido. Some are included in Choice membership, others are run by independent teachers. For example, Antonia has a healthy back class and a pregnancy class, both on Sunday. On Tuesday there is Mum and baby yoga, and pre-school kids yoga on Monday. Check out the exercise class timetable available in reception.

**Pole dancing** classes are also offered. See [www.poleprecision.com](http://www.poleprecision.com) Free taster sessions are available.

BLU has **monthly meetings** with Clare Bushell (Lido General Manager). We pass on all compliments, suggestions and concerns from users so do get in touch with us. A few of the things discussed at the latest meeting are as follows. Why can't we have spin dryers for swim costumes? Answer - health and safety concerns. How often are water fountains cleaned? Answer: twice-daily. What about broken mirrors in the gym? Answer: They will be replaced with shorter mirrors, and kickplates are being considered. What about the faulty screens in the gym? All screens are now fixed with spare cables which have now been cable-tied on the machines to prevent theft.

Part-time **lifeguards** are needed for this summer. Now is the time to contact Lido management if you have the qualifications and want to work at the most exciting open-air pool in London. Or do you know someone - perhaps your sibling, son or daughter, nephew, next door neighbour - who is qualified and might be interested in this as a summer vacation job?

**Whippersnappers** are offering a **10% discount** on all children's birthday parties booked up until 30<sup>th</sup> November 2013. (Bookings must be made and deposits paid by 31<sup>st</sup> March 2013 to qualify.) Party prices start from £125 including VAT. Party packages for babies and preschool children, 5-7 year olds, 8-12 year olds

Volunteers are needed in **Brockwell Park** to help complete the planting of a perimeter hedge. Just turn up any time between 11am and 3pm on Tuesday, Wednesday or Thursday in February. Gloves and tools provided. For more information contact Theresa at [thoare@lambeth.gov.uk](mailto:thoare@lambeth.gov.uk)

If you haven't already got a copy of the brilliant book outlining the saving of the Lido and its refurbishment, **Out of the Blue**, by Peter Bradley, you can browse and buy one from Lido reception.

[www.brockwelllido.com](http://www.brockwelllido.com)

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