

# HALF TERM ACTIVITIES

## LEISURE CENTRES IN LAMBETH



MONDAY 31<sup>ST</sup> MAY – SUNDAY 6<sup>TH</sup> JUNE 2021



**ICE SKATING**



**SWIM FOR ALL**



**SWIM SCHOOL CRASH COURSES**



**JUNIOR GYM**

- BRIXTON RECREATION CENTRE
- CLAPHAM LEISURE CENTRE
- HERNE HILL LIFESTYLE CENTRE
- STREATHAM ICE AND LEISURE CENTRE
- VAUXHALL LEISURE CENTRE
- WEST NORWOOD HEALTH AND LEISURE CENTRE

Book your activity online  
[www.better.org.uk](http://www.better.org.uk)  
or through our Better UK  
If you need assistance pop  
In to your local centre



Follow us on @better\_lambeth



Search for your local centre in Lambeth



# SWIM FOR ALL

No matter your fitness ability, our 'Swim for All' sessions are perfect if you're looking to build your confidence, work on your strokes, float away any stress, or just simple want to enjoy a more casual swim with your family and friends. Book through our casual tickets section at the bottom of our bookings page online [www.better.org.uk](http://www.better.org.uk) or download our BETTER app on your smartphone.



<b>Brixton Recreation Centre</b>	
Monday – Friday	10:00 - 16.00
Saturday	13:00 – 17:00
Sunday	10:00 – 17:00

<b>Clapham Leisure Centre</b>	
	(MP) Main Pool : (TP) Teaching Pool
Monday & Tuesday	10:00 – 12:00 13:00 – 16:00 (MP)
Wednesday	13:00 – 16:00 (MP)
Thursday	10:00 – 12:00 13:00 – 16:00 (MP)
Friday	10:30 – 15:30 (TP)
Saturday	13:20 – 17:00 (TP)
Sunday	13:00 – 17:00 (MP)

<b>Streatham Ice and Leisure Centre</b>	
	(MP) Main Pool : (TP) Teaching Pool
Monday	11:00 – 13:00 (MP) & 12:00 – 15:00 (TP)
Tuesday	11:00 – 13:00 (TP) & 13:00 – 15:00 (MP)
Wednesday	11:00 – 13:00 (TP)
Thursday	11:00 – 13:00 (TP) & 13:00 – 15:00 (MP)
Friday	11:00 – 13:00 (TP) & 15:30 – 17:30 (MP)
Saturday/Sunday	12:00 – 18:00 (MP)

<b>Vauxhall Leisure Centre</b>	
Tuesday	10:30-11:50
Sunday	11:30-16:00

<b>West Norwood Health and Leisure Centre</b>	
Monday	10:00-12:00
Tuesday – Thursday	12:00-15:00
Sunday	11:00-14:00

## SAFETY MEASURES IN OUR POOLS:

As changing rooms and showers will be limited, we're asking everyone who attends a swim session to come 'pool ready' with their swimming gear on under their clothes and having showered at home.

Due to coronavirus, swimming pools will have:

- No more than 10 swimmers in each lane of a 25-metre pool.
- Double-width lanes so you can keep to a safe distance.
- Chlorine disinfectant in the water management systems, which complies with the government's regulations and is proven to disinfect pathogens, including viruses such as COVID-19.
- When using the pool, please show caution when overtaking and maintain social distancing.



# SWIM SCHOOL CRASH COURSES – FOUNDATION

Our Foundation lessons are suitable for children 4 years and over. Teaching pupils the essential swimming skills to ensure they learn to be safe in and around water. These course will cover the basic techniques for all 4 strokes whether a beginner or looking to improve. Book online by visiting [www.betterlessons.org.uk](http://www.betterlessons.org.uk)

Clapham Leisure Centre		
Monday – Friday	Foundation	09:00 – 09:30
	Foundation	09:30 – 10:00
	Foundation	10:00 – 10:30

West Norwood Health and Leisure Centre		
Tuesday – Friday	Foundation	10:00 – 10:30
	Foundation	10:30 – 11:00



Brixton Recreation Centre		
Tuesday – Friday	Foundation	10:00 – 10:30
	Foundation	10:30 – 11:00

Streatham Ice and Leisure Centre		
Tuesday – Friday	Foundation	13:00 – 13:30
	Foundation	13:30 – 14:00
	Foundation	14:00 – 14:30
	Foundation	14:30 – 15:00

## ICE SKATING – STREATHAM ILC

Whether you are a superstar on ice or just finding your feet, these sessions are suitable for you and the whole family. All under 8s MUST be accompanied by a skating adult.

Book your session through our casual tickets section at the bottom of our bookings page online [www.better.org.uk](http://www.better.org.uk) or download our BETTER app on your smartphone.



Monday – Friday	12:00 – 15:30
Friday	12:00 – 15:30 & 16:00 – 17:30
Saturday and Sunday	12:00 – 16:00





# JUNIOR GYM

Junior Gym offers a structured and specifically catered introduction to use the gym for 11-15 year olds. Our Fitness instructors will give participants a programme of activities to meet their individual goals, including use of cardiovascular and core strength equipment.

Book through our casual tickets section at the bottom of our bookings page online [www.better.org.uk](http://www.better.org.uk) or download our BETTER app on your smartphone.



<b>Brixton Recreation Centre</b>	
Monday	16:00 – 18:00
Tuesday – Friday	12:00 – 16:00
Saturday/Sunday	10:00 – 12:00

<b>Clapham Leisure Centre</b>	
Monday – Friday	10:00 – 14:00
Saturday/Sunday	10:00 – 14:00

<b>Herne Hill Lifestyle Centre</b>	
Monday – Friday	16:00 – 18:00
Saturday/Sunday	12:30 – 15:00

<b>Streatham Ice and Leisure Centre</b>	
Monday – Friday	15:30 – 17:30
Saturday/Sunday	15:30 – 17:30

<b>Vauxhall Leisure Centre</b>	
Tuesday/Thursday/Friday	10:30-12:30 and 15:30-17:30
Saturday/Sunday	12:30-14:30

<b>West Norwood Health and Leisure Centre</b>	
Monday – Friday	12:00 – 15:00
Saturday – Sunday	10:00 – 12:30



# JUNIOR MEMBERSHIPS

Why not become a member to access your local leisure centre as many times as you like with our pay monthly or pay and play options.

<p><b>Better Health Junior</b></p> <p><b>£15.20 per month</b></p> <p><b>What's included</b> - Fitness classes   Gym   Racquets   Swim</p> <table border="1"> <thead> <tr> <th>Access</th> <th>No. of centres</th> <th>Type</th> </tr> </thead> <tbody> <tr> <td>Borough</td> <td>7</td> <td>All inclusive</td> </tr> </tbody> </table>	Access	No. of centres	Type	Borough	7	All inclusive	<p><b>Better Health Junior Concession</b></p> <p><b>£12.95 per month</b></p> <p><b>What's included</b> - Fitness classes   Gym   Racquets   Swim</p> <table border="1"> <thead> <tr> <th>Access</th> <th>No. of centres</th> <th>Type</th> </tr> </thead> <tbody> <tr> <td>Borough</td> <td>7</td> <td>All inclusive</td> </tr> </tbody> </table>	Access	No. of centres	Type	Borough	7	All inclusive	<p><b>Pay &amp; Play</b></p> <p><b>£5.60 per year</b></p> <p><b>What's included</b> - Fitness classes   Gym   Racquets   Swim</p> <table border="1"> <thead> <tr> <th>Access</th> <th>No. of centres</th> <th>Type</th> </tr> </thead> <tbody> <tr> <td>Borough</td> <td>7</td> <td>Pay and play</td> </tr> </tbody> </table>	Access	No. of centres	Type	Borough	7	Pay and play
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For more information on memberships and activity prices log on to [www.better.org.uk](http://www.better.org.uk) or download our BETTER app.