



Bec Chat

Lines from the Lido

February 2020

Gorgeous photo of a wintry Lido morning by Dejan Bojcev

Letter from the editor

By Barbara Jennings: barbara.jennings@ctplc.com

Welcome back, and Happy New Swimming Year! As memories of the festive season fade away, swimmers (or at least this swimmer) sadly regard their Christmas food baby and make plans to return to Lido and pool to transform themselves once more into sleek aquatic mammals rippling with well-tuned muscles (well, that's the plan, anyway...). We have a few articles this month to inspire you for the swimming year ahead, including Richard Nelsson's article about the Kendal Mountain Festival on page 6, and a note about the Seahorse Swim on page 9 – although you'll have to be nippy to get in! Talking of nippy, if you're finding the current chill a little depressing, get some surrogate sunshine via Ann Brimelow's lovely piece about visiting the Shaw family of the SSLSC (South South London Swimming Club ☺) in Australia on page 5.

Meanwhile, back at the Lido, some good news! The year isn't the only thing which is new, as we have new General and Duty managers, in the shape of Karen and Molly. Many of you will remember Karen from her days as Duty Manager; we missed her so much when she left for Balham, and we're so glad to have her back with us. The pool is looking sparkling which is all down to Karen – welcome back, and congratulations to you and Molly on your promotions! Please do say hello if you see them poolside.

Finally, thanks to those valiant folk who attended the stuffing party on 19 February, you'll have received your notice of the Club AGM on Sunday 22 March. Please put the date in your diary and make a note to attend – we're a massive club now, over 2,000 members, so we need a lot of you there to be quorate! Plus it's your chance to vote for the vital roles of Club President, Vice President and Secretary, and we have vacancies for two new committee members, as Clare McRobbie and Cecilia Hazelrigg are standing down. More details under Forthcoming Attractions on page 8.

See you next month, and Happy Swimming!

December & January results

1 December. Chip Cummings was first, Andrew Ingamells second and Kyle Moreland third. Hooray!

8 December. Greg Witham in first place, Richard Nelsson second, and Zoe Podmore third. You can read more from Richard on page 6 where he talks about his visit to the Kendal Mountain Festival. Well done to all.

15 December. Pip Tunstill pipped Pedro Douglass-Kirk in second place and Chip Cummings in third to the prize!

22 December. Chip must have been motivated by his third place, for he stormed ahead to win the race today. And Ruth Beaver won the Autumn Points Cup – congratulations to both of them!

25 December. One of the biggest days in our calendar, and the Lido was swarming, not only with racers and spectators but with a brace of Mayors, both Wandsworth and London, and also with vicars and tarts – well, mince pies... Oh, please yourselves! The men's race was won by Tom Butler, who lifted aloft the Burton Cup, and the women's race was won by Bernie Ward, taking home the Jenny Kinnaird Cup. Both cups were presented to the proud winners by the Mayor of Wandsworth Councillor Jane Cooper on a fabulous sunny Christmas morning.



26 December. The Boxing Day Icebreaker's Bucket was taken home this year by Jonathan Buckley – hooray!

29 December. Twixtmas Sunday, and the race was won today by Erica Allason-Jones, who sadly missed out on the silverware but got the glory!

1 January. The Willis Cup – Nicky Smith reports “[It was] presented by Megan Willis in honour of her father Bob, a past handicapper of some repute. His rule (which seems eminently sensible) was that anyone who swam faster than their handicap was disqualified for cheating.” Richard ‘Tricky’ Tricker comments about this race: “I was given a ridiculous handicap of (33) and hammered across like there was no tomorrow, winning the race easily – only to be told that I could not win the cup, due to lack of race competition.” I think he felt hard done by, but this judgement seems to be entirely in the spirit of the trophy in question! Actually won by Robin Fry in his first season at the Lido, from Clare McRobbie, Ian Clark and Rob Hughes – congratulations, Robin!!

5 January. Lodge Lifeguards Cup (for members) and Tankard (for lifeguards past and present). The Cup was won by Bernie Ward, who's been in storming form recently, from Zoe Podmore, Rob Hughes and Corinne Cunningham, and the Tankard by Robert Ingamells from big brother Arthur in second and Vince Burke in third. Well done all! You can read Flavio's wonderful interview with Vince on page 3.

12 January. Back to normal, and Lucy Neal won today's race. Hooray!

18 January. Today was PHISH (Parliament Hill Icy Swim Hootenany) at Parliament Hill Lido. SLSCers Chris Alexander, Gus Brooks, Sue Rentoul and Mick Hinde entered the relays as the 8.30s (wonder why? 😊) and came sixth overall in a time of 3m 29.8s after smashing their heat!

19 January. Graham Smith was first today, Linus Bewley and Laura Davies just behind. Well done to them, and to everyone who helped at the stuffing party in the Pavilion afterwards. We also welcomed the lovely Shaw family back for a brief visit – you can read Ann Brimelow's article about visiting them down under on page 5.

26 January. Another visitor, Aymeric Bouyer, ex-coach and fastest man in trunks™, back for a brief break from defending the realm and becoming even fitter and faster. Alas, he was defeated in the race by James Brooke-Turner thanks to James' speed and prowess, aka helpful handicap and magic trunks*. *They were on backwards... nope, me neither!

Water Temperatures

By David Dunham

Walking from the car park to the Lido, you will often see a robin on the path in front of you and as you approach he will tuck in his wings take off and zoom through the narrow railings without touching them. Some of our swimmers could learn a thing or two from this bird when they swim and bump into others head on or catch their sides with stretched arms or flippers.

Temperature wise, it has not been too cold in the water this winter so far and although one feels some numbness it has been acceptable so far.

	2017	2018	2019	2020
December	4.5°C	6.5°C	5.0°C	
	40.5°F	43.0°F	41.0°F	
January		4.75°C	4.0°C	5.0°C
		40.5°F	40.0°F	41.0°F

There was a young lady from Tooting...

By Ted Yaxley and the Editor

Many of you will know Ted as a talented wordsmith and cartoonist who occasionally delights me with submissions which always capture a little bit of the joyously eccentric side of the Lido. This month he's sent in a limerick which is perfect in its construction. Wikipedia informs me that a limerick is a form of verse, usually humorous and frequently rude, in five-line, predominantly anapaestic (two unstressed syllables followed by a stressed syllable) meter with a strict rhyme scheme of AABBA, in which the first, second and fifth line rhyme, while the third and fourth lines are shorter and share a different rhyme. What Wikipedia fails to add is that, of course, the final line should include a punchline which mischievously subverts what has gone before.

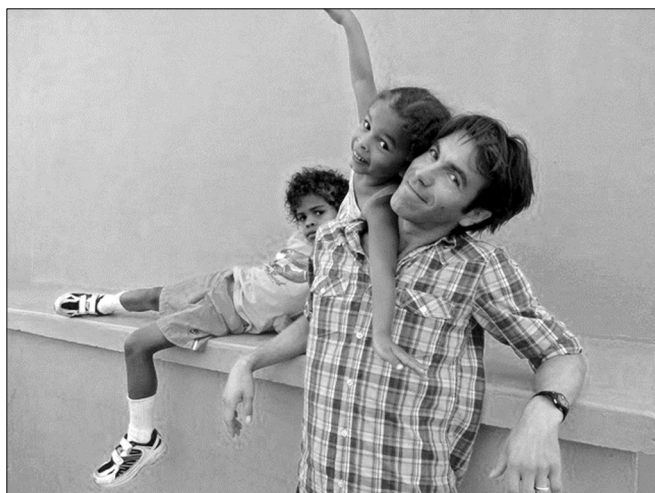
There was a young lady from Tootin'
Involved in a stabbing and shootin.'
The law said "It's life
If you use a knife",
She said, "Me, Guv? I just put the boot in!"

The Editor feels compelled to add here that BEC Chat is a peaceable publication which in no way, shape or form either recommends or condones violence of any sort more serious than the occasional mild tut, except when members take the last cheese scone, when frankly it's gloves off, no holds barred and devil take the hindmost.

A Dip In The Life of... Vince Burke

By Flavio Centofanti

"The Lido is just a big concrete hole, but add water and all these interesting people turn up shocking themselves back to life."



In a recent episode of The Archers, I vaguely remember one of the characters saying something like he wasn't in favour of revealing too much about himself because he believed in 'preserving our essential inner mystery'. For many of us this may always be true or perhaps we feel that way just some of the time. But do we risk passing up the chance to catch a glimpse of others' lives, feelings, insights and dreams by not sharing our own?

Vince Burke has already uncovered a good deal of these to us through his "beautifully original, stunning songs" (according to Tom Robinson, BBC Music). It was wonderful to have the chance to complete the picture in this interview, to reveal the family man, songwriter and teacher – as well as swimmer and winner of the Spring points last year! – in an unbroken song-like synergy.

How would you describe yourself?

Father, husband, songwriter, teacher.

What fills your life?

I have a fortunate combination of all the above; balancing the outward caring bits with some inner wanderings in music.

Tell us a bit about your early life and family.

I grew up in Plymouth. In the 70s we had a lot of time to hang around between being bored, which I now think was extremely good for us. However, for two weeks in summer when my Dad got leave he would send me outside early to search the sky; if it was blue, and only blue we could spend an hour packing up the Ford Cortina and drive to Bantham beach. I learned to swim in the river there between the fluttering Red

Flags; my Mum would drop me in downstream and my Dad would hook me out before I sailed past out to sea. We still go back every year with our kids and sit by the same rocks my Mum and Dad sat on when they were teenagers looking at the same wonderful view; let's just say it's my favourite place.

And current family?

Carol and I met at a party at the Ritzy cinema in Brixton in the summer of 2000. Both of us were very nearly not there so as we tell the children they are incredibly lucky to exist and should ask nothing more of us. The only way to the toilets at the party was via the dance floor, it was extremely crowded and I sort of re-bounded off her and turned it into a dance hello; she may well remember it differently. Either way, I know what a lucky accident it was, and it got even better when the kids turned up, we've had a lot of fun.

What have you tried to do as a dad?

We had children late so they were a good excuse to stay in; for some reason I felt very natural about parenting, we carried on doing our stuff and they sort of hopped on board, so Nathaniel was in his little tent at the side of the Lido before he was a week old; I'd swim up and back, and if he wasn't crying I'd do another two lengths and check in again. He took his very first steps in the baby pool. I worked close by so for years after school we would all picnic swim all summer long, moving over the years from the baby pool, to the shallow end, to running dives in the deep end.

Tell us a bit about your work.

About twenty years ago I started teaching art locally to what they used to call 'Young Offenders'. Now I do similar work in North London with a wider range of statemented young adults. Over the years we've got much better at understanding issues around supporting vulnerable young people. It sounds very worthy but my day-to-day experience is mainly having a laugh with young people, chatting and painting and getting them through a GCSE without them noticing.

When did you first start coming to the Lido?

When I was a boy every now and again on the news there would be a story about someone who had rowed across the channel in their bathtub, or on a bike with floats or something. Somehow that got stuck in my mind because one New Years' Eve I convinced a group I used to surf with that we should swim to France. As I started to figure things out I realised I would have to learn to swim quite a lot better and do some of it outdoors. That's how I got to the Lido; and because I'm a skinflint I trained to be a lifeguard rather than pay to be a member for the first three or four years, during which time I was the only lifeguard who would actually get in the pool.

How important is it to you?

The Lido is just a big concrete hole but, add water and all these interesting people turn up shocking themselves back to life. We've had a hundred usefully wasted days messing with the kids in the summer, and for me there have been a lot of unexpected spin-offs – I joined for a quiet swim and ended up doing Panto. We started the 'Lido Shuffle' variety shows in The White Lion showcasing the members' hidden talents; and more recently we put on 'The Library', a Pavilion night lying in the dark and being 'bathed' by live music, including some pretty experimental stuff with No Talking! I don't know anywhere else where this kind of musical experiment would be greeted with such enthusiasm.

What would you change about it?

Any fool would tell you the pool needs to be heated, who wants to swim in cold water? I would also like to be allowed to dive in for the Sunday races; I feel this would give me the edge I need. Open all the pool, all year by signing health and safety waivers and, actually maybe this is a good one, encourage more teenage membership by extending the child's fee age up to 18.

Tell us about Vince the singer/songwriter – how did it all start?

The radio was always on in our house and all day long I was singing or humming or thinking songs. I was one of those children always accused of being in a dream and if I look a bit absent-minded to you now it's because nothing much has changed; I'm usually listening to something in my head. I wanted to become part of that musical stream that swims through your mind and feel very lucky to be able to write music that occasionally surprises and satisfies me.

Looking at the songs on your album 'Over Here in the Trees' they're about disparate themes and feelings. Is there a thread running through them all – a kind of deep honesty and openness perhaps?

I like albums that cover a lot of space, and where every song has surprise and difference to it. I write the music and follow whatever it says it wants to be, so there is a sort of honesty about that. I think the person you are and what you stand for inevitably come through anyway. Even with a song like 'On Remembrance day' I came home with a feeling that became music and words, not the other way round. I think that's probably the truth about people, we like to think we're logical but the evidence is the reverse, we feel things and then wrap those feelings into logical-sounding stories. With music you get all that profound stuff expressed before language, and then when the words truly fit that meaning you've got something powerful.

How did you come up with the title?

The title and cover were a dream where I was walking through suburbia and in an open front garden was a Spanish looking guy buried in the flowerbed up to his thighs. Two ladies came up behind him and put a white veil over his head. I woke up thinking 'Over here in the Trees' and went out to dig the hole! The title seemed to fit as I'd been poking about on the edges of music for so long.

What does music mean for you?

Music is my excuse to wander about in intuition. Mostly we have to be functional and logical, but I think we do that better with daily reminders that it's really all made up.

Future plans?

The second album is all written, and mostly recorded, that bit was something I was learning while I did the first one. It will be all ready by the summer!

The band has really gelled over the last year, sometimes I think between the four of us we could play anything, they're really capable musicians. More gigs keep popping up; last night we did a ballet-based show and I'd like to collaborate more with them. We'd also like to record the sound we make as a quartet which is completely different from me solo; we're thinking maybe a kitchen recording, or a live album. If we do that you're all invited! Over the last few years I've also been writing music for film; so more of that would be great and I think the 'Library' idea has legs. Last off the top of my head, I would love to hear other singers try some of the tunes I've written but can't sing, that'd be nice – anyone know Adele?

What makes you happy?

My family and being alive; green trees with blue sky behind them, stretching, doing a useful job, feeling healthy and tuned in; and swimming, though after all these years shouldn't I be better at it?

What makes you sad?

The world isn't fair and most people globally are barely surviving. In the units I've worked in we try to help people find their own shape and give themselves permission to enjoy living.

When did you last laugh out loud?

I can be a bit wry and understated but I'm always laughing in school, the job brings out the best in me.

Who do you admire?

Anyone who remembers to put kindness first, and I admire my wife for her ability to make everyone around her feel good.

What words/phrases do you use a lot as a family?

At dinner time, 'Give peas a chance.'

Can Nathaniel or Laurie tell us a joke? Or, if they could have a super-power, what would they choose?

For super-powers they both went with teleportation although Nathaniel points out there are some practical scientific sounding difficulties involved. Nathaniel's joke was one he made up: Why is Rosa Parks a bad role model? Because she refused to stand up for what she believed in! Boom Boom.

Oh dear!

Vince says if you'd like some occasional news about what he and the band are up to you can sign up to the mailing list here: <http://www.vincentburke.co.uk> - you'll get some free music there too. ☺



A Visit to the Shaw Family in Perth

By Ann Brimelow



Shaws at the Lido in January

Before they returned to Jason's hometown of Perth, Australia, the Shaws were regular swimmers at the Lido, and I, your Editor, was one of the people who was made welcome and befriended by them. Nancy, a superb swimmer herself, is one of the friendliest people you could wish to meet and it was her joyous and encouraging presence that helped to introduce me to longer open water swims. They visited the Lido briefly on Sunday 19 January, a weekend when sadly I was away, so I was delighted when Ann offered to write this wonderful article about her visit to the Shaws last year.

Back in 2013/4 when I was starting to explore open water swimming, it was our then Club Captain, Nancy Shaw, who encouraged me and suggested suitable swims that might tempt me. Thus, the Seahorse Swim and the Isle of Wight Pier to Pier became regular fixtures in my swimming calendar. When I was training for the round the Isle of Wight relay in 2014, Nancy, at very short notice, stepped in to deputise for our fastest swimmer to take on a leg of The Solent. Nancy's stint involved swimming through Cowes harbour on a busy Saturday afternoon, escorted by the Harbour Master (to keep her safe from the Portsmouth to IoW ferries!). So along with many SLSC members, I was sad to see the whole Shaw family – now consisting of Nancy, Jason and their two children, Florence and Dylan – leave Tooting, first for New York and then on to Perth, Australia.

I have never been to Perth, in spite of several visits to Melbourne and Sydney to visit family and friends. So, when planning a visit there for last November, I tentatively contacted Nancy to see if I might call in on them in Perth on my way home. Her response was so overwhelmingly positive and encouraging that I rearranged my schedule to include an extra day. The result was a fabulous four days of swimming, sightseeing and wonderful hospitality.

Nancy and Jason met in Perth, where Jason grew up and Nancy was travelling round Australia. It was easy to see why they had always wanted to settle there: they have a beautiful house and pool with amazing sunset views over the Ocean. Their lives are full of outdoor activity: running, swimming, surf-lifesaving, to mention a few. The children, now 10 and 7, and the dog (a lovely labradoodle called Pipi) are fully involved, as was I for the duration of my stay! (not the surf life-saving or the 4.30am starts that Nancy seemed to favour!).

Every day we would walk Florence and Dylan to school, then go for a swim in one of the spectacular local beaches – often protected by a shark net for added drama! She then introduced me to some of Perth's iconic spots like King's Park and South Perth and another day drove me to Freemantle down the

coast – full of history and quirkiness! In between times I could explore Central Perth on its free bus system. It's a beautiful city with lots to see and do – I even learned to bell ring!



Back at the Shaw household, the evenings were full of more activity – usually involving more swimming, either in the ocean, a local pool or in their own pool in the garden. By this time Jason was able to join in the fun. He still works for a US firm so his working day starts at around 10pm most days. His extended family lives close by and one evening involved a large family birthday celebration.

I was really sorry to say goodbye to them all – it had been such fun inhabiting their world for those few days. The good news was that they were coming to the UK in January and would make a Sunday morning visit to Tooting. So it was: on the 19 January they all arrived back at the lido. Jason swam the race, Nancy dipped and Florence and Dylan were their charming and sociable selves! They even helped with the Stuffing Party.

So anyone headed to Australia, I highly recommend a stop off in Perth and a visit to our very own SLSC outpost there.



PS Good luck to Nancy who is doing the Rottneast swim on (I think) 22 March.

Kendal Mountain Festival

By Richard Nelsson

The Kendal Mountain Festival is Britain's largest gathering of outdoor enthusiasts. Held over four days in November, around 18,000 people descend on the Lakeland market town to gorge on a packed programme of films, tales of endurance, and active sports events.

Originally a showcase for adventure films, it now includes a mountain literature festival, cycling and snowsport evenings, climate crisis discussions – and a recently added outdoor swimming session. After years of talking about going, the lure of the latter finally got me booking tickets for the 2019 festival (14-17 November).

Three hundred people packed into Kendal Town Hall for a morning of all things outdoor bathing. Co-chaired by *Outdoor Swimmer* magazine's Jonathan Cowie (former SLSC swim captain) and Ella Foote, the session included three very different water adventurers.



Still from "The Home for Broken Toys", a documentary about The East German Ladies Swimming Team, which won the People's Choice film award at the Festival

First off was Fenwick Ridley, who described his 60-mile upstream swim of the North Tyne ending at Kielder reservoir. A short film of the journey showed just how desperate battling against a strong current can be, although Fenwick was well prepared with this year's must-have piece of swimming kit: the walking pole.

Ben Dowman then took to the stage to describe his new swim-cycle event, the Frog Whitton. This is essentially a sportive around the Lake District spiced up with 10km of swimming in various bodies of water. Attractive to some, the gauntlet was thrown down for the first female to do it, as well as first in skins.

Lindsey Cole closed the session with hilarious tales of swimming down the Thames dressed as a mermaid as well as her Dipping Britain adventure where she visited swim spots from the Scillies to Shetland.

After all the inspiring talk, the obvious thing to do was go for a swim so a few of us headed off to nearby Windermere, England's largest lake. Needless to say, we weren't alone.

As well as paid for events, the festival hosts numerous free talks at the base camp – a marquee in the arts centre car park. For example, on the Friday, Jonathan joined ice swimmer Gilly McArthur (and female rock-climbing advocate) for a lively discussion, while the programme also included the story of paddle boarding the length of Britain's coastline. Elsewhere, the film *Wild Swim* played to a sold-out audience in one of the cinemas.

But, of course, there was much more to see and do. I went along to the Boardman Tasker Prize for Mountain Literature (imagine the Booker Prize in a duvet jacket) where the six finalists discussed their books, before the winner was announced. I also popped along to a lecture about the relationship between music and landscape, as well as catching a few of the 100 or so films on offer. The highlight was *Climbing Blind*, the tale of a climber with very little sight who attempted to lead the way up Scotland's Old Man of Hoy. No spoilers, but there were heart-stopping moments the equal of the much-lauded *Free Solo*.

There was also a 10km fell run which started in the town's marketplace, exhibitions to see, famous mountaineers to spot, pubs to visit... Despite all this, I only scratched the surface of this amazing celebration of outdoor culture and will be back for more next year. Thoroughly recommended.

<https://www.kendalmountainfestival.com/>

The Seahorse Swim

By the Editor



Last year's Team SLSC

Each year the Club presents the Aquarius trophy for the fastest SLSC member completing the 3.8km course skins in the East Dorset Open Water Swimming Club's Seahorse Swim. Last year it was won by Alfonso Perez-Garcia. It's a great day out, with lots of

members choosing to go down the day before and either camp nearby or stay in Swanage. That provides an opportunity to take advantage of some of the other fabulous swims in the area, such as the swim around Durdle Door. (Note – if you want to do this, ensure you're up to it and that the conditions are suitable, as it can be quite choppy on the other side of the arch once you're out of the shelter of the bay).

The Seahorse Swim raises money for the Seahorse Trust, the National Trust, as it takes place at Knoll Beach at Studland on National Trust land, for the Royal Life Saving Society who provide the safety cover for free, and for EDOWSC itself. It's a great event, brilliantly organised and huge fun to do. This year the swim is on Sunday 21 June at 10 am.

The only problem is, since open water swimming has become SO POPULAR, it's a real challenge to get into the swim – last year online entries sold out within ten minutes of opening! EDOWSC kindly saves SLSC ten places, but if you don't snag one of these, you'll need to do battle with all the other hopeful swimmers. Online entries open at 10 am sharp on 16 February 2020 – fingers at the ready!

<https://eastdorsetowsc.org/event/seahorse-swim-2/>

Tooting Street Art

By the Editor



Whilst idly looking online for an illustration for Ted Yaxley's limerick about his Tooting 'laddette', I came across this fabulous picture of one of the pieces of street art which can be found around and about Tooting Market, which led me to this fascinating article: <https://inspiringcity.com/2016/02/18/street-art-comes-to-tooting-as-artists-create-a-gallery-near-tooting-broadway-market/>.

I had no idea the local art was so extensive, or that it was an ad hoc gallery where you can see some works by some famous graffiti artists. It's inspired me to go to the market one morning soon for a coffee (Oh! which of the fabulous options to choose?) and then to seek out more of these amazing artworks. I love Tooting!

FORTHCOMING ATTRACTIONS

TRAINING AND EVENTS AT THE LIDO AND ELSEWHERE

The SLSC Annual General Meeting

Lido Pavilion on Sunday 22 March at 10.00am.

Nominations for the SLSC Committee

Could you help lead this amazing club by standing for election at the AGM in March? There are several vacancies on the committee this year so if you have commitment and drive and are interested in being part of an incredible team with plenty of talent, support and experience, please do put yourself forward. We are especially looking for someone to take up the post of Vice President as, since the recent posting of the nomination papers, Cecilia has resigned her position. The deadline for nominations is **14 February**.

Nominations for the Unsung Hero Cup: Lipsey cup for outstanding support to SLSC

Do you know someone who has made a significant contribution to the Club over a period of time, and whose efforts have not previously been recognised by award or publicity? Is there someone you would like to nominate from amongst the many wonderful people who contribute in a host of different ways, whether using their time, skills and expertise or support to others? Send no more than two nominations, with a supporting statement of no more than 300 words for each by **Sunday 1 March**. If your nominee was not previously chosen, please do nominate them again.

Want to be a Tooting Bec Lido lifeguard?

In the coming months Lido manager Karen will be recruiting lifeguards for the summer season. So, if you want to join the team, here's your chance! The next lifeguard training is taking place at Balham Leisure Centre, 17 – 21 February and 6 – 10 April. Email karenwells@pfpleisure.org if you are interested or pass this information on to anyone else who might be! Young and not so young welcome to train to be a Tooting Bec Lido lifeguard this summer.

2020 Summer Aquathlon series

Save the dates:

- Race 1: Wednesday 27 May
- Race 2: Wednesday 10 June
- Race 3: Wednesday 24 June
- Race 4: Wednesday 8 July

Entry will be £20 per race with £4 discount for SLSC members and £4 discount for BTF members. Online registration opens at the end of March. www.slsc.org.uk/2020-summer-aquathlon-series

SLSC Water polo

Indoor water polo continues at St Joseph's College pool, Beulah Hill, West Norwood SE19 3HL on Sunday afternoons 5.15 to 6.30. Email waterpolo@slsc.org.uk for more info – all abilities welcome!

SLSC Indoor swim training session

Monday evenings 8.30 to 9.30 continues at Ernest Bevin College, Tooting.

NEW for 2020: Sunday mornings 10.45 to 11.45 at Alleyn's School, Dulwich. We have plenty of space for new swimmers, so do join us!

More info and to book (discount for a full term) at www.slsc.org.uk/training-sessions.

Triathlon training at Tooting Bec Lido

Saturday mornings 8.30 to 10 from March.

Plans are afoot to start this programme again from 7 March to 30 May. If you want to have fun and get fit for the new triathlon season, email Tim at swim@slsc.org.uk to register your interest. All ability and fitness levels welcome. More information on the sessions and coach will be available soon.

Outdoor Zumba

Saturday mornings, 10 to 11 outside the Pavilion – enter via the usual entrance. £5 per session.

Exercise in the lovely Lido Pavilion

Mondays: 9.30 to 10.30am Pilates with Bex Redfearn, 11 am to 12 pm Yoga with Luisa Cicuttin, 18.45 to 19.45 Beginners Yoga with Em Thomson

Tuesdays: 18.45 to 19.45 Flow and Rebalance yoga with John Pullin

Wednesdays: 9 to 10am T'ai Chi with Caroline Ross – £9 discounted to £6 for SLSC members.

Thursdays: 18.45 to 19.45 Candlelit vinyasa yoga with Em Thomson

Fridays: 9 to 10am Pilates with Bex Redfearn

Saturdays: 8.30 to 9.30am Ashtanga yoga with Em Thomson

Sundays: 11.30am to 12.30pm Vinyasa yoga with Em Thomson

Yoga classes £8 discounted to £5 for SLSC members.

Check out Solasta Dance Academy, and Benchmark Gym for the little ones!

To see what else is happening in the Lido Pavilion visit www.slsc.org.uk/open-events/

Lido opening times: 7am or sunrise to 2pm every day. Last swim at 1.45pm. Please leave promptly.