



YOUR GUIDE TO BETTER BARNET

April 2019 – March 2020

For full centre details, please visit better.org.uk/barnet

In partnership with



BETTER
the feel good place

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INTRODUCTION TO YOUR CENTRES

WELCOME TO BETTER

Better is the customer brand of GLL – the UK's leading leisure charitable social enterprise, that exists for the benefit of everyone in the community.

We are very proud of our long-standing partnership with Barnet Council, which is focused on improving physical activity levels for all residents. This year we are excited to be delivering Better leisure services in the borough with an investment from the council and Sport England for two brand-new facilities: Barnet Copthall Leisure Centre and New Barnet Leisure Centre, which are due for completion this summer.*

What isn't changing is our commitment to affordable pricing and concessionary access for those who most need it – reinvesting into the local communities we serve. Alongside enhancements to our main services, we have an ambitious programme to improve customer experience, integrate health priorities and engage residents in physical activity opportunities within community settings.

Thank you for choosing Better. We hope you and your family and friends enjoy using your local leisure facilities and services in Barnet.

*Please note: The activities and facilities available in the new centres will be subject to change. Please check better.org.uk/barnet for updates.

INTRODUCTION TO YOUR CENTRES

INTRODUCTION — COUNCILLOR STATEMENT

It's been an eventful year of change and improvement for the many wonderful leisure facilities in Barnet, and I'm proud to have been a part of it.

Our partners at Better have invested £2,421,082 into making Finchley Lido, Burnt Oak and Hendon Leisure Centres even better. This summer, following investment from the Council, including £2m Lottery Funding via Sport England, we'll be opening two brand-new leisure centres at Barnet Copthall and Victoria Recreation Ground, New Barnet. I can't wait!

More than 20,000 people have so far signed up for our free Fit and Active Barnet (FAB) Card, which gives residents a range of benefits and activity incentives. Examples include up to 50% off activity prices, free swimming for children under 8, swimming for just £1 for children aged 8–15, and much more. If you live in Barnet and you haven't already, please sign up now at: www.better.org.uk/fab-card

In the last year, we've seen the gym at Finchley Lido expand, with new state-of-the-art equipment for our residents to enjoy at an affordable price. By June 2019 improvements will have been made to the on-site air circulation systems and boilers, making the centre more energy-efficient. The poolside changing rooms will have undergone a big refurbishment too.

We've seen new gym equipment and new nursery and crechè facilities introduced at Burnt Oak Leisure Centre, which has also received a much-needed makeover to the changing rooms. What's more, its 3G artificial grass pitch has been resurfaced – so that everyone can enjoy a good kick-about.

We've seen new equipment introduced in the expanded gym at Hendon Leisure Centre – which also has an improved and relocated climbing wall and modern changing facilities.

And the improvements don't stop there. By the time we've finished building the Barnet Copthall Leisure Centre, it will have three swimming pools, three health improvement rooms, a sports hall, café and health and fitness suite. New Barnet Leisure Centre will have two swimming pools, a café, health and fitness suite, partnership library, multi-use games area, tennis courts and two health improvement rooms.

We're working with Better and Middlesex University to develop a new interactive app for Barnet residents to encourage them to stay more active. It's still early days, but we hope it'll get everyone moving more in a fun and engaging way.

We need to make sure that Barnet is as fit, active and healthy as it can possibly be. A little exercise can help residents live much longer, as well as lifting the mood so that everyone can be healthier and happier. I would encourage all our residents to take part in some form of regular activity if they're not already. Whether it's at one of our fantastic, upgraded Better leisure centres or through our amazing FAB initiatives, please exercise and make your lives Better.

Councillor Sachin Rajput,

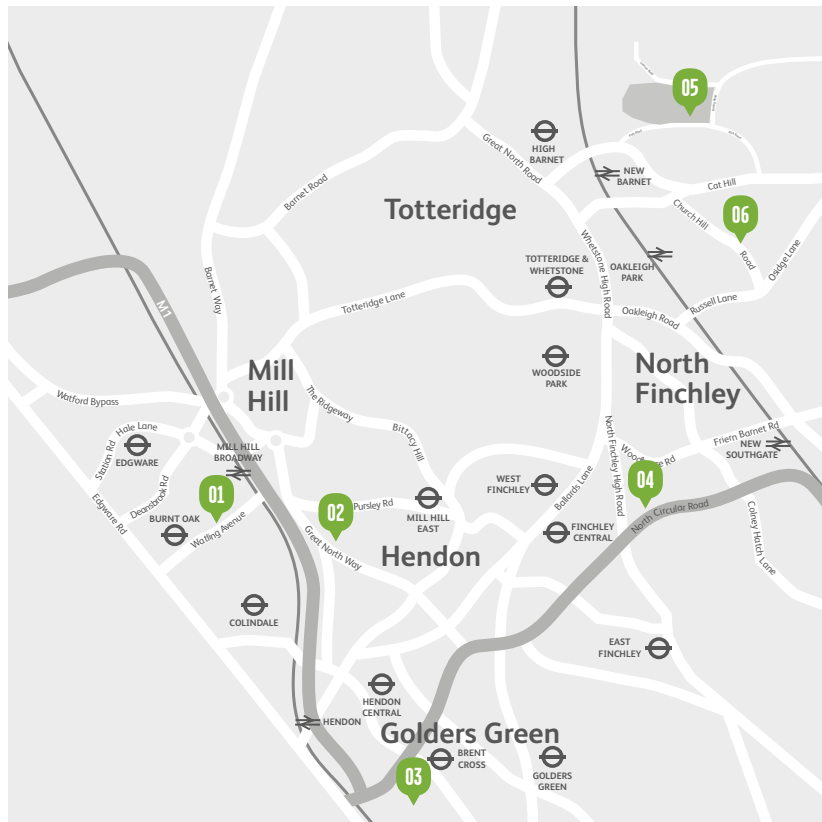
Chairman of Barnet Council's Adults and Safeguarding Committee
Lead Member for Sport & Physical Activity

INTRODUCTION TO YOUR CENTRES

Better, in partnership with the London Borough of Barnet, are proud to offer 5 leisure centres that provide a wide range of facilities and activities for everyone.

This year, we are excited to be opening two brand-new state-of-the-art leisure centres, replacing the existing Barnet Copthall Leisure Centre and Church Farm Leisure Centre. The new Barnet Copthall Leisure Centre and New Barnet Leisure Centre are expected to open their doors to the public in the summer.

Further information on your local leisure centres can be found on pages 6–13.



1. **Barnet Burnt Oak Leisure Centre**
Watling Avenue,
Edgware, HA8 0NP
2. **Barnet Copthall Leisure Centre**
Champions Way,
Hendon, NW4 1PX
3. **Hendon Leisure Centre**
Marble Drive,
London, NW2 1XQ
4. **Finchley Lido Leisure Centre**
Great North Leisure Park,
Chaplin Square,
Finchley, N12 0GL
5. **New Barnet Leisure Centre**
1 Lawton Road,
Barnet, EN4 9BS
6. **Church Farm Leisure Centre**
Church Hill Road,
Barnet, EN4 8XE

NEW BARNET LEISURE CENTRE

Through a council and Sport England investment, this brand-new leisure centre will replace the existing Church Farm Leisure Centre, and is due to open in summer 2019. New Barnet Leisure Centre is situated in Victoria Recreation Ground in New Barnet and will also include a partnership library, relocated from the current East Barnet Library.

If you would like any further information about the new centre or how to take advantage of the pre-sales membership offer please contact us at new-barnet@gll.org

Facilities:

- Health and Fitness suite – cardio and resistance equipment, functional area for stretching, body weight and free weight training
- 2 Studios
- 2 Health Improvement Rooms
- Multi-Use Games Area
- Community Swimming Pool – 25m, 6 Lanes
- Learner Pool
- 2 Floodlit Tennis Courts
- Partnership Library
- Better Coffee Corner (café)
- Spectator Seating

Activities:

- Fitness Classes
- Swimming Lessons
- Tennis Lessons
- Tots Water World
- Holiday Activities (see page 31)
- Birthday Parties (see page 31)



BARNET COPTHALL LEISURE CENTRE

Through a council and Sport England investment, this brand-new leisure centre will replace the existing Copthall Leisure Centre, and is due to open in summer 2019. The new centre will be located adjacent to the existing centre and will provide residents with a range of state-of-the-art facilities.

If you would like any further information about the new centre or how to take advantage of the pre-sales membership offer please email us at copthall@gll.org

Facilities:

- Health and Fitness suite – cardio and resistance equipment, functional area for stretching, body weight and free weight training
- 2 Studios
- Competition Pool – 25m, 8 Lanes
- Community Pool – 25m, 6 Lanes
- Learner Pool
- Sports Hall – 5 courts
- 3 Health Improvement Rooms
- Better Coffee Corner (café)
- Seniors Lounge (see page 24)/Viewing Gallery
- Spectator Seating

Activities:

- Fitness Classes
- Swimming Lessons
- Badminton
- Gymnastics
- Football
- Netball
- Basketball
- Tots Water World
- Holiday Activities (see page 31)
- Birthday Parties (see page 31)



BARNET COPTHALL LEISURE CENTRE

The existing Barnet Copthall Leisure Centre is situated within the green fields of the Copthall Estate in Mill Hill and offers customers a relaxed and pleasant environment to either swim, participate in a class or work out in the gym. It is also the home of the Elite Swimming Squad (Barnet Training Scheme), where successes have included Olympians and World Champions.

Copthall Leisure Centre is due to close and will be replaced by the new facility in Summer 2019 (see page 7).

Please note: The activities and facilities available in the new centres will be subject to change, please check better.org.uk/barnet for updates.

Centre details:

Champions Way
NW4 1PX

T: 020 8457 9900

E: copthall@gll.org

Web: better.org.uk/copthall

Bus: 221, 113, 240

Tube: Mill Hill East (Northern Line)

Free Parking and Bicycle racks available

Opening Times:

Monday–Friday: 6.45am–10.00pm

Saturday/Sunday: 8.00am–5.00pm

Existing facilities:

- Health and Fitness suite – cardio and resistance equipment, functional training area and free weights training area
- Studio
- Main Pool – 25m, 8 lanes
- Training Pool – 25m, 6 lanes
- Diving Pool – up to 3.8m depth (moveable floor)
- Seniors Lounge (see page 24)
- Café

Activities:

- Fitness Classes
- Swimming Lessons
- Diving
- Tots Water World
- Holiday Activities (see page 31)



CHURCH FARM LEISURE CENTRE

Church Farm Leisure Centre is located in the East of Barnet and is a real community pool with a family feel, offering an exceptional swimming lesson programme for all. The centre offers a range of pool activities from children's parties and lessons to water workout and fitness swimming.

Church Farm is due to close in August and will be replaced by the new facility in Summer 2019 (see page 6).

Please note: The activities and facilities available in the new centres will be subject to change, please check better.org.uk/barnet for updates.

Centre Details:

Church Hill Road
EN4 8XE

T: 020 8368 7070

E: church-farm@gll.org

Web: better.org.uk/church-farm

Bus: 184

Rail: Oakleigh Park

Free Parking

Opening Times:

Monday–Friday: 6.45am–9.30pm

Saturday: 8.00am–4.30pm

Sunday: 9.00am–5.00pm

Existing Facilities:

- Swimming Pool – 18m, 3 lanes

Activities:

- Water Workout
- Swimming Lessons
- Tots Water World
- Holiday Activities (see page 31)
- Birthday Parties (see page 31)



BURNT OAK LEISURE CENTRE

Built in 2002, Burnt Oak Leisure Centre provides an amazing range of facilities based within the heart of the local communities of Burnt Oak and Mill Hill, offering sporting and recreational activities for everyone from 3 months old upwards.

During 2018 Burnt Oak received considerable investment to ensure that this local community favourite continued to offer up-to-date facilities. The gym was refurbished with over £100,000 worth of new equipment and a new Boditrax (precision body composition and cellular monitoring system), the changing rooms were modernised, and the floodlit synthetic football pitch was upgraded to the latest 3G surface. In January 2019, our crèche facilities were greatly improved with the introduction of a brand-new nursery to provide preschool day care for children from 3 months to 5 years.

Centre details:

Watling Avenue
HA8 0NP

T: 020 8201 0982

E: burnt-oak@gll.org

Web: www.better.org.uk/burnt-oak

Bus: 251, 114, 186

Tube: Burnt Oak (Northern Line)

Free Parking and Bicycle racks
available

Opening Times:

Monday–Friday: 6.45am–9.50pm

Saturday/Sunday: 9.00am–5.00pm

Facilities:

- Health and Fitness suite – cardio and resistance equipment, functional training area and free weights training area
- Studio
- Spin Studio
- Sports Hall – 4 Courts
- 3 Tennis Courts

- Multi-Use Games Area
- 3G Pitch – 7-a-side
- Grass Pitches – 11-a-side
- Crèche
- Nursery

Activities:

- Nursery
- Crèche
- Gym
- Basketball
- Judo
- Badminton
- Gymnastics
- Netball
- Football
- Table Tennis
- Tennis
- Fitness Classes
- Junior Gym (11–15 Years)
- Toddlers World
- Birthday Parties (see page 31)
- Holiday Activities (see page 31)



BETTER COMMUNITY NURSERY — BURNT OAK

Our brand-new, purpose-built community nursery is located within Burnt Oak Leisure Centre, right at the heart of your community.

Combining our leisure centre facilities with the expertise of qualified and highly trained staff, we support children in their crucial early stages through enhanced learning with a physical activity focus. We've devised a specialised programme that helps children quickly develop coordination, fine motor skills, balance and concentration. From riding a bike, to dancing and playing football, our brand-new community nursery creates an exciting early years experience, through physical play.

By teaching children physical skills, we will help them unlock their fullest potential.

All of this will be underpinned by the Early Years Foundation Stage to help your child become school ready. The new nursery features three well-equipped, age-specific areas to support children through every stage of our programme.

**FULL OR PART-TIME
DAY CARE FOR AGES 3
MONTHS TO 5 YEARS**

Discover more at better.org.uk/burnt-oak-nursery



HENDON LEISURE CENTRE

Built in 1995, Hendon Leisure Centre hosts one of the most established and renowned gymnastics clubs in London. The Centre offers a wide range of gymnastics opportunities for children as young as 3 all the way through to adults. Hendon really does offer something for all ages and abilities.

Following a £400,000 refurbishment of its health and fitness facilities in 2019, the extended gym now offers a fantastic array of new cardiovascular, functional, resistance and free weights equipment. The changing facilities were also modernised as part of the refurbishment.

Hendon's brilliant offering keeps on rising with their brand-new and relocated climbing wall, offering lessons and courses for both children and adults.

Centre details:

Marble Drive, off Claremont Road,
Brent Cross
NW2 1XQ

T: 020 8455 0818

E: hendon@gll.org

Web: www.better.org.uk/hendon

Bus: C11, 189, 113, 102, 210

Tube: Brent Cross (Northern Line)

Free Parking

Opening Times:

Monday–Friday: 6.30am–10.00pm

Saturday: 9.00am–6.00pm

Sunday: 9.00am–10.00pm

Facilities:

- Health and Fitness suite – cardio and resistance equipment, functional training area and free weights training area
- Studios
- Sports Hall – 5 Courts
- Climbing Wall
- Purpose-Built Gymnasium

Activities:

- Gym
- Basketball
- Badminton
- Gymnastics
- Trampolining
- Climbing
- Netball
- Football
- Table Tennis
- Fitness Classes
- Junior Gym (11–15 Years)
- Toddlers World
- Holiday Activities (see page 31)



FINCHLEY LIDO LEISURE CENTRE

Finchley Lido Leisure Centre is located in Great North Leisure Park in Barnet, and opened in 1996. It is a great place to take your family for a swim offering a leisure pool with a wave machine, jets and other fun features. There is also a 25 metre pool which has a comprehensive learn-to-swim programme, and an outdoor pool which opens during the summer months.

The centre has undergone major refurbishments with an investment of £675,000 to improve our gym offering with brand-new equipment and improved layout. Facilities include an 80-station, state-of-the-art gym with free Wi-Fi and Boditrax (precision body composition and cellular monitoring system). A £208,000 state-of-the-art facial recognition and entrance control system has also been installed to improve customer access to our facility (see page 20 for more information). This year our poolside changing facilities will undergo refurbishment with an investment of £122,000, resulting in more family changing areas and an improved customer journey.

Centre details:

Unit 4 Great North Leisure Park
Chaplin Square
North Finchley
N12 0GL

T: 020 8343 9830

E: finchley-lido@gll.org

Web: better.org.uk/finchley-lido

Bus: 263

Tube: East Finchley (Northern Line)

Free parking (3 hours max)

Opening Times:

Monday–Friday: 6.45am–10.00pm

Saturday/Sunday: 8.00am–5.30pm

Facilities:

- Health and Fitness suite – cardio and resistance equipment, functional training area and free weights training area
- Studio
- Spin Studio
- Swimming Pool – 25m, 6 Lanes
- Leisure Pool– wave machine & jets
- Outdoor Pool
- Sauna

Activities:

- Gym
- Fitness Classes
- Swimming Lessons
- Junior Gym (11–15 Years)
- Tots Water World
- Holiday Activities (see page 31)
- Birthday Parties (see page 31)



CENTRE INFORMATION — ACCESSIBILITY

ACCESS TO OUR CENTRES

We welcome all customers to our centres and we aim for all activities to meet the conditions of the Disability Discrimination Act. If you need any help when using our facilities, please ask any member of staff, who will be happy to provide assistance.

	Barnet Burnt Oak Leisure Centre*	Barnet Cophall Leisure Centre	Church Farm Leisure Centre	Finchley Lido Leisure Centre*	Hendon Leisure Centre
Gym adapted for wheelchair users	•	•		•	•
Baby change facilities	•	•	•	•	•
Ramp access	•	•	•	•	•
Accessible toilets	•	•		•	•
Lift	•	•			•
Stairlift				•	
Pool hoist		•		•	
Wheelchair access to poolside		•	•	•	
Accessible parking	•	•	•	•	•
Accessible changing	•	•	•	•	•
Accessible group activities	•	•		•	•
Hearing Loop	•	•	•	•	•

Burnt Oak* and Finchley Lido* leisure centres have achieved Inclusive Fitness Initiative (IFI) accreditation in recognition of the work they have done to improve disabled access on their premises. Both leisure centres now offer a range of inclusive fitness equipment, which has been designed to cater specifically to the needs of disabled customers. Specially trained staff are now also on hand to help support the health and fitness needs of disabled visitors. Recent improvements have included high-visibility entrance markings, additional handrails in the changing rooms and toilets, improved signage and qualified NVQ Level 3 fitness instructors.



*These centres are fully accredited by IFI. Supporting the fitness industry to become more inclusive, catering for the needs of disabled and non-disabled people, raising physical activity participation levels.

BETTER INCLUSIVE

We want everyone, including our disabled users, to enjoy keeping active and feeling good. Many of our leisure centres have been accredited with the Inclusive Fitness Initiative, which means they are fully accessible, Disability Discrimination Act compliant and cater for the needs of all abilities.

Join our Health & Fitness Inclusive membership for disabled people and take advantage of full any-time access to our gyms, pools and classes at over 100 Better leisure centres.

For more information on activities available please visit better.org.uk



FIT & ACTIVE BARNET (FAB) CARD – FREE RESIDENTS CARD

To support and encourage Barnet residents to live a more active and healthier lifestyle, each and every resident is entitled to a FREE FAB Card. Additional benefits are available to registered carers, foster carers, children in care and care leavers.

The FAB Card gives residents access to a range of benefits including:

- Access to all Barnet leisure centres
- Up to 50% discounts off activity prices
- FREE swimming for children aged under 8*
- Young people aged 8–15 swim for ONLY £1.00*
- FREE swimming for looked-after children, care leavers, registered carers and foster carers
- Access to a wide range of activities and courses
- FREE e-activity guest passes
- Online booking and payment for activities
- Use of kiosks to allow fast-track entry
- Up to 14 days' advance telephone or online booking
- Discounted access to community-based activities such as Barnet Health Walks and more.

*Monday to Saturday only. Full terms and conditions are available at point of sign up.

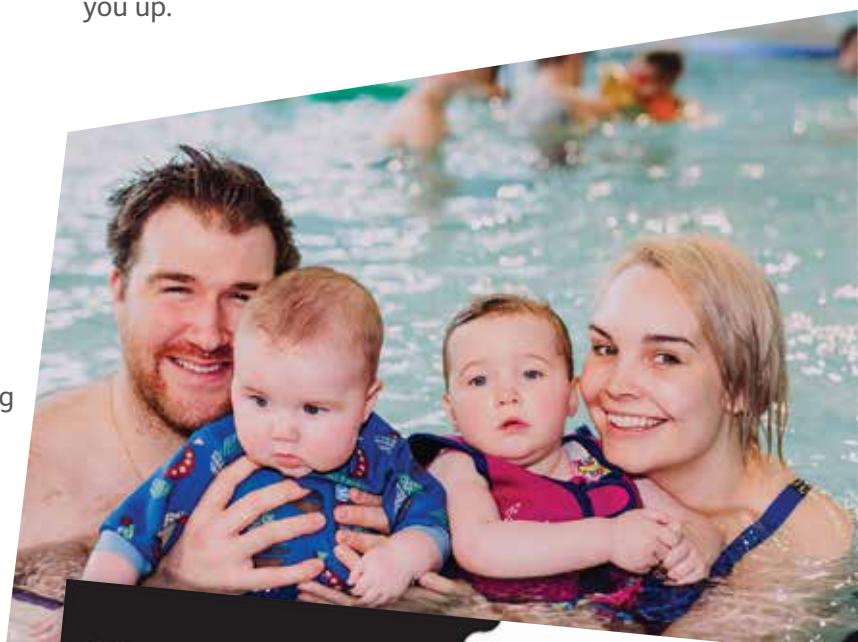
The FAB Hub is an online community platform providing a “one stop shop” for all things sport and physical activity-related in the borough. Features include FAB card sign up, activity finder, good news stories, campaigns and local events. Discover more at

better.org.uk/fab-hub

APPLYING FOR YOUR FAB CARD

For full details, terms and conditions or to sign up, please visit better.org.uk/fab-hub

Once registered, visit your chosen Better leisure centre to redeem your FAB Card. Alternatively visit your nearest Better centre and a member of the team can help sign you up.



MEMBERSHIPS

PREPAID MEMBERSHIP

Better prepaid memberships let you enjoy our facilities without paying each time you visit. Simply pay a one-off annual fee or monthly direct debit and enjoy the facilities and activities as often as you want.

	Better Health & Fitness	Better Health & Fitness UK	Better Health & Fitness Junior (Under 16)	Better Inclusive
No minimum contract	•	•	•	•
Inclusive access to the Gym	•	•		•
Inclusive access to swimming	•	•	•	•
Inclusive access to fitness classes*	•	•	•	•
Inclusive personalised fitness induction and personal exercise programme*	•	•	•	•
Inclusive access to one 2-hour crèche session for one child per week**	•	•		•
Up to 14 day’s advanced telephone or online booking	•	•	•	•
Use of kiosks to allow fast-track entry (where applicable)	•	•	•	•
Up to 30% off non-member prices for any other activities	•	•	•	•
Access to courses and other member-only activities and facilities	•	•	•	•
Access to online membership and self-administration	•	•		•
Access to fast-track kiosks for quick entry to facilities (where applicable)	•	•		•
Inclusive access to gyms, fitness classes and swimming facilities at all Better leisure centres		•		•
Inclusive access to racquet sports within Barnet (one hour court per person per day)		•		
Inclusive access to sauna use at all Better centres		•		•
Inclusive access to one 2-hour crèche session for one child per day		•		•
Pay and Play membership access for any other activity	•	•	•	•
Inclusive access to Junior gym sessions (11–15 years)			•	
Inclusive access to Toddlers World/Tots Water World (0–4 years)			•	
Inclusive access to one off peak racquet sport activity per day (11–15 years)			•	

*Activities are available to concessionary members at off-peak times only

** Better Health & Fitness Junior concessionary is limited to off-peak times

MEMBERSHIPS

ACTIVITY-BASED PREPAID MEMBERSHIP

This membership option is perfect if you’re likely to use one activity only, such as the health and fitness suite, pool, sports courts or fitness classes. Simply pay a one-off annual fee or monthly direct debit and enjoy most of the facilities as often as you want.

	Better Gym	Better Fitness Classes	Better Swim	Better Racquets
No minimum contract	•	•	•	•
Inclusive access to gym facilities at home centre	•			
Access to over 50 gyms (£3 fee applies)	•	•		
Access to over 40 swimming pools (£3 fee applies)	•	•		
Access to 1000s of fitness classes (£3 fee applies)	•	•		
Up to 14 day’s advanced telephone or online booking	•	•	•	•
Use of kiosks to allow fast-track entry (where applicable)	•	•	•	•
Booster packs available to reduce additional fees from £3 to £2	•	•		
Pay and Play access within Barnet for any other member-only activities	•	•	•	•
Access to fast-track kiosks for quick entry to facilities (where applicable)	•	•	•	•
Inclusive access to all Better swimming pools			•	
Inclusive access to fitness classes at home centre		•		
Inclusive access to racquet sports across all Better centres				•
Can be used for badminton, squash and/or racquet bookings				•

Discover more at better.org.uk/memberships

PAY & PLAY ACTIVITY PRICES



DROP-IN

Drop-In Activities – No Booking Required	FAB Card Adult	FAB Card Adult Conc.	FAB Card Child	FAB Card Child Conc.	Non-Member Adult	Non-Member Child
Adult Gymnastics – Hendon	£9.60	£7.05	N/A	N/A	£14.05	N/A
No Strings Badminton	£5.00	£5.00	£5.00	£5.00	£5.00	£5.00
Gym	£8.95	£4.55	£4.55	£3.15	N/A	N/A
Toddlers World – Hendon	N/A	N/A	£4.40	£3.05	N/A	£6.05
Toddlers World – Burnt Oak	N/A	N/A	£4.20	£2.90	N/A	£5.90
Toddlers World Sibling – Burnt Oak	N/A	N/A	£2.30	£2.30	N/A	£2.30
Swimming	£4.75 FREE*	£2.90	£2.80 FREE*	£2.10	£6.80	£4.15
Diving (Available until Summer 2019)	£4.65	£2.85	£2.75	£2.05	£6.65	£4.10
Tots Water World	£5.50	£3.95	N/A	N/A	£8.00	N/A

*Applies to registered carers, foster carers, children in care and care leavers. (Please see page 16 for more details)



PRE-BOOKABLE

Drop-In Activities – Booking Required	FAB Card Adult	FAB Card Adult Conc.	FAB Card Child	FAB Card Child Conc.	Non-Member Adult	Non-Member Child
Fitness Classes	£8.85	£4.55	N/A	N/A	£12.35	N/A
Water Workout	£7.25	£4.45	N/A	N/A	N/A	£10.30
Badminton – Per court	£12.55	£9.65	£6.55	£4.75	£18.20	£9.60
Table Tennis – per table	£8.50	£6.25	£6.25	£3.85	£12.15	£7.80
Climbing – 4–6 Years	N/A	N/A	£10.00	£10.00	N/A	£10.00
Climbing – 7–15 Years	N/A	N/A	£12.00	£12.00	N/A	£12.00
Climbing – 16+ Years	£15.00	£15.00	N/A	N/A	£15.00	N/A

DIGITAL INNOVATIONS

Better and Barnet council are committed to introducing innovative digital solutions to improve the customer journey, in addition to finding new ways to support residents in becoming physically active within leisure centres and community settings. Some of the digital enhancements you can expect to see include the Better App, launch of a fun gamification app to encourage increased physical activity levels, and installation of facial recognition technology to improve how our members access leisure centres.

BETTER APP

The Better App offers users access to information related to your local leisure centre, digital membership card to access leisure centres, links to Boditrax, mywellness, online fitness classes and bookings.

The Better App is now available to download from the Google Play Store and Apple App Store.

PHYSICAL ACTIVITY APP

Launching this year, Better and Barnet Council have partnered with Middlesex University to develop a new app designed for Barnet residents, which will aim to increase levels of physical activity through the use of games and challenges.

Visit better.org.uk/fab-hub to keep up to date with app developments.

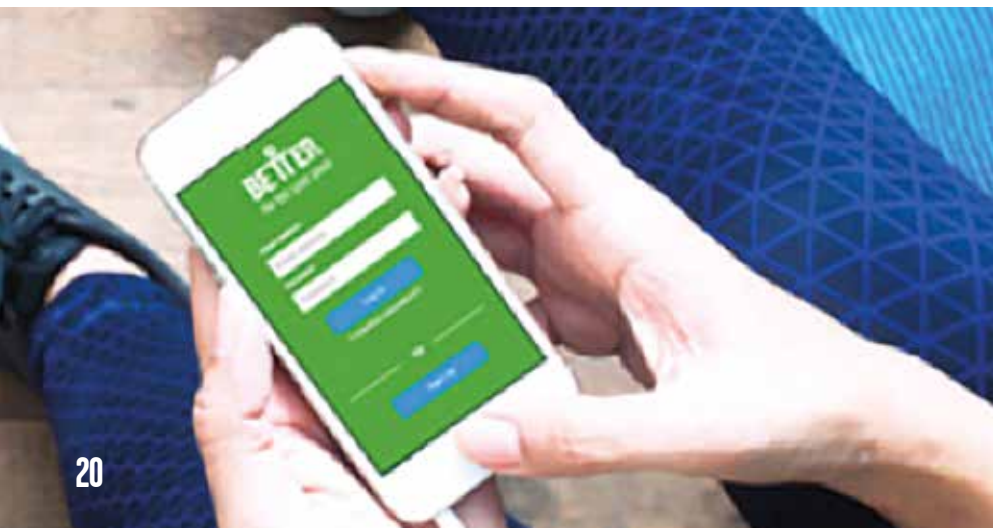
FACIAL RECOGNITION

In order to enhance and improve the customer journey at your local leisure centres in Barnet, Better have launched a state-of-the-art facial recognition access control system at Finchley Lido Leisure Centre.

The new system will alleviate the need to carry a membership card, in addition to the requirement for prepaid members to select an activity via an entry kiosk prior to accessing the facility.

The new technology is currently being piloted at Finchley Lido Leisure Centre, following which we intend to introduce across all 5 leisure centres in Barnet.

If you have any questions about how the new facial recognition technology will work at your centre please get in touch via finchley-lido@gll.org



BETTER EXTRAS

WHY NOT OFFSET THE COST OF YOUR MEMBERSHIP?

Better Extras is an exclusive member benefits platform, available to all adult pre-paid Better members in Barnet, designed to save you money. Once registered you will be able to unlock great discounts and cashback on your shopping, whether you shop online or in store, with over 1,600 retail partners.

We aim to bring you the best deals, offers and savings. There is something for everyone from major retail brands, small shops and independents to a market-leading range of high street and supermarket vouchers.

Once you join on a Better pre-paid membership you will be able to start taking advantage of the Better Extras platform. To register or login, visit: betterextras.co.uk



RIVER ISLAND



Debenhams



Healthwise is a GLL programme which introduces individuals referred by their GP to the benefits of physical activity in order to help reduce risk factors for chronic disease and manage existing medical conditions. Led by specialist staff, the programme is designed to encourage people of all abilities to become and remain more physically active, helping to improve health and well-being. Healthwise provides a welcoming, safe, affordable and accessible service for Barnet residents.

Programmes available are:

- **Physical Activity Referral Scheme (PARS)**

This is a 12-week intervention that is currently delivered at Barnet Burnt Oak Leisure Centre, Barnet Copthall Leisure Centre, Finchley Lido Leisure Centre and Hendon Leisure Centre, with individuals attending three assessments over this period with a fully qualified member of the team. The individual will receive an induction into the gym, a structured exercise programme and signposted to any other activities that will benefit their health and well-being.

- **Adult Weight Management**

This is currently delivered at Barnet Burnt Oak Leisure Centre, Barnet Copthall Leisure Centre and Finchley Lido Leisure Centre. This intervention is a group-based programme (15 per group) with mixed groups. Adult Weight Management courses run for a 10-week period and encompass both educational and physical activity components to promote healthy eating and an active lifestyle.

We will be expanding our programme to all leisure centres in Barnet by the end of 2019 with an emphasis on falls prevention, cancer rehabilitation and diabetes pathways.

Please note the above programmes are only available via GP referral. If you have any questions or queries please contact the Healthwise team for further advice and support at healthwise.barnet@gll.org or call 020 8457 9910.

XPLORE

XPLORE is a family lifestyle programme aimed at helping children and young people who are over the healthy weight range and between the ages of 4 and 13 to move more, eat well and feel good. The 8-week programme supports children, young people and their families to make sustained lifestyle and dietary changes. Each session lasts between 1 and 2 hours depending on the age groups. Younger groups (4–6 years) focus on active play and parent-focused education. The 7–13 years age groups have a workshop session followed by a parent-focused education session, whilst the children participate in activity.

Our team also delivers after-school clubs and healthy eating programmes within primary schools in Barnet.

Referrals for the XPLORE programme are available via GPs, health professionals and by self-referral. If you have any concerns over your child's health or are interested in the programme please contact xplore.barnet@gll.org or call 020 8457 9907.



BETTER COMMUNITIES

Through collaborative working with a range of stakeholders, we have diversified our offer beyond the leisure centres, delivering physical activity and volunteering opportunities in the heart of Barnet communities. Our programmes include fitness classes, health walks, events, clubs and social mornings to promote the health and well-being agenda. Our current programme provision will continue to grow throughout the year, with information found at better.org.uk/fab-hub

Other community-based projects that we deliver in Barnet include:

- **GLL Sports Foundation** – We continue to operate the Sports Foundation in Barnet. The Foundation supports young people with athletic talent to achieve their full sporting potential by reducing the financial burden of training and competition costs. A record number of 77 young athletes in Barnet were supported in 2018/2019. Successful athletes are invited to Barnet events, competitions and schools to help inspire the next generation. For more information and to apply please visit GLLSportFoundation.org
- **Training and Employment** – we offer a range of opportunities in Barnet leisure centres including school work experience, placements through Instructability and Mencap, and apprenticeships for young people. Information can be found on better.org.uk/fab-hub

- **The GLL Community Foundation** – helps local projects that encourage people to be active, to learn and to play together with funding, facilities and support. Projects could range from organising a sports tournament or improving a community library to creating a new sports league or revamping a children's playground.
- Last year, Better Barnet made a pledge of £2,000 (cash) to support the Mill Hill East Community Garden Project.

For more information and to create a project, visit www.spacehive.com/movement/community-foundation

VOLUNTEERS REQUIRED
TO SIGN UP VISIT
VOLUNTEERS.BETTER.ORG.UK



SENIORS CLUB ACTIVITIES

Are you 55 or over? Want to take some first steps towards being more active, but not sure where or how to start?

Our Seniors Club Activities are not only designed to keep you fit and active, they also provide a great opportunity to socialise and meet new friends. The activities are aimed at getting you out of the house and to make sure you are having fun and keeping healthy at the same time. You'll receive great support from our professional and friendly staff who will help you achieve your best.

Our centres offer a wide range of facilities, including gyms which provided a range of equipment and supervised sessions to help to improve your health and well-being. There's also a range of fitness classes to choose from, including total body conditioning, aerobics and much more. Please remember that to be able to use the gym you must be a member and complete an induction session.

You can also relax in specialised sessions at our swimming pools. Please remember that swim-safely rules apply.

Our Club Activities also take place within local community venues such as church halls and community centres which are easily accessible and affordable. Activities include chair based classes, dance classes and much more.

Your Seniors Club Room is located at Barnet Copthall Leisure Centre. This houses seating, a television, kitchenette and refreshments. There are books, games and magazines to keep you occupied too.

Look out for different activities around the borough such as badminton, short tennis, bridge and much more. You can enjoy full use of this room plus much more as part of our seniors prepaid memberships.

SIGN UP FOR YOUR
FREE FAB CARD AND
FIND THE PERFECT ACTIVITY
FOR YOU BY VISITING
BETTER.ORG.UK/FAB-HUB

To find out more, visit better.org.uk/fab-hub

Annual Better Club Games

Our annual inter-borough competition is held in autumn every year: come along to compete in a range of activities including badminton, darts, swimming... plus loads more! If you are interested in representing the Barnet team, email us on cophall@gll.org and let us know what sport you are interested in doing.



GENDER-SPECIFIC SESSIONS

Gender-specific sessions are designed so that men and women can exercise and relax in a comfortable environment.

We always endeavour to provide the same gender staff for these sessions, however it may be necessary for the opposite gender staff to instruct or supervise some sessions to avoid cancellations.

To find out more visit better.org.uk/barnet

Swim Safety rules apply.

Normal activity prices apply to all gender-specific sessions.



GYMNASTICS

GYMNASTICS

Our ever-popular gymnastics school works in partnership with British Gymnastics, the National Governing Body for this sport, and aims to encourage all children to be physically active. The courses available provide a structured programme that motivates and helps each child work towards a recognised award. Support is provided to participants to develop flexibility, balance and coordination skills, along with highlighting the rewards of dedication and hard work.

Courses held at:

- Barnet Burnt Oak Leisure Centre
- Hendon Leisure Centre

Lessons start from as little as £4.80 per session. Check online for availability at betterlessons.org.uk or contact the centres directly.

TRAMPOLINING

Our trampoline school also follows the British Gymnastics award scheme and has all the benefits of our gymnastics courses.

Courses held at:

- Hendon Leisure Centre

Lessons start from as little as £5.50 per session. Check online for availability at betterlessons.org.uk or contact the centre direct.

ADULT GYMNASTICS

It's never too late to give gymnastics a try. Our 16+ years drops-in sessions are partially structured and are supervised by fully qualified coaches to offer help, support and advice.



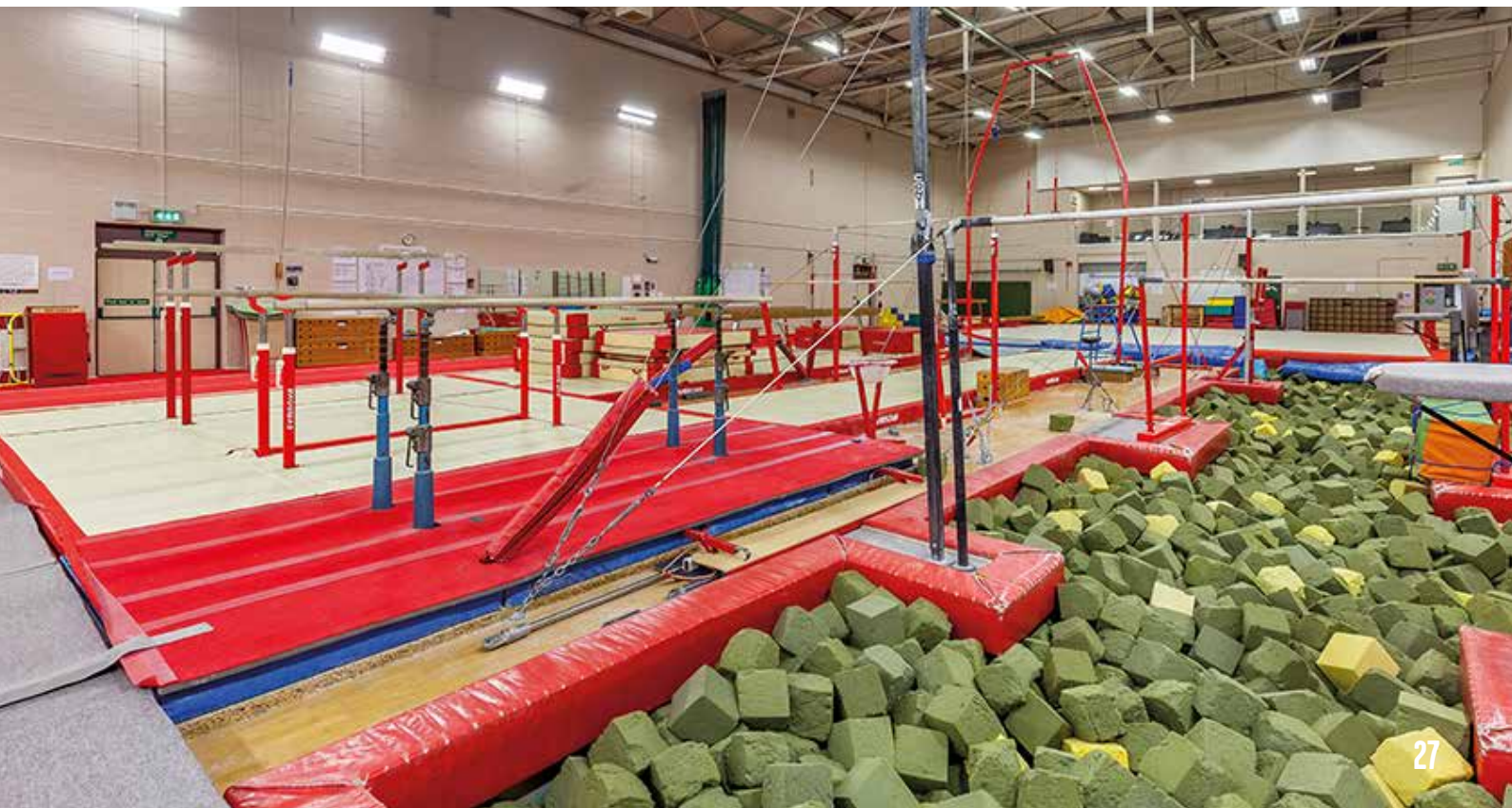
THE NEXT LEAP...

HENDON GYMNASTICS CLUB

Hendon Gymnastics Club is a continuation from the Gymnastics School, which provides an elite progressive programme catering for all ages and abilities. Our purpose-built gymnasium includes a full-size sprung floor, beams, training vault, A-bars, high bars, pommel horses, rings, foam pit and a variety of training equipment.

The club delivers advanced training from high level coaches with the aim to advance as far as possible in specialised disciplines including men's and women's artistic, rhythmic, acro, and tumbling and trampolining.

Hendon Gymnastics Club has been highly successful in regional, national and international competitions.



BETTER SWIM SCHOOL

Covering all ages and abilities, our swimming lessons are part of London's largest learn-to-swim programme, with thousands of classes held across the capital each week. Our swimming teachers follow the Swim England National Teaching Framework for swimming, helping you or your child to become a confident swimmer. The aim of the teaching plan is for pupils to learn all strokes and water skills needed to be confident in the water. Disability and special needs swimming lessons are also available.

Lessons held at:

- Barnet Copthall Leisure Centre
- Church Farm Leisure Centre
- Finchley Lido Leisure Centre

Please contact your local leisure centre for details, or visit better.org.uk/lessons

FREE CASUAL
SWIMMING FOR
ALL BETTER SWIM
SCHOOL MEMBERS

TOM DALEY DIVING ACADEMY

TOM DALEY DIVING ACADEMY ONLY AVAILABLE AT BETTER

Our 'Learn to Dive' programmes have been carefully devised around the values we believe make the best divers, with the aim of taking you from a beginner all the way through to an elite level diver. These diving course programmes are open to everyone, provide a clear progression for development and provide talented individuals the opportunity to enter into competitive club environments.

Junior Diving is perfect for children who are able to swim competently in deep water, they can learn to dive from as young as 5 years old. Our kids' diving lessons are broken down into beginner, improver and advanced levels.

Why not take up a new challenge and join our Adult Diving courses? You're never too old to try diving. It's fun, exciting and a great way of developing core strength and flexibility. Our adult programme is also broken down into beginner, improver and advanced levels.

To find your nearest leisure centre, and to book online visit better.org.uk/tomdaley

PUBLIC DIVING

Whether you are a beginner or an experienced diver, our fantastic diving facilities at Copthall Leisure Centre are open to everyone during our public diving sessions.

Sessions are held on:

Friday: 2pm–3pm*

Saturday/Sunday: 2pm–3pm

*School Holidays only.

As a result of the new facility mix at the New Barnet Copthall Leisure Centre, all diving activities will no longer be available. Better is committed to providing a fully comprehensive programme and pathways for performance/competitive participants.

For further information relating to diving please visit better.org.uk/diving



BARNET TRAINING SCHEME — SWIMMING

Barnet Training Scheme is a highly renowned, professionally coached swimming team which always strives to set the highest possible standards. It is one of the leading schemes in the UK, offering swimmers unrivalled opportunities to develop their swimming skills to the highest levels in sport.

Barnet Training Scheme provides a comprehensive competitive swimming programme covering swimming, diving and masters swimming. The programme continues on from the Better Swim School lessons and provides participants with the training and coaching expertise required to compete up to International level.

As one of the leading swimming teams in the UK, they have achieved success at every level, with swimmers regularly winning medals at county, district and national competitions. Many of Copthall’s swimmers have also competed at international level. They have represented and won medals for England and great Britain at European and World Championships, Olympic and Commonwealth Games.

Since 1980, Copthall Swimming Club have achieved representation at every Olympic or Paralympic Games. The main groups are based at Barnet Copthall Leisure Centre but we also have junior groups based at Finchley Lido Leisure Centre.

For a free trial please attend one of the following “Dolphins” (the first level of competitive swimming after Stage 7 of the National Teaching Plan/Better Swim School) sessions below at Barnet Copthall Leisure Centre.

Tuesday/Thursday	Saturday
5.30pm–6.30pm	8.00am–9.00am

For all other disciplines please contact the Head Coach in centre by email rhys.gormley@gll.org or phone **020 8457 9900** between 4.00pm and 5.00pm



KIDS' ACTIVITIES

HOLIDAY ACTIVITIES

The holidays are a great chance to give something new a try, so why not introduce your children to a new sport? All our centres offer a variety of activities, so there's something for everyone to explore, including:

- Better Swim School Crash Courses
- Gymnastics Holiday Camps
- Trampoline Holiday Camps
- Multi-Sport Camps

For more information please ask at reception or visit better.org.uk/activities-for-kids

BIRTHDAY PARTIES

We've got your child's next birthday party all wrapped up. With friendly, expert supervision and lots of fun sporting activities, our wide range of birthday parties for children under 16 years of age include:

- Pool Parties
- Toddlers Parties
- Multi-Sport Parties

For more information on our parties and to make a booking please contact your local Better leisure centre.



GENERAL INFORMATION

Anyone can use our centres after paying the appropriate fee. Prices vary during peak and off-peak times (see below) but it is also cheaper if you are a member.

Memberships are explained in this guide and may be the most cost-effective way of using our facilities.

PEAK AND OFF-PEAK TIMES

Off-peak time applies Monday–Friday, 9am–5pm and at weekends. Peak applies at all other times, including Bank Holidays.

MEMBERSHIPS

At Better, we offer a wide range of memberships, with options to suit every budget. Everything from FAB cards to monthly or annual prepaid memberships. What's more, we won't tie you in to a long-term contract, giving you greater flexibility.

BOOKINGS AND CANCELLATIONS

Members can book activities online from 10pm, 14 days in advance. Please note that all bookings are subject to availability. Most activities can be booked by non-members up to five days in advance, but must be paid for at the time of booking.

TALK TO US

We want you to enjoy every visit to our centres, and appreciate any feedback on our services to see how we could improve them further. Please let us know by:

- Speaking to a member of staff at the centre
- Filling in a customer suggestions and complaints form, which you can get in all our centres
- Speaking to one of our Customer Experience Advisors by calling **020 3457 8700**
- Writing to the General Manager at the relevant leisure centre.

PRIVACY—GDPR

A new data privacy law was introduced on the 25th May 2018. As a result of this we have published a new Privacy Policy to make it easier for you to find out how we use and protect your information. You can view our privacy policy at better.org.uk/privacy

*Please note, this guide will be subject change once new facilities are fully operational.

REINVESTING ALL PROFIT, NOW THAT'S BETTER



As a charitable social enterprise, we reinvest all our profits back into facilities that benefit the community.

Find out more at better.org.uk/barnet

In partnership with



BETTER
the feel good place

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