

A GUIDE TO BETTER LEISURE CENTRES IN BARNET

Activity, programme and price information for leisure facilities in Barnet.

April 2018 – March 2019

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



In partnership with



BETTER
the feel good place

CENTRE INFORMATION

General information	12
How to find us	10-11
Membership options	13-15
Accessibility to leisure centres	16

HEALTH & FITNESS

Gyms	18
Junior fitness	19
Fitness Classes	20
Gender specific sessions	21
55+ activities	22-23
Sauna	24

SWIMMING

General swimming	25
------------------	----

SPORTS COURSES

Swim School	26-28
Tom Daley Diving Academy	29
Sports courses information	31
Judo	32
Tennis	32
Badminton	33
Football	33
Performing Arts	34-35
Gymnastics	40
Trampoline	40
Basketball	36

SPORTS ACTIVITIES

Sports activity information	36
Climbing	37
Badminton	38
Tennis	39
Table Tennis	39
Adult gymnastics	42
Drop In Badminton	42

KIDS ACTIVITIES

Tots Water World	43
Toddler's World	44
Crèche	45
Holiday Activities	46
Birthday Parties	47

FACILITY HIRE

Centre Facilities	48
-------------------	----

SPECIALIST CLUBS

Barnet Training Scheme	30
Hendon Gymnastics Club	41

WELCOME TO BETTER

Better is not just another leisure company. We are GLL, the leading leisure charitable social enterprise that exists for the benefit of everyone in the community.

Here at BETTER we are very pleased to have been chosen as the council's leisure partner for the next 10 years and are excited to be introducing a wide range of improvements and services.

We are committed to increasing physical activity in Barnet, with the development of existing and new facilities, in addition to providing opportunities in community settings and specialist referral pathways, examples include:

- £2 million pound investment into improving existing centres
- Online Hub providing sport and physical activity information
- Introduction of free resident's membership (FAB Card)
- Participation interventions delivered in the heart of Barnet communities
- Enhanced exercise on referral programme to increase access to physical activity opportunities
- Under 8's free swimming (Barnet Residents Only)

Whilst we make every effort to ensure all the information in your leisure guide is up to date, sometimes our programmes can be subject to last minute changes. For the latest information please visit our website at, www.better.org.uk or speak to a member of staff.

On behalf of all the team at GLL we would like to thank you for your custom and we hope you and your family and friends will enjoy using our Better facilities.

INTRODUCTION — COUNCILLOR STATEMENT

It's been a very busy time since the publication of the last edition. In October, we awarded the leisure management contract to Greenwich Leisure Limited (GLL). The 10-year contract includes the management and operation of five Barnet leisure facilities. The partnership between the council and GLL will help tackle unhealthy lifestyles, offer a cost-effective approach to physical activity and create opportunities that promote wellbeing.

Earlier this year, we officially broke ground on two new leisure centres in Barnet. As part of a £41.5million council investment, including an award of £2million National Lottery funding from Sport England, Barnet Copthall Leisure Centre will be redeveloped, creating a new facility for the community. We are also building a new leisure centre in Victoria Recreation Ground, New Barnet, which replaces the existing Church Farm Leisure Centre.

The new leisure centre at Barnet Copthall will provide residents with a range of state-of-the-art facilities including a learner pool, community pool, competition pool (25m 8 lane), café, sports hall, group exercise studios, health and fitness suite and three health improvement rooms. The Victoria Recreation Ground facility will also include a partnership library, relocated from the current East Barnet Library. Both leisure centres will be open for the residents to enjoy in the later part of summer 2019.

It's very encouraging that more than half of all residents in Barnet, **aged 16 and above**, are still physically active. The investment in the new leisure centres will play a significant part in helping to build on this strong foundation by increasing the number of people in the borough who want to become fit and active.

Councillor Sachin Rajput

Chairman of Barnet Council's Adults and Safeguarding Committee



**WE ARE MAKING
BARNET EVEN BETTER**

LEISURE FACILITY DEVELOPMENTS

As part of a £41.5m investment, including an award of £2m from Sport England, Barnet Copthall Leisure Centre and Church Farm will be replaced, creating two new community facilities.

Church Farm will be replaced by a new leisure centre in Victoria Recreation Ground, New Barnet which will include a partnership library.

Construction work has begun on both leisure centre developments which is anticipated for completion in Summer 2019. Both the existing Barnet Copthall Leisure Centre and Church Farm Leisure Centre will remain open throughout the construction period.

For more information and updates please visit:
www.barnet.gov.uk/leisurecentredvelopment

FACILITY IMPROVEMENTS

As part of a £2 million GLL investment, Hendon, Burnt Oak and Finchley Lido will receive major improvement works to enhance the current product offering. These include upgraded gym and changing rooms at all 3 facilities, a day nursery and replacement 3G pitch at Burnt Oak and Poolside changing facilities and major plant upgrades at Finchley Lido.

In addition GLL in partnership with Sport England will be piloting a cutting edge access control system at Finchley Lido, through the use of facial recognition technology. This will mean quicker entry without the need of a membership card.

UNDER 8S SWIMMING FOR FREE / KIDS FOR A QUID

If you are a resident in Barnet and are aged under 8, you can enjoy free swimming Monday to Saturday during general swim sessions, whilst children aged 8-16 years can swim for £1. Please see Page 25 for more information.

FIT & ACTIVE BARNET CARD

Enjoy the benefits of a free single membership for all resident of the London Borough of Barnet which gives access to all Better Leisure Centres in Barnet.

For information on benefits and how to apply please see page 15.

FIT & ACTIVE BARNET HUB

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, case studies, campaigns and local events.

Discover more at better.org.uk/fab-hub

BETTER APP

Our Better App is in it’s initial stages of development and is available to download via the Google play store.

The Better App offers users access to information via the Better website, digital membership card to access centres, links to boditrax body composition monitor, Mywellness-a daily activity tracker and online bookings. There will be more exciting developments in the future as we make updates and changes to the app provision.

COMMUNITY ENGAGEMENT

GLL will be offering a community programme via our Physical Activity and Health Team and hub network, delivering physical activity and volunteering opportunities in the heart of Barnet communities. Our current 55+ Club Barnet programme provision will be expanded and we will work with voluntary, community and faith sectors to deliver taster sessions and sustainable activities for local communities.

We are looking for volunteers to support our community programmes. Our volunteers are enthusiastic people who are able to spare time to support people attending our community sessions to have the best experience possible. This could be from helping deliver some of our activities, to befriending a participant enabling them to stay or become active and reduce social isolation.

For more information, please visit:
www.volunteers.better.org.uk

Other community based projects that we deliver in Barnet include:

- Spacehive – a crowdfunding platform for civic projects.

In 2017 the GLL Community Foundation donated £2000 of cash support for the Barnet Cycle together project. This project aimed to encourage the Barnet community to become more active by providing bicycles, safe cycle training and affordable bicycle hire within the borough. If you have an exciting project that you feel could be funded through Spacehive please visit www.gll.org/b2b/pages/community-foundation.

- GLL Sports Foundation – GLL 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 are being supported this year.

Further information is available via the Fit and Active Barnet (FAB) Hub, which will be launched in July 2018.

Discover more better.org.uk/fab-hub Barnet (FAB) Hub, which will be launched in July 2018.

HEALTHWISE PROGRAMME

GLL's firm belief that physical activity at appropriate levels can have a beneficial effect upon the health of an individual, underpins our commitment to the provision of the Physical Activity Referral Scheme (PARS) within Barnet.

Healthwise introduces individuals referred by their GP to the benefits of physical activity in order to help with existing health conditions and reduce the risk of developing other conditions such as diabetes, hypertension and depression.

The programme is designed to encourage people of all abilities to become and remain more physically active, help increase fitness levels and improve health and wellbeing. This is a 12 week programme incorporating one to one assessments, behaviour change techniques and individual tailoring of activity plans.

Healthwise provides a welcoming, safe, affordable and accessible service.

As well as the main Physical Activity Referral Service, additional elements have been introduced to ensure that they are relevant to the needs and health concerns of Barnet residents. These elements include Adult/Child Weight Management.

To find out more email Healthwise.barnet@gll.org.

'I feel like a new woman and being referred to Healthwise has improved my quality of life tremendously'

Miss S was referred to Healthwise and has made fantastic progress since starting the programme. Miss S was referred to Healthwise for COPD, walking for more than 15 minutes was not possible without having to sit down and take a break. Her levels of physical activity throughout the week had been on a downward curve for the last two years and was at it's worst before being referred in the programme. As a result, her waistline had increased.

Goals Set

Miss S's goals included: to increase walking time and speed using the treadmill (to make shopping a lot easier), to be able to walk 1km faster than week one and to walk for 40 minutes continuously on the treadmill.

Another one of Miss S's goals was to reduce her waist circumference (to fit into trousers she used to be able to wear).

Miss S was encouraged to attend the centre a minimum of three times a week (two gym sessions and signposted to Ken's circuit Class on Friday afternoons).

Miss S was able to follow and adhere to this arrangement and managed to lose 5cm off her waistline.

Congratulations to Miss S, we wish you the best of luck on your journey to continue being more active more often.



CENTRE INFORMATION - FIT & ACTIVE BARNET CARERS PASS

As part of the Fit & Active Barnet (FAB) vision to ‘create a more active and healthy borough’, the FAB Carers Pass gives looked after children, care leavers, carers and foster carers access to sport and physical activity opportunities.

To qualify for a free FAB Pass you will need to be;

- A Barnet resident
- Living close enough to visit a Barnet Leisure Centre
- Visiting Barnet regularly (for example, to see family)
- Be a registered carer with Barnet Council or Barnet Carers Centre
- Be a registered Foster Carer with Barnet Council
- Be a registered looked after child or care leaver with Barnet Council

Discover more at better.org.uk/barnet



What will your Leisure Pass get you?

Free Swimming at Barnet Copthall, Finchley Lido and Church Farm Leisure Centres and concessionary discounts on a wide range of other activities.

How to get your Leisure Pass

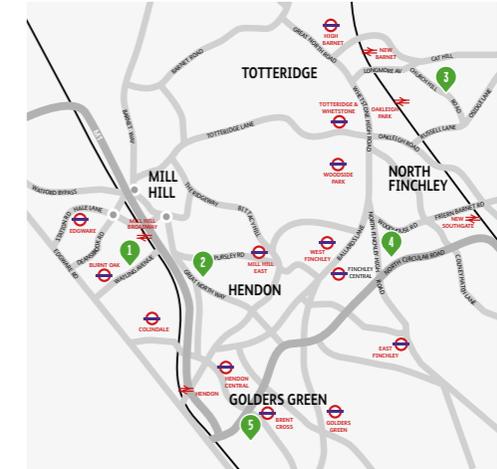
If you are interested in activating a FAB Carers pass you will need to:

Looked after children, foster carers, care leavers:	Carers:
Email your full name and date of birth to: cs.leisurepass@barnet.gov.uk	Report to reception staff at one of the listed Barnet Leisure Centres between 9am – 5pm, Mon – Fri.

Your eligibility will be confirmed and further instructions on how to obtain your pass will be presented. The same process will apply for annual pass renewals.*

Rules for the scheme

- You must be 9 years old and over to access a leisure centre without an adult
- You are expected to follow the same rules as all other leisure centre users
- Your FAB Carers pass is only for you and not for anyone else
- You must present your membership card when requested by centre staff
- *Your pass will be reviewed annually
- Children in care placed outside the borough are still entitled to a pass; discounts/entitlements may vary at Better centres outside Barnet.



1. Barnet Burnt Oak Leisure Centre,
Wating Avenue,
Edgware
HA8 ONP
020 8201 0982

3. Church Farm Leisure Centre,
Church Hill Road,
East Barnet
EN4 8XE
020 8368 7070

5. Hendon Leisure Centre,
Marble Drive,
London
NW2 1XQ
020 8455 0818

2. Barnet Copthall Leisure Centre,
Champions Way,
Hendon
NW4 1PX
020 8457 9900

4. Finchley Lido,
Great North
Leisure Park,
Chaplin Square,
Finchley
N12 0GL
020 8343 9830

To find out more about opportunities and activities available, pop into your local Barnet leisure centre or visit better.org.uk/barnet

1 BARNET BURNT OAK LEISURE CENTRE

Watling Avenue Edgware HA8 0NP
Web: www.better.org.uk/burnt-oak
Tel: 020 8201 0982
Email: burnt-oak@gll.org
Bus: 251, 114 Tube: Burnt Oak
Parking: FREE
 Bicycle racks available

General opening hours:

Monday-Friday: 6.45am-9.50pm
Saturday-Sunday: 9.00am-5.00pm

Facilities:

- Gym
- Junior grass pitches
- Crèche
- Meeting room
- All weather pitch for football, netball and tennis
- Fitness Class Studio
- Sports hall
- Strength and Functional Gym
- Group Cycle studio

2 BARNET COPTHALL LEISURE CENTRE

Champions Way, Hendon NW4 1PX
Web: www.better.org.uk/copthall
Tel: 020 8457 9900
Email: copthall@gll.org
Bus: 221, 240, 186, 113
Tube: Mill Hill East
Parking: FREE
 Bicycle racks available

General opening hours:

Monday-Friday: 6.45am-10.00pm
Saturday-Sunday: 8.00am-5.00pm

Facilities:

- Gym
- Fitness Class Studio
- Café
- Swimming pool(s)
- Conference room
- Diving Pool

3 CHURCH FARM LEISURE CENTRE

Church Hill Road, East Barnet, Herts EN4 8XE
Web: www.better.org.uk/church-farm
Tel: 020 8368 7070
Email: church-farm@gll.org
Bus: 184
Rail: Oakleigh Park
Parking: FREE

General opening hours:

Monday-Friday: 6.45am-9.30pm
Saturday: 8.00am-4.30pm
Sunday: 9.00am-5.00pm

Facilities:

- Swimming pool
- Sports hall

4 FINCHLEY LIDO LEISURE CENTRE

Unit 4, Great North Leisure Park, Chaplin Square, North Finchley N12 0GL
Web: www.better.org.uk/finchley-lido
Tel: 020 8343 9830
Email: finchley-lido@gll.org
Bus: 263
Tube: East Finchley
Parking: FREE

Opening hours:

Monday-Friday: 6.45am-10.00pm
Saturday-Sunday: 8.00am-5.30pm

Facilities:

- Gym
- Swimming pool(s)
- Fitness Class Studio
- Outdoor lido

5 HENDON LEISURE CENTRE

Marble Drive, off Claremont Road, Brent Cross NW2 1XQ
Web: www.better.org.uk/hendon
Tel: 020 8455 0818
Email: hendon@gll.org
Bus: C11, 189, 113, 102, 210
Tube: Brent Cross
Parking: FREE

Opening hours:

Monday-Friday: 6.30am-10.00pm
Saturday: 9.00am-6.00pm
Sunday: 9.00am-10.00pm

Facilities:

- Gym
- Fitness Class Studio
- Sports hall
- Climbing wall
- Purpose built gymnasium

* Our gyms operate at the same time as centre opening hours, however at some centres it may vary.

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 9.00am-5.00pm and at weekends. Swimming Off-Peak applies before 5.00pm Monday-Friday and on weekends. Peak applies at all other times, including Bank Holidays.

Programme changes

Please note that times and courses may vary during school holidays and Bank Holidays. Please check with reception for details.

All centres closed

- Staff training day 21st December 2018
- 25th December 2018
- 26th December 2018
- 1st January 2019

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. For more information see page 11-13.

Use of membership cards

If you are a member, your card should be used at reception or at the kiosk to gain entry at the correct price.

Bookings and cancellations

- Members can book activities on line 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

- 5 hours notice is required for cancellations. Otherwise, you will be charged £3 (including prepaid members).

Personal belongings

Please don't leave bags unattended or bring them into activity areas. Lockers cost just 20p or £1.00 (refundable). Please note that personal belongings are left at owner's risk.

TALK TO US

We want you to enjoy every visit to our centres. We want to know what you think about our services and how we could improve them further, so 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 on by calling 020 3457 8700
- Writing to the General Manager at the relevant leisure centre
- Contacting your local Partnership Manager, who is responsible for all centres in the borough; or
- Visiting www.better.org.uk and select 'Contact us' from the footer at the bottom of the page.

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 here at better.org.uk/privacy

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 most of the facilities 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 days 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 Toddler's 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

ACTIVITY BASED PREPAID MEMBERSHIP

These are perfect if you're likely to use one activity only, such as the gym, the 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 1000's of fitness classes (£3 fee applies)	•	•		
Up to 14 days 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				•

FAB CARD

Introducing the new free FAB card for Barnet Residents. This annual card entitles members to a range of benefits as detailed below.

Residents membership giving 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*
- Access to a wide range of activities
- Access to 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

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

APPLYING FOR YOUR FAB CARD

- Go online and sign up at www.better.org.uk/fab-hub
- Come into your nearest Better centre
- You'll need proof of address (such as utility bill, council tax bill, bank statement or drivers licence) when joining any membership scheme
- If you want to claim any one of the borough's concessionary schemes you'll also need to provide proof that you're eligible (see note 2)
- All activities and facilities are subject to programme changes and availability
- Parents/Guardians need to sign junior membership forms.
- Off peak times: Monday - Friday 9.00am - 5.00pm All Weekend

1. Partners must live at the same address.
2. Concessionary membership is available only to borough residents who receive any of the following:
 - Income Support
 - Housing Benefit
 - Council Tax Benefit - Jobseekers Allowance (income based)
 - Incapacity Benefit - Working Tax Credit - Severe Disablement Allowance.

It also applies to senior citizens (60+ years) or full time students living or studying in the borough (any-time access). Off-peak membership is also available for people eligible for Carers Allowance (proof of eligibility is required via council letterhead).

Pay & Play memberships - Barnet Non-Resident

	Annual fee
Adult (out of borough)	£26.60
Junior (out of borough)	£9.35

ACCESS TO OUR CENTRES

We welcome all customers to our centres. We aim for all activities to meet the conditions of the Disability Discrimination Act. If you need any help when using our facilities, please contact the Duty Manager.

	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 in Barnet have achieved Inclusive Fitness Initiative (IFI) accreditation in recognition of the work they have done to improve disabled access within 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.



*This centre is 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.

A BETTER MEMBERSHIP FOR DISABLED PEOPLE



We want everyone, including our disabled users, to enjoy keeping active and feeling good. That's why many of our leisure centres are part of the Inclusive Fitness Initiative, which means they're 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 anytime access to our gyms, pools and classes at over 100 Better leisure centres.

Find out more at www.better.org.uk/memberships

BETTER
the feel good place

GYMS

An induction is offered before you can use the Gym for the first time.* This allows our fitness instructors to check you are well enough to train and gives you the opportunity to get advice about other activities on offer which could help you achieve your fitness goals.

*An induction opt out option is available. Please note this is on Better Gym Membership only.

To review your fitness programme, book a re-focus session with an instructor. This will help you to develop your gym sessions and keep you on track as you work towards your long-term goals. Please remember that members will be given a band when they arrive at the gym and should wear this on their wrist.

Prices

	Prepaid			Pay & Play	
	Better H&F	Better H&F Concessionary	Better H&F UK	Better Adult	Better Adult Concessionary
Gym	Inclusive	Inclusive	Inclusive	£8.75	£4.45
Full (1 hour)	Inclusive	Inclusive	Inclusive	£40.00	£20.80
Basic (½ hour)	Inclusive	Inclusive	Inclusive	£32.50	£16.95

Are you fit to participate in an exercise programme?

If in doubt please consult your doctor or speak to a member of staff

All details were correct at the time of print and are subject to change. For latest information visit www.better.org.uk or contact your local leisure centre. Please note: 2018 pricing increase may apply, for further information please contact your local centre directly. Details of any price increase will be accessible at any of your local Better centres.

JUNIOR FITNESS (11-15 YEARS)

These supervised sessions are just for teens, as a introduction to using gyms and equipment correctly in a safe environment. You'll need to book an induction session at reception before your first visit.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Barnet Burnt Oak Leisure Centre						
3.30pm-6.00pm		3.30pm-6.00pm		3.30pm-6.00pm	9.00am-12.00noon	
Barnet Cophall Leisure Centre						
4.00pm-6.00pm	4.00pm-6.00pm	4.00pm-6.00pm	4.00pm-6.00pm	4.00pm-6.00pm	2.00pm-4.00pm	2.00pm-4.00pm
Finchley Lido Leisure Centre						
3.45pm-4.30pm 4.30pm-5.15pm	3.45pm-4.30pm 4.30pm-5.15pm 5.15pm-6.00pm	3.45pm-4.30pm 4.30pm-5.15pm	3.45pm-4.30pm 4.30pm-5.15pm 5.15pm-6.00pm	3.45pm-4.30pm 4.30pm-5.15pm 5.15pm-6.00pm	2.00pm-2.45pm 2.45pm-3.30pm 3.30pm-4.15pm	2.00pm-2.45pm 2.45pm-3.30pm 3.30pm-4.15pm
Hendon Leisure Centre						
	3.30pm-6.00pm		3.30pm-6.00pm		9.00am-12.00noon	

Prices

	Prepaid	Pay & Play	
	Better H&F	Better Junior	Better Junior Concessionary
Gym	Inclusive	£4.45	£3.10
Induction	Inclusive	£17.00	£12.10

All details were correct at the time of print and are subject to change. For latest information visit www.better.org.uk or contact your local leisure centre. Please note: 2018 pricing increase may apply, for further information please contact your local centre directly. Details of any price increase will be accessible at any of your local Better centres.

FITNESS CLASSES

To vary your workout, you can choose from a range of fun, sociable fitness classes from beginners to advanced level. Choose from the following.

Let's Be Strong

Start building a better you. Choose from loads of great, motivational group activities that'll help you strengthen and condition your whole body.

Let's Focus

Feel better inside and glow on the outside. Build your strength and flexibility in our lower-impact classes, which will leave you feeling refreshed and revived.

Let's Work It

Get your heart pumping and feel better, as we move together in these fast-paced, high-energy classes.

Let's Move

Get fit and feel great. These fun, energising group activities are guaranteed to put a smile on your face.

Let's Target

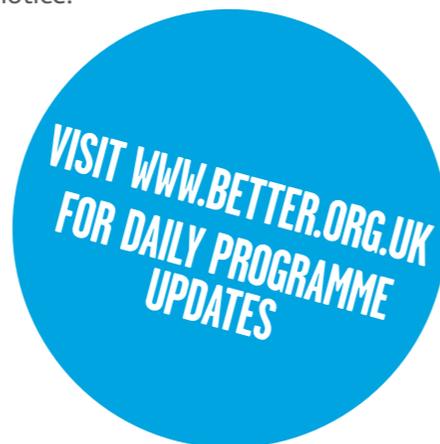
Smaller groups for greater focus. These classes take place on the gym floor and offer intense training with a real focus on exercise technique. Using a range of equipment and body weight, exercises will target and focus on either stamina and endurance, strength and conditioning, functional or cardio.

Prices

	Prepaid			Pay & Play		
	Better H&F	Better H&F UK	Better H&F Concessionary	Better Adult	Better Adult Concessionary	Non member
Peak	Inclusive	Inclusive	£8.65	£8.65	£8.65	£12.10
Off Peak	Inclusive	Inclusive	Inclusive	£8.65	£4.45	£12.10

Please remember:

- We recommend booking for all classes and you can do this online, or at reception. Please visit www.better.org.uk/book
- You will be asked for a valid booking receipt when you arrive at your class
- Please arrive on time. You will not be allowed to enter a class if you miss the 10-minute warm-up
- All fitness classes (unless otherwise stated), are for people aged 16 years and over
- We do all we can to offer classes and instructors as advertised. However, classes or instructors may change at short notice.



The men/women-only sessions are designed so that men/women can exercise and relax in a calming environment. We try to have female staff on duty for women only sessions, but it may be necessary for male staff to instruct or supervise some sessions.

Swim Safely rules apply (see page 25).

Normal activity prices apply to all men and women only sessions.

WOMEN ONLY SESSIONS

Monday Tuesday Wednesday Thursday Sunday

Barnet Cophthall Leisure Centre				
	Tot's Water World 10.30am-11.30am Swimming 11.30am-12.30pm Water Workout 12.30pm-1.30pm	Swimming 12.00pm-1.00pm		
Church Farm Leisure Centre				
	Swimming 11.15am-12.15pm			
Finchley Lido Leisure Centre				
			Dance Aerobics 8.00pm-9.00pm Swimming 7.30pm-9.30pm Sauna 7.30pm-9.30pm	
Hendon Leisure Centre				
				Gym 9.00am-11.30am

MEN ONLY SESSIONS

Barnet Cophthall Leisure Centre	
Friday	Swimming 12.00pm - 1.00pm
Sunday	Swimming 8.00am - 9.00am
Finchley Lido Leisure Centre	
	Swimming 4.30pm-6.00pm

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.

Your Senior's 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.

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



CLUB ACTIVITIES

Are you 55 or over? Our club activity sessions are just for you! Our centres offer a wide range of facilities, including the gym, which provides 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 and Aerobics.

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 (see page 25)

Join now at better.org.uk/fab-hub

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Barnet Copthall Leisure Centre					
Total Body Conditioning 9.30am-10.30am		Aerobics 11.00am-12.00noon	Total Body Conditioning 10.00am - 1.00am	Aerobics Circuits 11.00am-12.00 noon 2.00pm-3.15pm	
Church Farm Leisure Centre					
				Water Workout 12.15pm-1.00pm	
Finchley Lido Leisure Centre					
		Dance Aerobics 1.30pm-2.30pm			

Prices

	Prepaid Better H&F Concessionary	Pay & Play Better Adult Concessionary
Fitness Class	Inclusive	£4.45
Water Workout	Inclusive	£4.35

Club Games

Our annual interborough competition is held in October 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 copthall@gll.org and let us know what sport you are interested in doing. Spectators are welcome too.

All details were correct at the time of print and are subject to change. For latest information visit www.better.org.uk or contact your local leisure centre. Please note: 2018 pricing increase may apply, for further information please contact your local centre directly. Details of any price increase will be accessible at any of your local Better centres.

SAUNA

- All sessions are mixed *unless otherwise stated
- Please wear bathing costumes at all times during these sessions
- Please arrive ten minutes before your allocated sauna session
- Some medical conditions mean you shouldn't use saunas – if in doubt, please check with your doctor
- No hair dyes, oils or shaving please
- No food or glass bottles allowed
- Over 16's only please
- Customers who wish to attend both daily weekday sessions should purchase two tickets.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Finchley Lido Leisure Centre						
6.45am-9.30pm	6.45am-9.30pm	6.45am-8.00pm*	6.45am-7.15pm 7.30pm-9.30pm Women Only*	6.45am-9.30pm	9.00am-4.15pm	9.00am-4.15pm

Prices

Concessionary	£4.25
Pay & Play	£8.00
Non member	£11.50

SWIMMING

Swimming is great at any age. Whether you want to improve your technique, get fit, meet new friends, compete or just have fun, you're sure to find a pool session that you'll love.

Pools and swimming facilities vary across our centres, so please contact reception or visit www.better.org.uk for more information.

	Main Pool	Teaching Pool	Activity Pool	Leisure Pool
Barnet Cophall Leisure Centre	•25m 8 lanes Shallow depth 1.0m	•25m 6 lanes Shallow depth 0.9m	•12.5m lanes N/A Shallow depth – moveable floor 0.0m – 3.8m	•
Church Farm Leisure Centre	•18m 4 lanes Shallow depth 1.0m	•	•	•
Finchley Lido Leisure Centre	•25m 6 lanes Shallow depth 1.2m	•	•	•18m lanes N/A Shallow depth 0.1m

Prices

	Pay & Play		
	Non Member	Better	Better Concessionary
Adult	£6.65	£4.65	£2.85
Junior	£4.10	£2.75	£2.05
Tots Water World	£7.85	£5.40	£3.90

Kids for a Quid*

Swimming is perfect for kids, and from Monday to Saturday**, our 'Kids for a Quid' special offer is great value too. Getting fit, picking up a valuable life skill, meeting friends or just having fun.

*Includes public diving sessions

Under 8's Free Swimming

It is never too early to learn a valuable life skill, therefore as part of our commitment to early years swimming we are proud to offer all under 8's in Barnet free swimming** at all Better pools in the borough.

**Monday - Saturday only, must have a valid FAB Card (see page 15).

SWIM SAFELY

- Under 8's and non swimmers under 16 must be accompanied by a competent adult swimmer
- No more than two under 8's or non swimmers under 16 to each competent adult swimmer
- The competent adult swimmer must actively supervise under 8's and non swimmers under 16
- Under 8's and all non swimmers must remain in shallow water
- It is strongly recommended that under 8's and all non swimmers use armbands and / or an appropriate buoyancy aid

Advice to adult non swimmers:

- It is recommended that non swimmers over the age of 16 are accompanied in the water by a competent adult swimmer.

Drop in Inclusive Sessions

Disability Sessions*
Sunday 3.30pm - 4.30pm

*Cophall only

Dementia Swimming**
Tuesday 10.30am - 11.30am

**Sessions held at Cophall Leisure Centre, coming soon to Finchley Lido.

All details were correct at the time of print and are subject to change. For latest information visit www.better.org.uk or contact your local leisure centre. Please note: 2018 pricing increase may apply, for further information please contact your local centre directly. Details of any price increase will be accessible at any of your local Better centres.

START YOUR JOURNEY...



BARNET COPTHALL LEISURE CENTRE

We are committed to working hard with our talented swimmers so as they complete stage 7 of the Better Swim School they are encouraged to join the Barnet Training Scheme. One second your kids will be in armbands....

In partnership with



ARMBANDS TO OLYMPICS

FIND OUT
MORE TODAY



...and before you know it they could be in and amongst some of the best international swimmers at Olympic level. They will start their journey at Better and follow the path from the Barnet Training Scheme to Elite Level.

What are you waiting for?

Find out more at
www.better.org.uk/copthall



Membership terms and conditions apply, please visit www.better.org.uk/terms Better is a registered trademark and trading name of GLL (Greenwich Leisure Limited), a charitable social enterprise and registered society under the Co-operative & Community Benefit & Societies Act 2014 registration no. 27793R. Registered office: Middlegate House, The Royal Arsenal, London, SE18 6SX. Inland Revenue Charity no: XR43398

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

Lessons held at:

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

Prices

Lessons start from as little as £4.90 for children and £5.00 for adults per class.

Visit www.better.org.uk/lessons for further information.



ONLY AVAILABLE AT BETTER

Whether you're just starting out, or want to build on existing skills, the Tom Daley Diving Academy is here to help:

- **Junior Dive Beginners** - Pupils from 5-16 years old can learn the fundamentals of diving
- **Junior Dive Improver** - Learn to dive lessons, following on from the beginner fundamental level
- **Junior Dive Advanced** - For pupils who have progressed from the improver courses, and want to take the next stage of development in the Academy before competing
- **Adult Dive Beginners** - If you haven't dived before or had lessons then this is the starting point for you
- **Adult Dive Improver** - Progressing from beginners, you will now start to enhance your skills and progress to the higher boards
- **Adult Dive Advanced** - Now you are starting to threaten Tom for Medals, this course will help you master a full repertoire of dives

To find your nearest leisure centre, and to book online visit www.tomdaleyacademy.org.uk

PUBLIC DIVING

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

Sessions are held on:

Friday - 2.00pm-3.00pm*

Saturday and Sunday - 2.00pm-3.00pm

*School Holidays only.

BARNET TRAINING SCHEME

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 teams 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 facilities/Tom Daley Diving Academy 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 Copthalls swimmers have also competed at International level.

They have represented and won medals for Great Britain and England 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' sessions at Barnet Copthall Leisure Centre.

For all other disciplines please contact the Head Coach in centre Rhys.Gormley@gll.org or phone **020 8457 9900** between 4.00pm-5.00pm

Tuesday	Thursday	Saturday
5.30pm-6.30pm	5.30pm-6.30pm	8.00am-9.00am



LESSONS AND COURSES

Whatever your age or ability, our lessons and courses (developed in partnership with many national governing bodies), deliver a high-quality, complete teaching programme. That way you can develop skills from beginner to advanced in anything from swimming to ballet. They're also great for developing teamwork skills.

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

Sports Courses available in Barnet:

- Basketball
- Swimming
- Football
- Gymnastics
- Trampoline
- Diving
- Tennis
- Judo
- Ballet
- Jazz
- Contemporary Dance
- Badminton



TENNIS (5-15 YEARS)

Tennis is a great way to develop hand, eye co-ordination and learn new skills. Our tennis course guide participants through a structured programme which includes serve, volley and rally, whilst in a social environment.

Courses held at:

- Barnet Burnt Oak Leisure Centre

Prices

Lessons start from as little as £6.00 for children per class.

Visit www.better.org.uk/lessons for further information.

JUDO (5-15 YEARS)

A sport and method of physical training similar to wrestling.

Our classes will help participants improve balance, core strength and self discipline. Courses are taught with a balanced syllabus which allows exciting and varied classes fit for all abilities. Courses held at:

- Barnet Burnt Oak Leisure Centre

Prices

Lessons start from as little as £4.90 for children per class.

Visit www.better.org.uk/lessons for further information.

BASKETBALL (5-12 YEARS)

Better basketball courses are a partnership between Better, Reach and Teach and the London Lions.

Children years are able to join our course to shoot hoops and improve their game. It's a skills based programme with a structured award scheme and coaching from London's best basketball talent, our courses are a perfect introduction to this fast paced, exciting sport.

Lessons are held at:

- Hendon Leisure Centre

Prices

Lessons start from at little as £4.50 per class.

Visit www.better.org.uk/lessons for further information and to book.



FOOTBALL CLUB (3-12 YEARS)

Better is proud to provide a unique, progressive football scheme, where our coaches concentrate on the main aspects of the game. These include passing, dribbling, shooting, control, turning and goal keeping. Our football coaches combine the skill and passion to inspire the next generation of football players.

Our courses not only help kick start football potential on the pitch, they also help to develop team interaction, leadership and social skills away from the field.

Courses held at:

- Barnet Burnt Oak Leisure Centre

Prices

Lessons start from as little as £4.90 for children per class.

Visit www.better.org.uk/lessons for further information.

BADMINTON (5-15 YEARS)

Another great way to keep fit and active with our badminton courses.

Courses held at:

- Barnet Burnt Oak Leisure Centre

Prices

Prices start from £4.90 per class

Visit www.better.org.uk/lessons for further information



JAZZ (2+ YEARS)

A strong technical foundation enables a dancer to focus on their style and performance. Jazz classes are fun while concentrating on technique ensuring leaps and turns have correct posture. Jazz students strong and sharp movements are greatly aided by a good background in ballet. Students will be taught a variety of Jazz dance techniques, which allows them to develop co-ordination and a spontaneous response to rhythm.

Courses held at:

- Hendon Leisure Centre

Prices

Lessons start from as little as £4.90 for children

Visit www.better.org.uk/lessons for further information.

BALLET (18 MONTHS-ADULTS)

Discover the world of dance in our ballet programmes for all ages Teachers use an imaginative approach to encourage natural movement, using stories and imagination (for the little ones) to encourage a sense of movement, rhythm and balance. This fun class is a good introduction to dance and can also help to develop balance, co-ordination and motor skills.

Courses held at:

- Hendon Leisure Centre
- Barnet Burnt Oak Leisure Centre

Prices

Prices start from £4.90 for children per class

Visit www.better.org.uk/lessons for further information.

CONTEMPORARY DANCE (7-10 YEARS)

These classes will appeal to the next stage of dancer, and will encourage natural movement which is less refined, but more mobile, but again with the focus on fun.

Courses held at:

- Barnet Burnt Oak Leisure Centre

Prices

Prices start from £4.90 per class

Visit www.better.org.uk/lessons for further information

PERFORMING ARTS IN BARNET

We provide arts based education and offer classes in ballet, contemporary and jazz at Hendon Leisure Centre and Barnet Burnt Oak Leisure Centre.



Book today at www.betterlessons.org.uk/book

In partnership with



Better is a registered trademark and trading name of GLL (Greenwich Leisure Limited), a charitable social enterprise and registered society under the Co-operative & Community Benefit & Societies Act 2014 registration no. 27793R. Registered office: Middlegate House, The Royal Arsenal, London, SE18 6SX. Inland Revenue Charity no: XR43398

SPORTS ACTIVITY INFORMATION

Whatever your favourite sport, chances are you can enjoy it here in Barnet. Badminton, basketball, tennis, table tennis and more are all on offer. Whether you like to play with a partner or part of a larger team, they're perfect for anyone from the occasional player to the avid enthusiast.

Please note:

- If you have to cancel, you must do this at least 5 hours beforehand, or you will be charged at the full rate
- Please arrive ten minutes before the start of your allocated slot
- 24 hours notice is required to amend the time and court number of your booking.

For latest information and to book online check www.better.org.uk or contact your local centre.



INSTRUCTED ACTIVITIES

Little Pebbles (4-6 Years)

An ideal opportunity for a young climber to take their first steps off the ground. The climber to instructor ratio is kept quite low at 4:1 to ensure as much individual attention as possible.

Rock On Club (7-16 Years)

The Rock On Club is an instructed session for young climbers eager to improve not only their climbing, but also their knowledge of equipment, belaying, and the culture and history of rock climbing and mountaineering. All aspects of top-rope climbing and abseiling are taught and the course follows a curriculum/log book available for a small fee.

Parties (4-6 years or 7+ years)

For an unforgettable birthday, it's hard to beat a rock climbing birthday party at Hendon Leisure Centre.

We treat the children to a full hour and a half of climbing and games. Little Pebbles Parties for 4-6 years are one hour. Includes all equipment and an appropriate number of instructors.

ADULT COURSES

Beginners Course (16+ yr olds)

The Beginners Course is designed for adults with little or no climbing experience wishing to become competent climbers. Climbing technique, belaying, knot tying, equipment use, stretching and training are all covered over two separate sessions of two hours each. Equipment provided.

BOOKINGS:

To book any of the available climbing sessions or for more information on prices call Hendon Leisure Centre on **020 8455 0818** or visit www.better.org.uk/hendon

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Little Pebbles - 4-6 Years	4.15pm-5.15pm	4.15pm-5.15pm	4.15pm-5.15pm			11.30am-12.30pm	11.30am-12.30pm
Rock On Club - 7-16 Years	5.30pm-7.00pm	5.30pm-7.00pm	5.30pm-7.00pm			9.45am-11.15am	12.45pm-2.15pm
Adult	7.15pm-8.45pm	7.15pm-8.45pm	7.15pm-8.45pm			12.45pm-2.15pm	
Parties							AOR
Instructed/ School Groups	AOR	AOR	AOR	AOR	AOR	AOR	AOR
Private Instruction	AOR	AOR	AOR	AOR	AOR	AOR	AOR

AOR = Available on request.
Open for experienced climbers during centre opening hours.

Adult Prices

	Prepaid			Pay & Play		Non member
	Better H&F UK**	Better H&F	Better H&F Concessionary	Better Adult	Better Adult Concessionary	
Barnet Burnt Oak LC	Inclusive	£12.30	£9.45	£12.30	£9.45	£17.80
Church Farm LC	Inclusive	£12.30	£9.45	£12.30	£9.45	£17.80
Hendon LC	Inclusive	£12.30	£9.45	£12.30	£9.45	£17.80

Junior Prices

	Prepaid	Pay & Play		Non member
	Better H&F	Better Junior	Better Junior Concessionary	Junior
Barnet Burnt Oak LC	Inclusive	£6.40	£4.65	£9.40
Church Farm LC	Inclusive	£6.40	£4.65	£9.40
Hendon LC	Inclusive	£6.40	£4.65	£9.40

All sessions last 55 minutes including set up and set down.

** One racquet court booking per person, per day.

All details were correct at the time of print and are subject to change. For latest information visit www.better.org.uk or contact your local leisure centre. Please note: 2018 pricing increase may apply, for further information please contact your local centre directly. Details of any price increase will be accessible at any of your local Better centres.

TENNIS

Adult prices

	Prepaid			Pay & Play		Non member
	Better H&F	Better H&F Concessionary	Better H&F UK**	Better Adult	Better Adult Concessionary	Non member
Barnet Burnt Oak Leisure Centre	£2.00	£2.00	Inclusive	£2.00	£2.00	£2.00

All sessions last 60 minutes including set up and set down. ** One racquet court booking per person, per day.

Junior prices

	Prepaid	Pay & Play		Non member
	Better H&F	Better Junior	Better Junior Concessionary	Junior
Barnet Burnt Oak Leisure Centre	Inclusive	£2.00	£2.00	£2.00

TABLE TENNIS

Adult prices

	Prepaid			Pay & Play		Non member
	Better H&F	Better H&F Concessionary	Better H&F UK**	Better Adult	Better Adult Concessionary	Adult
Burnt Oak Leisure Centre	£8.35	£6.15	Inclusive	£8.35	£6.15	£11.90
Hendon Leisure Centre	£8.35	£6.15	Inclusive	£8.35	£6.15	£11.90

Junior prices

	Prepaid	Pay & Play		Non member
	Better H&F	Better Junior	Better Junior Concessionary	Junior
Burnt Oak Leisure Centre	Inclusive	£6.15	£3.80	£7.65
Hendon Leisure Centre	Inclusive	£6.15	£3.80	£7.65

GENERAL 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. Our courses are the first step and provides a structured programme that motivates and helps each child work towards a recognised award, our courses help develop flexibility, balance and co-ordination 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 on line for availability at www.betterlessons.org.uk or contact the centres direct.



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 on line for availability at www.betterlessons.org.uk or contact the centres direct.

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, Rhythmics, Acro and Tumbling and Trampolining.

Hendon Gymnastics Club have been highly successful in Regional, National and International Competitions.



ADULT GYMNASTICS

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

Drop in Sessions
Tuesday, Wednesday, Friday & Sunday 8.00pm-10.00pm

BADMINTON

No Strings Badminton sessions are ideal for those seeking to improve their fitness, have fun and meet new people. These sessions offer the flexibility of Pay & Play sessions for adults of all ages and ability. The sessions are hosted by a badminton coordinator, packed with useful hints and tips, plus equipment is also provided or available to hire.

Prices

Pay & Play		Non member
Better Adult	Better Adult Concessionary	Adult
£4.95	£4.95	£4.95

ADULT BADMINTON CLUB

Prices

Pay & Play		Non member
Better Adult	Better Junior Concessionary	Adult
£3.45	£1.60	£5.30

Prices

	Pay & Play		Non member
	Better Adult	Better Adult Concessionary (Off peak times only)	Adult
Hendon Leisure Centre	£9.40	£6.90	£13.75

No Strings sessions are currently available at Hendon Leisure and Burnt Oak Leisure Centre. Additional information is available on the centre pages at www.better.org.uk

Saturday	Tuesday
Barnet Burnt Oak Leisure Centre	Hendon Leisure Centre
9.00am-11.00am	7.00pm-9.00pm

Sunday
Barnet Burnt Oak Leisure Centre
10.00am-12.00pm

TODDLERS' WORLD (UNDER 5 YEARS)

A fun-filled environment designed to challenge and stimulate children between the ages of six months to five years. Parents must supervise their children during these sessions.

Tuesday	Wednesday	Thursday	Friday	Sunday
Barnet Burnt Oak Leisure Centre				
1.00pm-3.00pm	1.00pm-3.00pm		1.00pm-3.00pm	
Hendon Leisure Centre				
9.30am-10.15am 10.15am-11.00am 11.00am-11.45am 11.45am-12.30pm		9.30am-10.15am 10.15am-11.00am 11.00am-11.45am 11.45am-12.30pm	9.15am-10.00am 10.00am-10.45am 10.45am-11.30am	9.15am-10.00am 10.00am-10.45am 10.45am-11.30am

Prices

		Prepaid	Pay & Play		Non member
		Better H&F Junior	Better Junior Concessionary	Better Junior	Junior
Barnet Burnt Oak Leisure Centre	First Child	Inclusive	£2.85	£4.15	£5.80
	Sibling Price	£2.25	£2.25	£2.25	£2.25
Hendon Leisure Centre	N/A	Inclusive	£3.00	£4.30	£5.95

TOTS WATER WORLD (UNDER 5 YEARS)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Barnet Copthall Leisure Centre					
1.30pm-2.30pm	10.30am-11.30am Women only		11.30am-12.30pm		12.00pm-1.00pm
Church Farm Leisure Centre					
10.30am-11.15am	10.30am-11.15am		10.15am-11.00am		
Finchley Lido Leisure Centre					
10:30am-11:30am	10.00am-11.00am	10.30am-11.30am	10.00am-11.00am	10.30am-11.30am	

Prices

	Prepaid	Pay & Play		Non member
	Better H&F Junior	Better Junior Concessionary	Better Junior	Junior
Barnet Copthall Leisure Centre	Inclusive	£3.90	£5.40	£7.85
Church Farm Swimming Pool	Inclusive	£3.90	£5.40	£7.85
Finchley Lido Leisure Centre	Inclusive	£3.90	£5.40	£7.85

CRÈCHE (UNDER 5 YEARS)

Our crèche gives you the chance to take part in leisure activities, knowing your children are well-cared for. You can leave your children for up to two hours. Booking is essential and places are limited so if you have booked a place but fail to turn up, we're afraid you must pay the full charge (even if you are a prepaid member). Our crèche is Ofsted-registered. This means that Ofsted regulate and inspect our crèche to make sure the care provided is of an excellent standard.

Monday	Tuesday	Wednesday	Thursday	Friday
Barnet Burnt Oak Leisure Centre				
9.30am-12.30pm 1.00pm-3.00pm	9.30am-12.30pm	9.30am-12.00pm	9.30am-12.30pm 1.00pm-3.00pm	9.30am-12.00pm

Prices

Prepaid			Pay & Play	
Better Health & Fitness	Better Health & Fitness Concessionary	Better Health & Fitness UK	Better Adult Pay & Play	Better Adult Pay & Play Concessionary
Up to one 2 hour session for one child per week inclusive	Up to one 2 hour session for one child per week inclusive	Up to one 2 hour session for one child only per day inclusive	£4.20	£3.40

HOLIDAY ACTIVITIES

Wondering how to keep your kids occupied during the holidays? All our centres offer a variety of activities. For more details, please ask at reception or visit www.better.org.uk/activitiesforkids

Please remember that times and courses may vary during school holidays and on bank holidays. Check with reception or the website for details.



BETTER BIRTHDAY PARTIES

We offer a wide range of affordable, themed birthday party packages for children under 16 years old. We also do all the tidying up, so you can just relax and enjoy the day!

The following themed birthday parties are available in your borough:

Pool Parties (Under 16 years)*

Our classic water based parties, held across the borough in our pools are great fun.

Leisure Pool Parties (Under 16 years)*

For the ultimate pool party at Finchley Lido Leisure Centre! Splashing fun sessions including our wave machine.

Inflatable Pool Parties (8-16 years)*

Come and enjoy a fun-packed party on our inflatable assault course. Available at Church Farm, Copthall and Finchley Lido.



Climbing (4-15 Years)**

Why spend your birthday with your feet on the ground when you could be climbing on our indoor climbing wall? For a truly action packed birthday party experience you'll never forget...

Football Club (3-15 years)

Why wait when your child can kick off their birthday without Birthday Cup Finals? Get their friends together into teams and enjoy fast paced matches and penalty shoot outs.

Toddlers' World (Under 5 years)

Children under five will love our soft-play parties which allow them to explore, tumble, jump and climb through our bright and imaginative soft-play equipment.

Multi-Activity (5-15 years)

Can't decide and want to have a bit of everything? Multi-activity parties are our high-energy parties for children over five. They are jam-packed with fun and games and will keep everybody happy.

These hourly parties take place in the sports hall. Choose out of the following activities: Bouncy Castle, hockey, football or parachute team games.

Disco Parties (5+ Years)***

Dance, dance, dance. Celebrate in style, with a party in our Disco room complete with Glitterball and coloured lights. Bring your own music and dance to your favourite tunes.

Zorball Parties (7-13 Years)***

For a party with a real difference, try our new Zorball parties. Players will don the Zorball and bounce, bump and roll their way through various games and activities.

Our Parties include an area for your Birthday Tea*

Food and Beverages must be provided by the party booker

*Excluding Finchley Lido

For more information on our parties and to make a booking, please contact your local Leisure Centre

*Swim safely rules apply (see page 23)

**Only available at Hendon Leisure Centre.

***Only available at Burnt Oak Leisure Centre

HIRE FACILITIES

HIRE OF FACILITIES

Looking for a venue to play your favourite sport? Many of our facilities are available for hire – just ask at reception for details.

SPORTS HALL HIRE

Prices

		Adult
Barnet Burnt Oak LC	Full (4 courts)	£53.45
	Half	£26.30
Hendon LC	Full (5 courts)	£75.05
	Half (3 courts)	£47.45
	Half (2 courts)	£30.10

SWIMMING POOL HIRE

Prices

		Adult
Barnet Copthall Leisure Centre	Monday to Saturday	£141.65
	Sunday	£156.80

FOOTBALL ASTROTURF/PITCHES

Prices

		Adult
Barnet Burnt Oak Leisure Centre	Astroturf: 7-a-side	£44.55
	Astroturf: 5-a-side	£31.95
	Grass Pitch: Junior 7-a-side	£28.95
	Grass Pitch: Junior 11-a-side	£37.65

All details were correct at the time of print and are subject to change. For latest information visit www.better.org.uk or contact your local leisure centre. Please note: 2018 pricing increase may apply, for further information please contact your local centre directly. Details of any price increase will be accessible at any of your local Better centres.

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 www.better.org.uk



Better is a registered trademark and trading name of GLL (Greenwich Leisure Limited), a charitable social enterprise and registered society under the Co-operative & Community Benefit & Societies Act 2014 registration no. 27793R. Registered office: Middlegate House, The Royal Arsenal, London, SE18 6SX. Inland Revenue Charity no: XR43398



BETTER
the feel good place