

YOUR GUIDE TO BETTER BARNET

2024

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



In partnership with



BETTER

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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.

GLL works in close partnership with Barnet Council to offer a wide range of opportunities with the aim of improving physical and mental wellbeing for all residents. GLL are committed to investing our profits back into the community, providing spaces and programmes which are accessible and inclusive to all Barnet residents. Furthermore GLL aim to provide access to our facilities at a price everyone can afford.

In response to the cost of living crisis, GLL have continued to support Barnet residents through offering initiatives such as Warm Spaces, free of charge community programmes, memberships dedicated to support the integration of refugees into our community and access to Better Extras which offer discounts at over 8000 retailers.

In addition to accessing state of the art leisure facilities we also offer a range of Health and Community initiatives, which include Healthwise (Exercise on Referral Programme), XPLORE (Child Weight Management Programme), Adult Weight Management Programme and an array of low cost community based sessions, events and much more, aimed to help all Barnet residents get fit and healthy.

Better’s purpose is to support the local communities within which we work to get more people, more active, more often. We will do this by offering Barnet residents outstanding leisure facilities, programmes and activities to meet everyone’s needs. Our charitable social enterprise status allows us to really reinvest in service improvements, we can form a genuine partnership with you, listen and provide relevant and affordable facilities and activities now and in the future.

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



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.

Further information on your local leisure centres can be found on pages 5–10.

New Barnet Leisure Centre & Library

1 Lawton Road, EN4 9BS

E: new-barnet@gll.org

Web: better.org/new-barnet

Bus: 384, 184, 307, 383, 326, 626

Train/Tube: New Barnet, Cockfosters and Hadley Wood

Parking and bicycle racks available

Centre opening hours:

Monday–Friday: 6.45am–10.00pm

Saturday/Sunday: 8.00am–5.30pm

Library opening hours:

Tuesday: 10.00am–2.00pm

Thursday: 1.00pm–8.00pm

Friday: 10.00am–5.00pm

Saturday: 9.00am–12 noon

Barnet Copthall Leisure Centre

Champions Way, NW4 1PX

E: copthall@gll.org

Web: better.org.uk/copthall

Bus: 221, 113, 240

Tube: Mill Hill East (Northern Line)

Parking and bicycle racks available

Centre opening hours:

Monday–Friday: 6.30am–10.00pm

Saturday/Sunday: 8.00am–5.00pm

Active Travel:

There are many ways to actively travel to our leisure centres from taking a scenic route walking or cycling, alternatively there are some great public transport across Barnet you can enjoy.

For more information on how to turn your physical activity into real rewards, see page 15.

Burnt Oak Leisure Centre

Watling Avenue, HA8 0NP

E: burnt-oak@gll.org

Web: better.org.uk/burnt-oak

Bus: 251, 114, 186

Tube: Burnt Oak (Northern Line)

Parking and bicycle racks available

Centre opening hours:

Monday–Friday: 6.45am–9.50pm

Saturday/Sunday: 9.00am–5.00pm

Hendon Leisure Centre

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

E: hendon@gll.org

Web: better.org.uk/hendon

Bus: C11, 189, 113, 102, 210

Tube: Brent Cross (Northern Line)

Parking available

Centre opening hours:

Monday–Friday: 6.30am–10.00pm

Saturday: 9.00am–6.00pm

Sunday: 9.00am–10.00pm

Finchley Lido Leisure Centre

Unit 4 Great North Leisure Park,

Chaplin Square, North Finchley, N12 0GL

E: finchley-lido@gll.org

Web: better.org.uk/finchley-lido

Bus: 263

Tube: East Finchley (Northern Line)

Free parking (3 hours max)

Centre opening hours:

Monday–Friday: 6.45am–10.00pm

Saturday/Sunday: 8.00am–5.30pm



NEW BARNET LEISURE CENTRE & LIBRARY

New Barnet Leisure Centre & Library is located in Victoria Recreation Ground with stunning vistas of the surrounding green space. An array of facilities offers a wide range of activities for the local community and beyond.

The Council Library is situated on the ground floor along with a café, offering a range of hot and cold beverages and healthy snacks. (Please note: Library times may vary, please see Page 4 for further details).

If you would like any further information, 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
- Boditrax (precision body composition and cellular monitoring system) (Free for members, see page 17)
- 2 Health Improvement Rooms
- Multi-Use Games Area
- Community Swimming Pool – 25m, 6 lanes
- Learner Pool with Sensory Lighting
- Changing Village
- 2 Floodlit Tennis Courts
- Partnership Library
- Café
- Spectator Seating

Activities

- Fitness Classes
- Virtual Classes
- Group Cycling
- Swimming Lessons
- Inclusive Swimming Lessons (4–16 years)
- Junior Gym (11–15 years)
- Tennis Lessons
- Tots Water World
- Aqua Aerobics (including pre/post natal)
- Holiday Activities (see page 23)
- Birthday Parties (see page 23)



BARNET COPTHALL LEISURE CENTRE

Barnet Copthall Leisure Centre, located in Copthall Playing Fields, is the flagship leisure facility in Barnet and offers a wide array of outstanding sporting facilities to the local community, providing sessions for all ages and abilities. The centre is also home to the Barnet Training Scheme for swimming (see page 28 for more details). The café is located on the ground floor and offers a range of hot and cold beverages and healthy snacks.

If you would like any further information, 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
- Boditrax (precision body composition and cellular monitoring system) (Free for members, see page 16)
- Competition Pool – 25m, 8 lanes
- Community Pool – 25m, 6 lanes
- Learner Pool
- Sports Hall – 5 courts
- Changing Village
- 3 Health Improvement Rooms
- Café
- Seniors Lounge (see page 24)/ Viewing Gallery
- Spectator Seating

Activities:

- Fitness Classes
- Virtual Classes
- Aqua Aerobics (including pre/post natal)
- Swimming Lessons
- Badminton
- Gymnastics
- Football
- Netball
- Basketball
- Tots Water World
- Toddlers World
- Holiday Activities (see page 22)
- Birthday Parties (see page 22)
- Junior Gym (11–15 years)



BURNT OAK LEISURE CENTRE

Based within the heart of the local community, Burnt Oak Leisure Centre offers a wide array of facilities to cater for the needs of everyone from 3 months old upwards.

Burnt Oak Leisure Centre is a great place to play racquet and ball sports in both indoor and outdoor facilities. The centre is also known for its popular group fitness programme and large well equipped gym.

If you would like any further information, please contact us at burnt-oak@gll.org.

Facilities:

- Health and Fitness suite – cardio and resistance equipment, functional training area and free weights training area
- Boditrax (precision body composition and cellular monitoring system) (see page 16)
- Studio
- Spin Studio
- Sports Hall – 4 Courts
- 3 Tennis Courts
- Multi-Use Games Area
- Floodlit 3G Pitch – 7-a-side
- Grass Pitches – 11-a-side
- Nursery

Activities:

- Nursery
- Gym
- Basketball
- Ballet
- Badminton
- Gymnastics
- Netball
- Football
- Tennis
- Table Tennis
- Fitness Classes
- Group Cycling
- Virtual Classes
- Junior Gym (11–15 years)
- Toddlers World
- Birthday Parties (see page 22)
- Holiday Activities (see page 22)



BETTER COMMUNITY NURSERY — BURNT OAK

Our 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 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 nursery features three well-equipped, age-specific areas to support children through every stage of our programme.

Nursery opening hours:
Monday – Friday: 8.00am–6.00pm

Nursery Charges	0–2 Years	2 Years	3 Years
Full Day	£74.35	£72.10	£69.85
Half Day	£40.50	£38.20	£36.00
Additional hours to free entitlement (Per Hour)	N/A	£6.60	£6.05

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

Funded places are available, subject to availability.

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



HENDON LEISURE CENTRE

Hendon Leisure Centre has a wide range of facilities and activities for all ages including a climbing wall. It is also the home of the most established and renowned gymnastics clubs in London (see page 26 for more details).

The gym offers a fantastic array of equipment for every style of workout.

If you would like any further information, please contact us at hendon@gll.org.

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
- Junior Gym (11–15 years)
- Fitness Classes
- Group Cycling
- Toddlers World
- Holiday Activities (see page 22)
- Birthday parties (see page 22)



FINCHLEY LIDO LEISURE CENTRE

Finchley Lido Leisure Centre is located in Great North Leisure Park in Barnet. 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 houses a well equipped gym with dedicated training zones. The extensive fitness class programme offers something for everyone from yoga to group cycle.

If you would like any further information, please contact us at finchley-lido@gll.org.

Facilities:

- Health and Fitness suite – cardio and resistance equipment, functional training area and free weights training area
- Boditrax (precision body composition and cellular monitoring system) (Free for members, see page 16)
- Studio
- Spin Studio
- Swimming Pool – 25m, 6 lanes
- Leisure Pool– wave machine & jets
- Seasonal Outdoor Pool with sunbathing areas
- Sauna
- Changing Village

Activities:

- Gym
- Fitness Classes
- Group Cycling
- Aqua Aerobics (including pre/post natal)
- Swimming Lessons
- Junior Gym (11–15 years)
- Tots Water World
- Holiday Activities (see page 22)
- Birthday Parties (see page 22)

CENTRE INFORMATION – ACCESSIBILITY

ACCESS TO LEISURE 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	New Barnet Leisure Centre	Finchley Lido Leisure Centre*	Hendon Leisure Centre
Gym adapted for wheelchair users	•	•	•	•	•
Baby change facilities	•	•	•	•	•
Ramp access	•	•	•	•	•
Accessible toilets	•	•		•	•
Lift	•	•	•		•
Stairlift				•	
Pool Pod (electronic pool hoist)		•	•	•	
Wheelchair access to poolside		•	•	•	
Accessible parking	•	•	•	•	•
Accessible changing	•	•	•	•	•
Accessible group activities	•	•	•	•	•
Hearing Loop	•	•	•	•	•

Leisure centres have achieved Inclusive Fitness Initiative (IFI) accreditation in recognition of the work they have done to improve disabled access on their premises. High-visibility entrance markings, additional handrails in the changing rooms and toilets, improved signage and qualified NVQ Level 3 fitness instructors. Both leisure centres now offer a range of inclusive fitness equipment, which means they are fully accessible, Disability Discrimination Act compliant and cater for the needs of all abilities. Specially trained staff are now also on hand to help support the health and fitness needs of disabled visitors.



* 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 people with disabilities and long term health conditions, to enjoy keeping active and feeling good. We offer a wide range of inclusive activities which are supported by fully trained and experienced staff.

New Barnet and Barnet Copthall Leisure Centres have recently been awarded their Dementia Friendly status, recognising the opportunities on offer.

Caring for someone living with Dementia? Barnet Copthall Leisure Centre, in partnership with Dementia Club UK, host their Dementia Club, which takes place on the second Tuesday of every month from 1.30pm – 3.30pm. We promise 2 hours of pure entertainment and fun in a social and safe environment. Activities include fitness, dance, singing, games and much more. Most importantly tea, coffee and cakes will be available throughout the session! For more information and to book please contact petrit.krasniqi@gll.org

Join our All Inclusive Disability membership for people with a disability and take advantage of full any-time access to our gyms, pools and classes at over 100 Better leisure centres.

Discover more at better.org.uk/fab-disability-inclusion

FIT & ACTIVE BARNET (FAB) CARD

In Barnet, we're lucky to have many ways for all our residents to keep physically active, some of which don't involve spending a penny. 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 at any time
- Access to a wide range of activities and courses
- Online booking and payment for activities
- Discounted access to community-based activities such as Better Walks Barnet and more.

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

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.

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



Feel Fab

“As a carer I rarely get time to unwind. Keeping active leaves me feeling great and provides some well-earned ‘me’ time”

You can keep active and feel fab too – to find an activity for you and to receive exclusive access to a range of benefits, visit: www.better.org.uk/fab-hub and sign up for your free FAB card.



@BarnetCouncil
#feelfab

BARNET
LONDON BOROUGH



DIGITAL INNOVATIONS

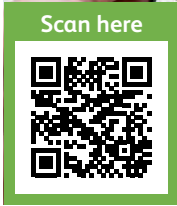
Better and Barnet Council are committed to introducing innovative digital solutions to improve the customer journey, in addition to finding new ways to support residents in becoming physically active within leisure centres and community settings. Some of the digital enhancements you can expect to see include the Better UK App giving access to a library of free virtual fitness classes along with the ability to book your activities in advance, the Moves+ app which allows you to earn rewards whilst you keep active, and Smart Tile access technology to improve how our members access leisure centres.



BETTER APP

The Better UK App allows advanced bookings of your activities as well as a digital membership card for easy access.

The Better UK App is available to download from the Google Play and Apple Store by searching **BETTER UK**.



MOVES+ APP

Better have partnered with OpenPlay to deploy the Moves+ mobile app, allowing residents to redeem real rewards for the physical activity which they perform.

For more information on the app and to download it, please visit: better.org.uk/barnet-moves

SMART TILE

Smart Tile is our new entrance system which allows an easier customer journey simply by scanning our QR Code via the BETTER UK App.



MEMBERSHIPS

Whether you're interested in visiting a few times a month or plan on using our facilities daily, we have a range of leisure and gym membership offers to help you keep moving for less.

BETTER HEALTH
MONTHLY

Choose
a location
to join

Perfect for anyone looking for inclusive access to a range of activities more than once a week, a monthly membership offers affordable access to fitness classes, swimming pools and gyms near you. Choose from memberships available for a specific location, the local area, or throughout the UK.

BETTER
FLEX

Choose
a location
to join

Perfect for all ages, you'll enjoy one free activity booking each month with a Better Flex membership. Get up to 30% off your other activity bookings at over 250 leisure centres, pools and gyms across the UK.

BETTER HEALTH
ANNUAL

Choose
a location
to join

A year of unlimited wellbeing with a single payment to enjoy 12 months for the cost of 10. For those seeking inclusive access to gyms, classes and pools more than once a week without the hassle of monthly payments.

PAY AS YOU **GO**

Choose
a location
to join

Pay As You Go cards are a great choice for all ages who like the option to visit occasionally each month. There's no monthly fee and you benefit from a special pay-as-you-go activity rate for all locations across the area.



MEMBERSHIP BENEFITS

BODITRAX

Boditrax is an amazingly clever system that assesses your body and, very quickly, delivers 14 different measurements, such as your ideal weight, your BMI and your metabolic age, as well as your fat and muscle mass.

It's free to use for gym users, just follow the registration instructions on the Boditrax screen or speak to a member of staff. You can use the results to set some new fitness goals and track how you're doing. Boditrax is available at Barnet Copthall, Finchley Lido and New Barnet Leisure Centres.

VIRTUAL CLASSES

We are excited to offer the cutting-edge Wexer Virtual Classes system at Burnt Oak, Barnet Copthall and New Barnet Leisure Centres.

Virtual Classes offer scheduled and on-demand classes with an easy-to-use search function via the touch screen units located outside the studios.

Class goers will get access to a large library of virtual group classes produced by top instructors from around the globe.

Book into a class or try one on demand while at a centre.

PRICING INFORMATION

As of 1st January 2024

PRE-BOOKABLE

UNDER 8'S
SWIM FOR FREE
MONDAY – SATURDAY
WITH A FAB CARD

Area Hire (Per 1 Hour) 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	11.35	8.25	N/A	N/A	16.60	N/A
No Strings Badminton	6.45	6.45	6.45	6.45	6.45	6.45
Badminton Club – Burnt Oak	4.00	4.00	N/A	N/A	6.05	N/A
Fitness Gym	10.55	5.35	5.35	3.70	13.85	N/A
Basic Induction	39.40	20.55	20.60	14.65	N/A	N/A
Total Induction (Includes Programme)	48.40	25.20	24.25	17.25	N/A	N/A
Toddlers World – Hendon	N/A	N/A	5.20	3.70	N/A	7.30
Toddlers World – Burnt Oak	N/A	N/A	5.05	3.50	N/A	7.10
Toddlers World Sibling – Burnt Oak	N/A	N/A	2.70	2.70	2.70	2.70
Swimming	5.90 FREE*	3.60 FREE*	3.45 FREE*	2.60 FREE*	8.35	5.15
Tots Water World	6.45	4.65	N/A	N/A	9.45	N/A
Tennis – 1 Hour	7.85	5.70	4.00	2.75	11.65	5.90
Fitness Classes	10.45	5.35	N/A	N/A	14.65	N/A
Water Workout	8.65	5.25	N/A	N/A	N/A	12.40
Badminton – Per court (1 Hour)	15.65	12.00	8.05	5.90	22.70	11.95
Table Tennis (1 Hour)	10.55	7.75	7.75	4.80	15.20	9.70
Climbing – 4-6 Years	N/A	N/A	11.00	11.00	N/A	11.00
Climbing – 7-15 Years	N/A	N/A	13.00	13.00	N/A	13.00
Climbing – 16+ Years	16.00	16.00	N/A	N/A	16.00	N/A
Sauna – Finchley Lido	9.65	5.05	N/A	N/A	13.95	N/A
MUGA – Multi Use Games Area – Burnt Oak (1Hour)	7.30	5.25	3.70	2.55	10.90	5.45
Football – Hendon/Copthall (1 Hour)	95.90	95.90	N/A	N/A	95.90	N/A
Football – Burnt Oak (1Hour)	70.75	70.75	N/A	N/A	70.75	N/A
Basketball – Hendon/Copthall (1 Hour)	38.30	38.30	N/A	N/A	38.30	N/A
Basketball – Burnt Oak (1 Hour)	34.45	34.45	N/A	N/A	34.45	N/A

*Applies to registered carers, foster carers, children in care and care leavers. (Please see page 14 for more details)

PRE-BOOKABLE

Area Hire (Per 1 Hour) Booking Required	Fab card adult	Fab card adult conc.	Fab card child	Fab card child conc.	Non member adult	Non member child
7 a side 3G Pitch – Burnt Oak	81.75	81.75	N/A	N/A	N/A	N/A
5 a side 3G Pitch – Burnt Oak	56.65	56.65	N/A	N/A	N/A	N/A
7 a side Grass Pitch – Burnt Oak	36.45	36.45	N/A	N/A	N/A	N/A
11 a side Grass Pitch – Burnt Oak	47.40	47.40	N/A	N/A	N/A	N/A
Sports Hall (Whole) – Hendon/Copthall	89.20	89.20	N/A	N/A	89.20	N/A
Sports Hall (Whole) – Burnt Oak	66.15	66.15	N/A	N/A	66.15	N/A
Sports Hall (Half) – Hendon/Copthall	35.80	35.80	N/A	N/A	35.80	N/A
Sports Hall (Half) – Burnt Oak	32.20	32.20	N/A	N/A	32.20	N/A



HEALTHWISE



In addition to operating a range of community based activities and in centre programmes and projects. In Barnet, we also operate our GLL Healthwise scheme, supporting Barnet residents with health conditions, who are physically inactive into physical activity and a healthier lifestyle.

The Healthwise scheme includes the following programmes:

Adult Weight Management (AWM)

AWM is a weekly group based physical activity and nutrition project, delivered by our Better Healthwise team.

Physical Activity Referral Scheme (PARS)

To access this programme, you must be referred to us by a Healthcare professional, PARS is designed to encourage people of all abilities to become and remain more physically active.

Better Balance

Our Falls Prevention classes are a great way for those of you who are at risk of a fall or who are in fear of having a fall.

Cancer rehabilitation

Our Healthwise Cancer programme provides a 12 session physical activity programme of 1-2-1 support from a qualified exercise instructor, designed for individuals aged 18 years and over, with a cancer diagnosis within 5 years.

To find out more information on eligibility and how to become involved in any of the above programmes, please visit better.org.uk/barnet-healthwise

If you have any questions or queries please contact the Healthwise team: **0208 457 9910** or healthwise.barnet@gll.org

Discover more by visiting better.org.uk/fab-health-wellbeing

XPLORE

MOVE MORE, EAT WELL AND FEEL GOOD.



4–6 years



7–13 years

XPLORE is a free family lifestyle programme aimed at helping children and young people who are over the healthy weight range and between the ages of 4–13 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 1–2 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.

Families previously attending XPLORE have said:

“

I loved playing all the games, especially ‘hot melon’. I had lots of fun at XPLORE.

I feel XPLORE has helped the entire family, as I have changed the food we make at home to be healthier.

I found the healthy eating sessions lots of fun. Me and my Mum now like to look at the food labels when we go shopping.

”

Our team also deliver 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, running groups, events, clubs and social mornings to promote the health and well-being agenda. Our current programme provision will continue to grow throughout the year. Activities on offer include:

Pre & Post Natal Swimming Classes

We offer Pre & Post natal swimming classes every Tuesday morning between 11am to 12 midday at Barnet Copthall Leisure Centre. The session covers an entire body workout but concentrates on core stability, leg strengthening and hip stability. Every class is unique, working towards your needs, also accommodating for in-depth assistance throughout to facilitate movement. This course will help maintain physical activity levels safely pre and post birth. Book your session online or via the Better UK App.

Walking Football

For our 55 plus residents, we offer our walking football session on a weekly basis at Burnt Oak Leisure Centre, which provides you with a safe and enjoyable environment to play football with fellow members of your community.

Walking Netball

Our 55 plus community are also provided with the opportunity of Walking Netball sessions weekly at Burnt Oak Leisure Centre in partnership with England Netball, providing a safe and enjoyable environment to stay active, through recreational netball.

Other Community Projects

Within Barnet, we are always striving to impact the community positively, and provide open opportunities for all community groups to stay physically active. We are constantly working to provide new innovative projects for individuals to join, including work with inclusive groups, young people and adults. For any enquires or partnership work within the Barnet community, please contact Petrit Krasniqi (Community Sports Manager), on petrit.krasniqi@GLL.org.

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

- GLL Sport Foundation – The Foundation supports young people in Barnet with athletic talent to achieve their full sporting potential by reducing the financial burden of training and competition costs. 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.

For more information on the above and other community activities please visit better.org.uk/fab-hub



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
- Gymnastics Parties

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

better.org.uk/what-we-offer/activities/birthday-parties



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 and activities. Look out for different activities around the borough such as walking netball, walking football, badminton, short tennis, bridge and much more. Please remember that to be able to use the gym you must be a member and complete an induction session.

As part of the hub network, 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 Lounge is located at Barnet Cophall Leisure Centre, which has a television, books, games and magazines to keep you occupied. You can enjoy full use of this room plus much more as part of our seniors prepaid memberships.

For more information please email angelo.pignone@gll.org

**SIGN UP FOR YOUR
FREE FAB CARD AND
FIND THE PERFECT ACTIVITY
FOR YOU BY VISITING
[BETTER.ORG.UK/FAB-HUB](https://better.org.uk/fab-hub)**



GENDER-SPECIFIC SESSIONS

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

Better are proud to offer a range of gender-specific sessions across a wide range of activities including swimming, gym and fitness classes. Why not check out our programmes online by visiting your local Better leisure centre web page and viewing the centres timetable, or in centre to see what's on offer.

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





SPECIALIST ACTIVITIES

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

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

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 drop-in sessions are partially structured and are supervised by fully qualified coaches to offer help, support and advice.

Our adult gymnastics classes offer a wide range of physical activities. Gymnastics will improve performance in any other sport, as well as improving overall fitness, flexibility, coordination and functional strength to a level that most people never attain. This is a great sport that stimulates every muscle in your body. And the most important factor is: FUN!!

Your first session is free, you don't need to book, just turn up on the day a bit earlier to allow time to complete the registration form before the warm up begins.

Tuesday / Wednesday / Friday	Sunday
8pm – 9.55pm	7pm – 9pm

Gymnastics sessions are suitable for people working towards the STUNT Register.

better.org.uk/what-we-offer/lessons-and-courses/gymnastics-lessons



THE NEXT LEAP...

HENDON GYMNASTICS CLUB

Hendon Gymnastics Club is an invitation only continuation from the Gymnastics School, which provides an elite progressive programme for boys and girls aged 4 years+. 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 (see details below).

Women's Artistic Squad

Gymnasts perform short routines on different apparatus. The club provides a competitive program providing training in all Olympic apparatus disciplines including beam, bars, vault and floor exercise.

Men's Artistic Squad

Men's artistic gymnastics is all about strength, you'll learn to perform in all gymnastics disciplines including, floor, pommels, rings, vault, parallel bars and high bar.

Rhythmic Squad

Rhythmic gymnastics is all about performing routines on the floor with music and hand apparatus such as ribbons, hoops, clubs and balls. Hendon rhythmic Squad compete at

regional, national and international competitions winning top places and achieved national level including membership of the current GB National Squad.

Acrobatic Squad

Acrobatic gymnastics is all about creating floor routines with balance and throws through skills, strength and co-ordination either as a pair or small group.

Trampoline Squad

Trampolining is a type of gymnastics in which routines are created using somersaults, flips and twists.



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 programme focuses on a set of achievements linked to a set of skills and distances achieved which are natural and progressive milestones for every child to become the best swimmer possible. 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 Cophall Leisure Centre
- Finchley Lido Leisure Centre
- New Barnet Leisure Centre

Check online for availability at betterlessons.org.uk or contact the centre direct.

**FREE CASUAL
SWIMMING FOR
ALL BETTER SWIM
SCHOOL MEMBERS***



BARNET TRAINING SCHEME — SWIMMING

Barnet Training Scheme based at Barnet Copthall Leisure Centre is a highly renowned, professionally coached swimming programme 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 by email to rhys.gormley@gll.org



TERMS & CONDITIONS

PEAK AND OFF-PEAK TIMES

Off-peak time applies Monday – Friday, 9am – 4pm, Saturday – Sunday: after 1pm. Peak applies at all other times, including Bank Holidays.

BOOKINGS AND CANCELLATIONS

Members can book activities via the BETTER UK App or online from 10pm, 7 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.

Cancellations require a notice period of 4 or more hours before the activity start time.

Please visit better.org.uk/terms

PARKING CHARGES



Parking charges information can be found by scanning the QR code.

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 Service Advisors by calling **0330 123 1500**
- Writing to the General Manager at the relevant leisure centre (see page 4 for details).

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.

DROP INS

Drop in slots are available for some activities if you are unable to book in advance due to technical barriers.

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

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