



LIFESTYLE GUIDE

BROMLEY



Five little ducks



Five little ducks went swimming one day...

Kids just want to have fun and swimming is the perfect way, not only for your child but for you as a family. But did you know that swimming can make you clever... well, sort of. Research shows that time in the water for babies and children can have a beneficial effect on their development and intelligence.

Swimming is a great choice for fitness and for fun and everyone can enjoy it. The rewards are endless and if you have not been to a pool for a while things have certainly changed. Bromley Mytime runs eight pools with a range of programmes and sessions including Family, kids and toddler splash plus lessons for all ages and abilities. Added to that it has won a number of awards for its service and swimming pool facilities.

Last year West Wickham Pools scooped third Best Pool in London at the ‘Golden Goggles Award’ voted for by London’s swimmers. Whilst in 2004 The Spa at Beckenham was voted the Best Public Swimming Pool in Britain by the Independent Newspaper.

Also there is the Pavilion in Bromley which include a wave machine, two flumes and water features, two pools at The Walnuts Leisure in Orpington that have seen thousands of people through its swimming lesson programme. Plus Darrick Wood Pool in Orpington offering a variety of programmes for the local community.

Bromley Mytime also received a ringing endorsement from double Olympic medallist Nick Gillingham MBE, saying; “I have been all over the country and seen hundreds of pools and these are amongst the best. They are well run, clean, affordable and the staff are enthusiastic and friendly.”

SAVE with a Family Swim Ticket

Swimming is one of the most popular forms of family exercise and is also excellent value for money with a Family Swim Ticket. Mother of two Nicole Davis from West Wickham said; “Swimming as a family is great fun and great value, it is much cheaper than say going to the cinema or bowling. Plus it helps the children





practise what they have learnt in their swimming lessons.” Family Swim is available for up to two adults and up to four children at all Bromley Mytime pools.

What you need to know – swimming

- Great fun with a variety of facilities and programmes
- Bromley has long standing and award winning pools
- Gives your child a first taste of independence
- Builds fitness and an active lifestyle
- Perfect bonding for parent and child
- Safety - it could save a life

To be kept up to date with other great swimming offers email marketing@bromleymytime.org.uk and visit www.bromleymytime.org.uk

- Pools at; The Spa at Beckenham, West Wickham Pools, The Pavilion in Bromley, Walnuts Leisure Centre and Darrick Wood Pool both in Orpington
- Get a Family Swim Ticket and save money



Super sports



Its Super and its Sporty

Super Sports is a new multi-sports and dynamic programme for 5 – 11 years olds. As with all Bromley Mytime courses the sessions are delivered by professional, qualified coaches in a safe secure environment.

Each child keeps an activity log to highlight their progress from the beginning to the end of the course. There's a range of different activities that includes playing games and having fun whilst learning multi sports and movement skills.

Jacqui Kempen from Bromley was one of the first parents to sign her daughter up for the scheme, she said “My daughter Molly is six and doesn't really like any one sport in particular so I was looking for something that encompassed a wide range. It was also important to see her progress through structured sessions and to develop a range of social skills. With Super Sports I have got all this plus as it is part of The Buzz I feel confident about the safety and quality of the scheme.”

For more details visit www.bromleymytime.org.uk

What you need to know - Super Sports

Improve your child's activity levels

Help them develop new interests

Improve their core skills such as agility, balance, co-ordination, speed

Aid their personal development,

Boost their confidence, self discipline and social skills

Give them lots of FUN!



The weighty Issue



You can't fail to have noticed recent reports in the media that as a nation we are getting bigger, and bigger in this case isn't better. Obesity has become a major problem for children and young people. We are now in an age where it is a common condition, and is responsible for significant clinical, psychological and social problems.

Obese children are at significantly higher risk of serious illnesses in adult life, such as heart disease and diabetes. They can become introverted, depressed and de-motivated.

Lots of lifestyle factors are implicated in the rise of obesity in children and young people. Overweight and obesity arise from the amount of energy consumed in food and drinks exceeding the amount of energy spent in activity.

In a recent study 2600 children were measured and compared with previous surveys dating back over 15 years. Researchers anticipated that 15% would be considered 'overweight' and 5% 'obese'. The results were startling and worrying. They found many more overweight and obese children and young people than predicted with twice as many being classed as 'overweight' and five times as many being 'obese'.

What are we doing about it?

Bromley Mytime run a number of activities to encourage young people to take up a more active lifestyle. Thousands of children aged 5 – 11 have received coaching in school through BOOST – a multi sports and fitness programme – your child may have been one of them. BOOST has proved so popular in primary schools that the product is moving into leisure and sports centres under the brand of Super Sports.

Along with this there are new initiatives such as the MEND (Mind, Exercise, Nutrition and Diet) scheme - a unique fun-based research study aimed at tackling the problems associated with childhood obesity.

Through education, good communication, tact, determination and access to health and fitness opportunities, such as those in this publication, we can address this issue. For more information visit www.bromleymytime.org.uk to see how you and your family can take up a more active lifestyle.



Connect



11-19? Bored? Get Out More with Connect!

Connect, Bromley's new FREE scheme for 11-19 year olds offers activities and special offers to young people in sports, the arts and includes all sorts of competitions and events throughout the year.

The scheme is co-ordinated by Bromley Mytime, in partnership with Bromley Council. Activities and events will be delivered by fully qualified staff and the programme includes partners such as The Churchill Theatre.

Participants get a FREE Connect card that also acts as a library card, with access to thousands of books, CDs, DVDs and free internet access.

The FREE Connect card is also a Bromley Mytime leisure centre membership card giving free admission to 9 leisure centres and sports centres and discounted rates on activities including gym, swimming, sports and even golf.

Cardholders have exclusive access to a number of 'Above and Beyond' events planned for the year such as club nights, battle of the bands and special film screenings.

The website www.getoutmore.org.uk will keep Connect cardholders informed of upcoming events and give them exclusive access to competitions for great prizes.

Connect is available FREE to everyone aged 11-19, just visit your local library or email: info@getoutmore.org.uk



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P*H*I*T

P*H*I*T - Positive Healthy Impact Training

The ultimate active lifestyle for 11-15 year olds!

P*H*I*T is a new fitness brand for teenagers. Anyone aged 11 – 15 years old can work out in the gym at leisure centres across Bromley and get expert fitness advice from friendly, professional staff, following an induction.

As a P*H*I*T user you'll get an induction and be shown how to use equipment to get the results you want. Your induction includes your own personalised workout programme designed especially to meet your needs.

Once you have been inducted you can use the gym at specific P*H*I*T sessions as often as you want during the week and at weekends. Plus there's much more to P*H*I*T than use of the gym.

It's your chance to train with professional fitness instructors and work out in the gym with all the latest equipment including:

Bikes

Rowers

Steppers

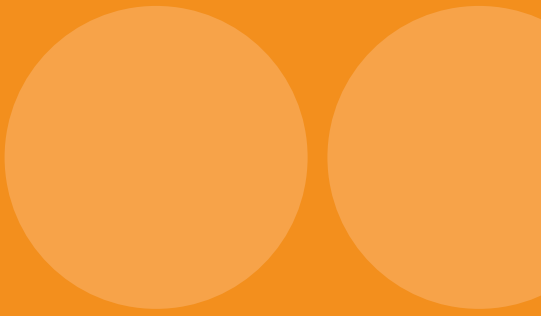
Treadmills

Cross trainers

Resistance Equipment

P*H*I*T Swim. Swimming is the ideal activity to work all the muscles in your body. It is an excellent cardio-vascular workout providing the ideal warm up or cool down to your complete P*H*I*T work out.





Swimming is less stressful on joints and muscles than other forms of exercise, boosting strength, stamina and suppleness. It is the perfect addition to your programme that invigorates and relaxes mind and body.

P*H*I*T BodyJam. If the gym isn't your thing then P*H*I*T BodyJam may be for you. Dance fitness is the latest workout phenomenon sweeping the globe. From New York to Sydney choreographed routines incorporating street dance, hip hop, funk, Latino and RnB is the latest way to keep fit. With its roots in club culture this original energetic fitness class offers a new way to get fit.

P*H*I*T Group Cycle. Group Cycle is a fitness session taken on revolutionary exercise bikes, led by a specialist instructor. It is the ideal way to get a full workout and it forms part of a complete exercise programme for professional athletes such as footballers, rugby players and not surprisingly cyclists.



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Active Lifestyle



Get fit. I have to!

We all know that regular exercise helps to keep you healthy, and boosts your energy and self-esteem. However if the idea of sport brings back memories of dreaded PE lessons, or you think the gym is only for muscle bound fitness fanatics then making that first step can be daunting.

If you have never set foot inside our leisure centres you may be surprised that our customers include people just like you. Our friendly, professional fully qualified staff have helped them and they can help you reach your personal fitness goals. The best way to make health, fitness and sport a more enjoyable, positive experience, not only for you but for your family, is with active lifestyle.

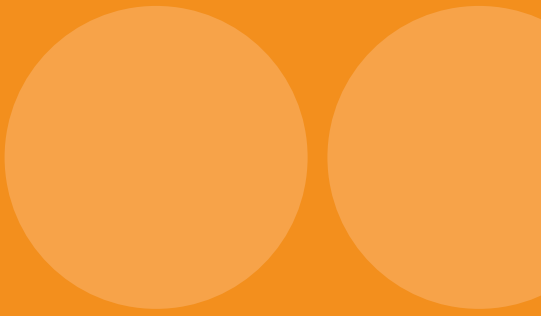
What's your active lifestyle?

Bromley Mytime, has recently launched active lifestyle, which offers you a pathway to reach your personal fitness goals, but it is much more than that.

active lifestyle has been designed and developed for you and your family to help you cope with the pressures of today's hectic way of living with more classes, more equipment, more time for you.

active lifestyle is about choice. As the operator of 15 leisure facilities across Bromley including The Spa in Beckenham, Pavilion in Bromley, West Wickham Pools and Walnuts Leisure Centre we can offer you plenty to choose from.

active lifestyle is for everyone. There are hundreds of different opportunities to help improve you and your family's lifestyle, well-being and health. Each person has their own preference whether it is a swim, sauna, fitness class or gym work out.



active lifestyle is for you. No matter how active your lifestyle at the moment as the largest local health and fitness provider we have the facilities, activities and sessions to suit you.

So what's your active lifestyle? Find out what's on offer at www.bromleymytime.org.uk

- What you need to know - active lifestyle
- New friendly health and fitness brand
- Pathway to help you reach fitness goals
- From Bromley Mytime the largest local fitness provider
- Offers something for you and your family
- Friendly, professional qualified staff
- Improve your image, confidence and self esteem



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Personal Training



1-2-1 Personal Training

“1-2-1 really motivates me to get more out of my workout”

Time to make a difference

Feeling out of shape and unfit? Always end up in front of the TV rather than down the gym? Wish you had the motivation to visit the gym more regularly?

Most people feel they should exercise more. The reasons usually given for not doing more exercise are: lack of motivation, don't know what to do and when to do it, or perhaps feel intimidated by going into the gym. Does this sound familiar to you?

1-2-1 Training can change all that. With 1-2-1 Training you can break down your barriers to exercise and have a personal fitness programme to enable a more active lifestyle.

Live a more active lifestyle

1-2-1 Training gives you the motivation to work out more frequently and effectively than you can on your own, working towards an active lifestyle.

Get in shape

Want to lose weight? Perhaps for a special occasion such as a wedding or holiday? 1-2-1 Training can help you reach your targets!

Be Healthy

If you've recently suffered a sports injury that requires specific exercise, our staff can use their expertise to ensure that your exercise routine gets you back on track.

Be Fit

Whether you're planning on running a marathon, need to exercise more to be healthier or just think you'd like to be a bit fitter, our fully qualified 1-2-1 Training staff can tailor sessions to your personal requirements. Our fully trained instructors can adapt your 1-2-1 Training session to suit YOUR needs and preferences leaving you with a workout that's both enjoyable and effective. They'll monitor your progress so that you reach your goals!

1-2-1 Training is no longer just for the celebrities and stars. Our competitive rates mean that 1-2-1 Training can work for YOU!

Whatever the motivation, 1-2-1 Training can achieve noticeable results making your workout a pleasure rather than a chore.

FREE SESSION! – Limited Offer contact centres direct for details

For more information or to book a 1-2-1 Training session, contact your local centre:

Pavilion Leisure Centre, Bromley - 020 8313 9911

The Spa at Beckenham - 020 8650 0233

Walnuts Leisure Centre, Orpington - 01689 870533

West Wickham Pools - 020 8777 5686

NB - Everyone using a Bromley Mytime gym, must have a valid Bromley Mytime gym induction.



Healthy Choice

HealthyChoice

If you're thinking of getting in shape and losing some weight HealthyChoice is guaranteed to point you in the right direction towards a more active lifestyle.

HealthyChoice is endorsed by Bromley Primary Care Trust and offers you the chance to access the knowledge and skills of our fully qualified staff to establish a training and nutrition programme that is exclusively for you.

Taking part in exercise can take many different forms and your HealthyChoice Trainer will adapt your fitness programme to include the activities you feel most comfortable with.

Eat Well For Life

With the pressures of today's hectic lifestyle more and more people are becoming aware of the importance of taking regular exercise and adopting a healthy diet. Healthy eating, in particular eating more fruit and vegetables, may help reduce the risk of the two main killers in this country – heart disease and cancer.

The combination that HealthyChoice offers with a personal exercise programme combined with an easy to understand knowledge of nutrition means that you will be able to start to work toward your personal fitness goals.

There are two HealthyChoice courses on offer – Starters and Main Course. Both are taken over 6 separate sessions and need to be completed in a 6-week period.

Starters Course

Starters Course provides the ideal introduction to improve the way in which you approach exercise and dieting, it includes:

- Course Introduction & Goal Setting





- Behaviour – What affects / inhibits its change?
- Food groups – Are all fats bad? What are the energy foods?
- Home exercise advice

Main Course

The Main Course is advanced and requires prior completion of the Starters Course as it builds on principles already learnt and undertaken. The Main Course includes:

- Cardiovascular Exercise – The fat burner!
- Physiological principles – Lean muscle tissue & metabolism
- Practical workshops on understanding food labels
- Cardio-protective diet – Fish & fats unwrapped

HealthyChoice offers two ways in which to take part in the programme - HealthyChoice 1-2-1 Training and HealthyChoice Group.

Both sessions follow the same programme each session lasting 90 minutes. They include practical elements, such as gym programmes and cardiovascular challenges, to highlight progress through the course. Your fully qualified HealthyChoice Trainer will ensure that you receive the information that you need accompanied by exercise programmes that suit you!

For more information on HealthyChoice contact these centres direct;

The Pavilion Leisure Centre, Kentish Way020 8313 9911

Walnuts Leisure Centre, Lych Gate Road01689 870 533

The Spa at Beckenham, Beckenham Road020 8650 0233

West Wickham Pools, Station Road020 8777 5686

Darwin Sports Centre, Jail Lane, Biggin Hill01959 540 606



Primetime



Primetime is our multi recreational programme designed especially for the over 60's to achieve a healthier lifestyle in a relaxed, social environment.

Activities include:

Fitness classes

Swimming

Health suite

Gym

A range of sports including squash, badminton, tennis, table tennis and short mat bowls

We regularly hold Tea Dances at various locations across the borough giving you the opportunity to mix with like-minded people in a sociable environment.

All of our sessions are available at affordable prices (concessionary rates are given to people aged sixty and over). Activities are held at convenient locations across Bromley at The Walnuts Leisure Centre in Orpington, The Pavilion Leisure Centre in Bromley, West Wickham Pools, The Spa at Beckenham, The Great Hall in Bromley, Beckenham Public Hall in Beckenham, and Crofton Hall in Orpington.

Plus, if you come to more than three sessions a week you can save money if you take out a centre membership. Please contact the individual centres for more information.

Not only that but we want to hear from you if you have any suggestions on other activities you would like to see become part of the Primetime programme.



Arts

Bromley Mytime Arts Team is working to see the quality of life of local residents enhanced through the provision of arts activities and the development of the creative economy. The Arts Team believe that the arts can provide benefits:

- to individuals by offering opportunities for inspiration, challenge, learning and creative expression.
- to communities by encouraging participation in community activities, promoting well-being and enhancing the local environment.

The arts contribute to a wide range of agendas within the Borough and this is reflected in the six cultural aims that have been identified:

Cultural Aim: Safer Communities – to provide diversionary activities for young people and work with relevant agencies as appropriate to raise awareness of community safety messages

Cultural Aim: Children and Young People - to provide opportunities for children and young people to access the arts in order to nurture their creative potential and to use the arts as a tool to address specific social issues

Cultural Aim: Thriving Town Centres – to develop arts programmes and facilities in town centres

Cultural Aim: Supporting Independence – to work with relevant agencies as appropriate to use creative activities to engage individuals and support their independence

Cultural Aim: A Quality Environment – to work with council officers as appropriate to use the arts to enhance public spaces

Cultural Aim: An Excellent Service – to strive for excellence in all aspects of service delivery



A great entertainment experience

The Orchard Theatre in Dartford is one of the leading theatres in Kent, providing the best in live entertainment and the performing arts.

E-mail your name, address, postcode and contact number to receive a free season brochure:

orchard.boxoffice@dartford.gov.uk

or call the Box Office on 01322 220000



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 For young people aged 3 to 18 Years

Classes in ISTD Ballet, Tap & Modern, Freestyle Jazz, Musical Production (Show Work), Acting, LAMDA examinations. West End shows, In house productions & Agency opportunities. Take one or several classes for recreation or pre-vocational training. Challenging teachers, great fun, new friends, proper training!

Junior Show at the Churchill Theatre in July. Summer Schools in July and August. All classes held at Coopers Technology College. Prior booking essential.

020 8325 0921
 Italia Conti - the people who train for show business

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In order to achieve these aims the team provides the following services:

Strategic Overview – for the development of the arts and filming in the London Borough of Bromley and liaison with local, regional and national arts and film bodies.

Enabling and advisory role – encouraging high quality arts organisations to apply for external funding to work in the Borough including Oily Cart, Unit for Arts and Offenders and Live Music Now.

Community Arts Team – recruiting, training and undertaking relevant checks for a pool of freelance and sessional arts workers.

Arts Projects – delivering a number of commissioned and externally funded projects each year in education and community settings.

Art Form Development – developing access to art forms that are under represented locally.

For more information about the arts email arts@bromemytime.org.uk

Gold membership - now is the time

"It's simple. The best health and fitness membership there is."

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Gold Membership



Gold Membership - now is the time

“It’s simple. The best value health and fitness membership there is.”

Memberships that work harder for you!

Take advantage of memberships to suit you and your family’s active lifestyle.

Gold Membership saves you money

Unlike some other leisure and health centres you can enjoy our gyms, swimming pools, fitness classes, health suites and all of our services and facilities WITHOUT being a member. BUT if you ARE a member you my save money.

Unbeatable value

There are a range of memberships on offer including single, joint and family packages from less than £1 a day! Plus there’s no joining fee.

Charity begins with you!

Another great benefit of being a member is that as Bromley Mytime is a charitable leisure trust and as such, any surplus is invested back into the facilities and services you enjoy.

Unlike some other leisure centres and health clubs no profits are paid to shareholders, it’s you that gets the benefit direct!



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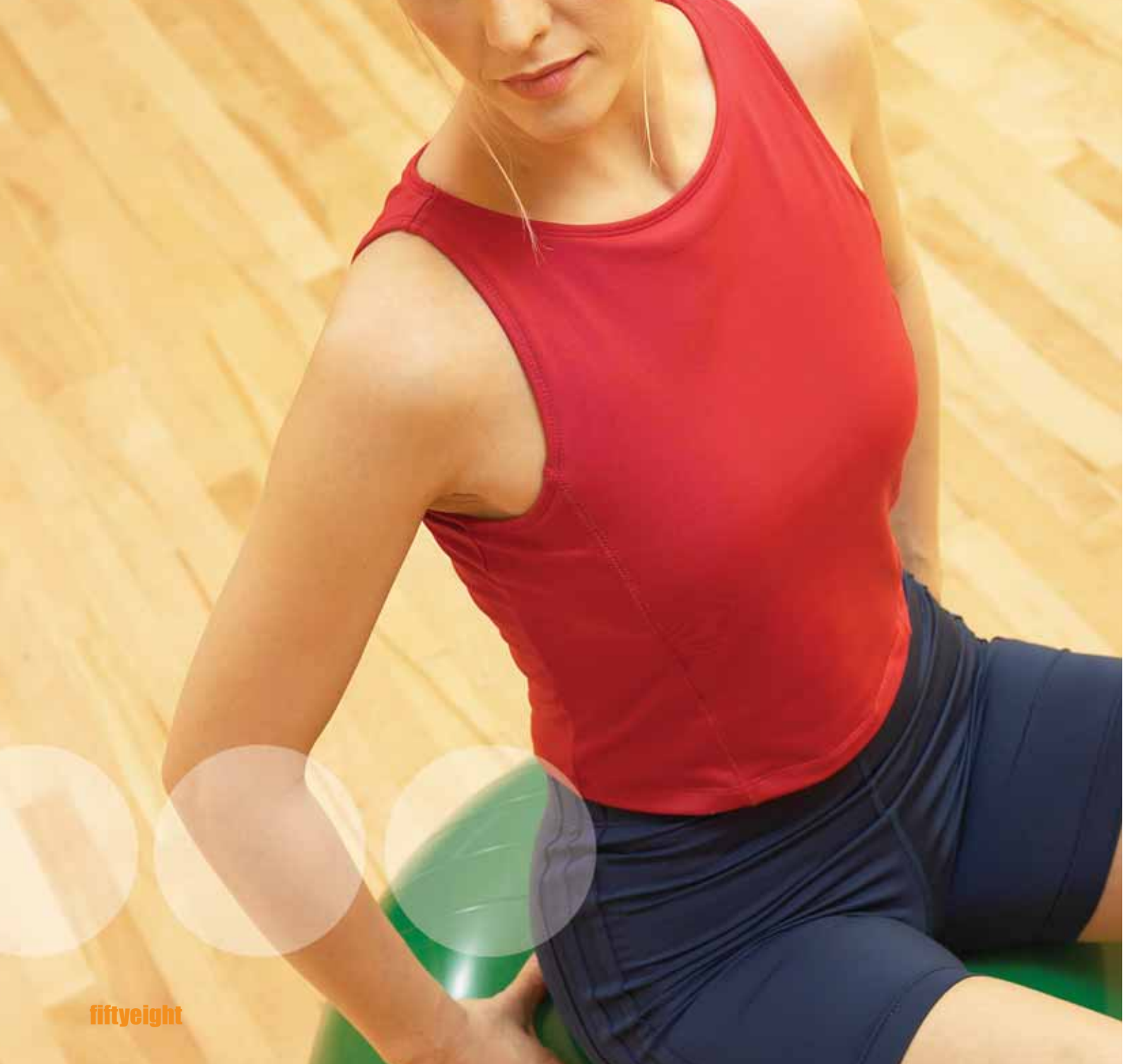
GOLD membership packages offer you value and choice.

Value

- Gold Memberships have NO JOINING FEE!
- FREE 'Gym Induction' worth £20
- Unlimited use of 8 leisure centres and sports centres
- Discounts at High Elms Golf Course
- Discounts at Bromley Tennis Centre
- Pay in advance and get 10 months for the price of 12!

Choice

- No one offers more locally
- 8 leisure centres and sports centres in a 5-mile radius
- Advance payments for SUPER SAVINGS
- Direct Debit option to spread payments
- 300+ pieces of gym equipment
- 200+ fitness classes per week - includes BTST™ (Body Training System)
- EIGHT swimming pools
- Health Suites – saunas, steam rooms and jacuzzis



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London Fitness Network

Membership to over 60 leisure centres across London for the price of one!

Run by leading leisure charities and trusts, the London Fitness Network aims to promote health and fitness across London with a commitment to quality, excellence and affordability.

Only £44.95 a month for over 70 leisure centres!

PLUS...

Joining at a Bromley Mytime centre you'll get even more from the London Fitness Network.

You immediately get access to reduced price GOLF at High Elms Golf Course and TENNIS at Bromley Tennis Centre.

ONLY Bromley offers you this

For details of how you can benefit by becoming a member email marketing@bromleymytime.org.uk