

# Charlton Lido & Lifestyle Club Refresh: New cafe, reopened members sun terrace, outdoor pool, gym, tennis courts and more!

Submitted by: Re:Signal  
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Better's Charlton Lido & Lifestyle Club (<http://www.better.org.uk/venues/charlton-lido>) has had a refresh, so if you're a current member or you're looking to join and get fit, come on down to Charlton to see what the fuss is about. We've got some great promotions to whet your appetite.

If you've been inspired by Andy and Serena at Wimbledon, or want to cool-off with a casual swim, it's well worth a visit to Charlton Lido today.

Our facilities include:

- New cafe and members' terrace
- State-of-the-art gym with Technogym Artis equipment
- 50 meter heated outdoor pool
- LTA approved outdoor tennis courts
- Fitness classes in our indoor and open-air studios.
- Sport courses for adults and children

To celebrate the summer launch we're offering some special offers for those joining us for the first time:

- No joining fee for Charlton Lido and Lifestyle Club during month of July.
- An additional £10 off for everyone who joins during our open weekend.

We will also be celebrating our refreshed Club with a special open weekend (<http://www.better.org.uk/venues/charlton-lido/newsitems/charlton-lido-and-lifestyle-club-just-got-better>).

Saturday 23rd July - Sunday 24th July

"We're keen to show-off the refurbished Charlton Lido to existing and new members, after months of hard work the Club is one of the best in the country and offers something for everyone. If you're a casual keep-fitter, want to improve your exercise or you're a seasoned pro, come on down and give us a try."

Getting to Charlton Lido

We're just 5 minutes away from Woolwich and Blackheath, with buses 89, 178, 422, 380 and 53 running regularly from both and stopping just outside the Club.

The DLR from Bank to Woolwich Arsenal (or trains from London Bridge) followed by a quick bus journey on one of the above will get you to us in under an hour.

<http://www.better.org.uk/venues/charlton-lido>

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## About Better

Better is the consumer facing brand for GLL. Established in 1993, it is the largest UK-based charitable social enterprise delivering leisure, health and community services. The organisation operates more than 200 public sport and leisure centres and 57 libraries in partnership with more than 30 local councils, public agencies and sporting organisations. Better leisure facilities enjoy 40 million visitors a year and have more than 650,000 members.

GLL exists to make community services and spaces better for everyone. In practice, that means investing all profits back into providing quality leisure and fitness facilities for the good of the communities where GLL operates. Alongside the organisation's core leisure and library divisions, GLL runs sport and legacy development, health intervention and education, as well as offering the GLL Sports Foundation, one of the largest independent support programmes for talented young athletes in the UK.

For media enquiries contact Jacob Roberts-Mensah at [jrobertsmensah@blueglass.com](mailto:jrobertsmensah@blueglass.com)