Arlington Update

July 2023

Latest News

Welcome Back

During the maintenance closure our contractors and staff have been very busy. The following work has been undertaken:

Plant & Equipment

Replacement of two Andrews hot water heaters. Pool heat exchanger and associated pump replaced Two pool circulating pumps replaced.

Pool

Pool lanes and areas showing excessive wear painted.

Poolside

Trapeze beams replaced following inspection. First travelling ring situated at deep end removed and leather replaced due to wear and tear. Wooden lifeguard high chair installed.

Gymnasium

Replacement of all fixed strength and resistance stations. Incline bench re-upholstered.

Senior Baths

Minor tiling work following recent door replacement.

Upper Showers

Silicone/sealant work in shower cubicles.

Massage Room

New vinyl floor installed.

Carpeted Areas

Carpets in members lounge, cool room & corridor and main stairway professionally cleaned.

Painting / Decorating

Touch up jobs throughout the building. Scuffs, scratches, marks, cracks and gaps addressed throughout entire club. Some remedial high level work in the upstairs changing area following sauna fire.

Electrical

Work carried out on main distribution board in the pool office.

Upstairs Sauna, Steam Room & Changing
Installed additional fire detection equipment.

General

Deep clean of both interior and exterior of the building. High level cleaning carried out, with scaffolding erected where required.

Towards Net Zero

Our consultants Harley Haddow and architects Page\Park met with members on Tuesday 27 June. Harley Haddow summarised the Net Zero Report and took questions from the audience.

A further meeting will be arranged for September with our architects Page\Park and the date circulated to members when it is confirmed.

The Net Zero report can be downloaded here.

3 things you can do now to help us reduce our energy use

- *Ensure showers are turned off when not in use*
- *Turn off reading lights in the Turkish Suite when not in use*
- *Consider using only one towel and sheet per visit*

Members views - Review of Constitution

You are invited to complete a members survey sent to all members on 6 July. The Board is keen to gather members' views relating to the current Rules and Regulations of the Club and on their impact in facilitating the successful running of the Club. The survey will take approximately 15 minutes to complete, and will remain open until 12 noon Thursday 24 August 2023.

The survey will then be followed up with member engagement events, either online or in-person.

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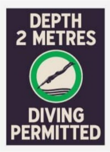
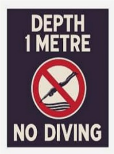
More Members!

We remain in a very strong position with 1299 **members** and a waiting list of 159! Which is great news as our target is to maintain membership at 1300.

Staying Safe

Remember that diving is prohibited at the shallow end. Our pond is quite shallow. Be careful diving at the deep end.





History Group

NHS 75
SCOTLAND YEARS

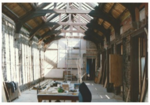
1000 Mile Challenge

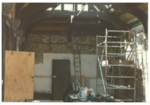
2023 is the seventy-fifth anniversary of the formation of the NHS. As we know keeping active is necessary to stay healthy both physically and mentally. This year we are being challenged to walk, run, cycle or swim 1000 miles. In the Pool Office you will find a ledger to record your membership number and number of lengths and we will keep a total of how far the Arlington swims.

We are also very happy to receive any ideas for marking this anniversary.

From the Archive

In 1998 the Club required extensive repairs. Below are some pictures of the Gymnasium and Weights Room from during the work. They come from a set of pictures which were recently handed into the Club. If anyone else has pictures of the Club in the past we would love to see them.





Sound Bath

Saturday 29 July 2 - 3.30pm

Glasgow Sound Bath returns once again to The Arlington Baths after the success of our previous events. Join us for soothing and restorative sounds, tones, gongs, chimes and bells. Relax and unwind with us for 90 minutes of wellbeing. This event is open to the public and Arlington Baths members alike.

The Reading Room at the historic Arlington Baths Club is a wonderful, airy and bright space which provides a wonderful atmosphere to the Soundbath.

As always, we will have a few spare yoga mats and blankets, but bring your own if you have one.

Our payment system is modelled on the Green Bottle Scale. We offer three options, and you pay what you can afford.

Book Here

Cycling World Championships
1-13 August

UCI CYCLING WORLD CHAMPIONSHIPS GLASGOW SCOTLAND

Glasgow is hosting the UCI Cycling World Championships during the first two weeks of August.

Several of the Road Racing events are using roads near the Club. This may make access difficult by motor vehicle on certain dates and times.

Friday 4 August
Athlete Course Familiarisation
Saturday 5 August
Women Junior Road Race
Men Junior Road Race
Sunday 6 August
Men Elite Road Race
Tuesday 8 August
Team Time Trial Mixed Relay/ U23 Men Road Race
Saturday 12 August
Men U23 Road Race
Sunday 13 August
Women Elite Road Race/ Women U23 Road Race

The Road Racing events are free to watch and are bound to be a spectacle. **Road closures and parking restrictions** will come into effect from 0001, Friday 4 August until 2359, Tuesday 8 August and then again on 0001, Saturday 12 August until 2359, Sunday 13 August.

Access through the road closures for **pedestrians and cyclists** will be maintained but you may incur a short delay if the race groups arrival is imminent.

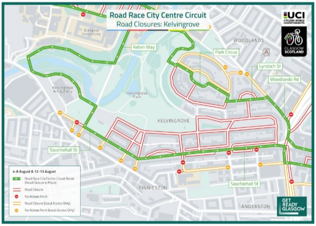
The **bus routes** on Woodlands Road will be curtailed and may take an alternative route. The **Subway** will be operating as normal.

Access to the club by motor vehicle will still be possible from Woodlands

Road from the west (travelling in the direction to Charing Cross).

Please consider how you access the Club, consider walking. cycling or taking the Subway so the limited parking is available for those who need it.

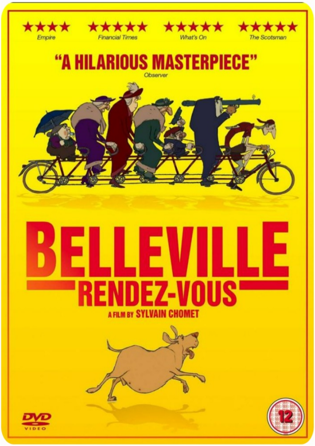
Further details of the Championships can be found here.


Road Race City Centre Circuit
Road Closures: Kelvingrove
UCI Cycling World Championships
Glasgow Scotland
Glasgow University
Kelvin Way
Park Circus
WOODLANDS
Lyndoch St
Woodlands Rd
Kelvingrove Art Gallery
Kelvingrove Park
KELVINGROVE
Sauchiehall St
FINNIESTON
Sauchiehall St
ANDERSTON
GET READY GLASGOW
4-8 August & 12-13 August
Road Race City Centre Circuit Route (Road Closure in Place)
Road Closure
No Access Point
Road Closure (Local Access Only)
No Access Point (Local Access Only)

Full details of the routes are available here.

Film Club

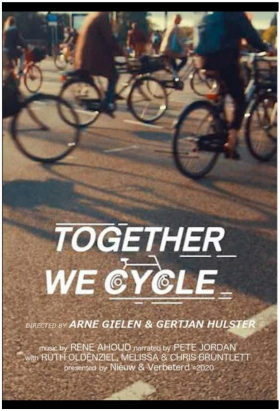
Celebrating the UCI cycle championships in Glasgow, we are showing a cycling tandem: the amazing Belleville Rendez-vous by Sylvain Chomet. and Together We Cycle by Gertjan Hulster & Arne Gielen.



Friday 11 August 6.30pm

When her grandson is kidnapped during the Tour de France, Madame Souza and her beloved pooch Bruno team up with the Belleville Sisters – an aged song-and-dance team from the days of Fred Astaire – to rescue him. Animated feature from filmmaker Sylvain Chomet (The Illusionist).

Tickets £5


TOGETHER WE CYCLE
DIRECTED BY ARNE GIELEN & GERTJAN HULSTER
music by RENE AHOUD narrated by PETE JORDAN
with RUTH OLDENZIEL, MELISSA & CHRIS BRUNTLETT
presented by Nieuw & Verbeterd ©2020

Saturday 12 August 6.30pm

Together We Cycle (2020), by Gertjan Hulster & Arne Gielen, investigates the critical events that led to the revival of the Dutch cycling culture. Many people think that cycling in the Netherlands is a natural phenomenon. However, until the 1970s the development of mobility in the Netherlands followed trends across the globe. The bicycle had its day, and the future belonged to the car. The only thing that had to be done was to adapt cities to the influx of cars.

Then Dutch society took a different turn. Against all odds, people kept on cycling.

There is no easy answer to the question why this happened in the Netherlands. There are many factors, events and circumstances that worked together, both socially and policy-wise. In Together We Cycle, key players tell the story of the bumpy road which led to the current state. Where cycling is an obvious choice for most citizens.

Tickets £5

Reading Room Exhibition

26 August - 8 September

Glasgow's 1988 Festival: How Did The Garden Grow?

The latest exhibition coming to the Reading Room is **‘Glasgow’s 1988 Festival: How Did The Garden Grow?’**. Developed by the New Glasgow Society, it celebrates the 35th anniversary of the Glasgow Garden Festival. Relive fond memories and discover a wealth of surprising facts about the event that transformed the way Glasgow is seen, and how it sees itself. Understand the creative team’s vision, design and delivery process, and enjoy private, original footage of the festival, captured on cine camera by one of the founders of New Glasgow Society. Visitors will be encouraged to share their thoughts in the interactive gallery installation, and browse through archival exhibits. Enjoy a fascinating celebration of the city-changing event that was the 1988 Glasgow Garden Festival!

DOORS OPEN DAYS 2023

11 - 17 September 2023

Once again the Club will be taking part in the Doors Open Days Festival.

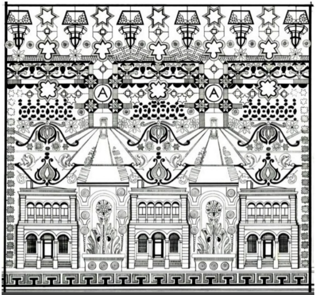
Tours of the building will take place over Saturday 16 and Sunday 17 September. These are a great opportunity find out about the history of the Club and the development of the building.

Further events over the weekend are in planning so watch the notice boards.

Book a Tour

Diary Dates

27 July Club Reopens after Summer Maintenance
29 July Sound Bath
2 - 13 August UCI Cycling World Championships
11 August Film Night - Belleville Rendez-vous
12 August Film Night - Why We Cycle
26 August - 8 September Garden Festival Exhibition
16 - 17 September Doors Open Day Weekend
30 September Film Night - The White Crow



Art work by Marion Gardyne

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