Arlington Update

May 2023

Latest News

Annual Maintenance Programme

Club closed Monday 17 - 26 July Inclusive

New Gym Equipment

It has not gone un-noticed that the strength and resistance equipment in the gym is showing some signs of wear and tear. Installed in April 2010, these machines have exceeded their expected lifespan by some time, however increasing maintenance and repair costs has meant that viable replacements must be sought. Work has begun with our preferred partner, Pulse Fitness, that will see a complete overhaul of this part of the gym carried out during our annual maintenance closure in July.

Hot Water Supply

Some members may have noticed recent problems with the hot water supply and the conserving of hot water for showers. This has been caused by the failure of one of the Andrew's Heaters that has reached its end of life. Replacement will require draining the pool and extensive pipework in the basement. This will be undertaken at the summer closure.

You may use the facilities of the Western Baths during our maintenance closure. Please remember to present your membership card and sign in.

Towards Net Zero

Our consultants Harley Haddow have now completed site visits and are compiling our Dynamic Twin Model. This is a computer model of the building which will help identify where energy savings can be made and help prioritise the order that we make modifications.

Once we have this, members will be notified and invited to a meeting to discuss the report findings before moving forward.

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*

Constitutional Review

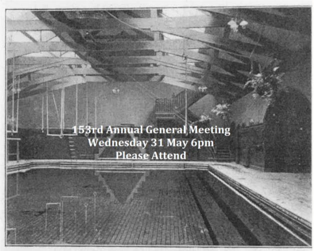
Our Secretary, Fiona Macdonald and Board member, Val Kaye have been working over last few months to identify an external consultant to undertake work on our behalf. An independent review of the Club's 153-year-old Rules and Regulations will involve members with an inclusive process to participate and feed in views over the coming months.

The Board have appointed consultants *Kinharvie* to facilitate the process. It will enable members to express views on the current rules and regulations; provide the Board with a mechanism to listen to views and experiences and provide ideas for improvements to serve the governance of the club and the experience of members even better.

The Club secretary will be emailing members with more specific details shortly.

More Members!

We remain in a very strong position with **1283 members** and a waiting list of 144! Which is great news as our target is to maintain membership at 1300.



153rd Annual General Meeting
Wednesday 31 May 6pm
Please Attend

ARLINGTON BATHS CLUB, GLASGOW.
The Swimming Pond.

AGM 2023

A reminder that the 153rd Annual General Meeting of the Arlington Baths Club will take place on **Wednesday 31st May at 6:00pm**.

The formal business for discussion at the meeting is as specified in the Agenda circulated to members in advance. As usual, a link tot the Annual Report & Accounts will be sent to everyone as soon as our auditors complete their work. You are encouraged to pop in to the office for a chat or send any questions you may have on the agenda items to our General Manager ahead of the AGM.

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Agenda

1. Minutes of the Annual General Meeting of 26th May 2022
2. Report & Accounts for the year ending 31st March 2023
3. Election of Board Members
4. Any Other Competent Business
    - Constitutional Review Update
    - Achieving Net Zero Update

No other formal business is being proposed by the Board, but as is custom and practice, a short general question and answer session will follow the conclusion of the formal business.

Please take a look at our club constitution here for information about the democratic processes within the club. If you have any questions or want to know more about how to participate or get involved, please contact our General Manager James Findlay and he will be happy to meet with you and provide any further details you require

National Pool Lifeguard Course

The club recently held a Royal Life Saving Society pool lifeguard course during the Easter break. In house Trainer Assessor Susanne guided 9 new candidates through the 5-day course, covering a number of areas including pool rescues, first aid, health & safety and more. Independently assessed on day 6, Susanne maintained her 100% candidate pass rate as a course tutor, well done!

New Staff

After the recent National Pool Lifeguard Training, a number of candidates have shown interest in employment within the club and will be given staff inductions over the next few weeks. Do make them feel welcome if you see them around. We are very pleased to add **Aidan, Effie and Jack** to our staff complement.

Martin Linden will be returning to us the week beginning 7 May and in addition to his normal duties will be offering Personal Training. If you wish to register interest in taking up this service using the email link below.

Register Interest in Personal Training

Arlington
Chess Association
FIRST PRIZE
Junior Handicap.
1889 TO 1890
PRESENTED BY
NEIL KENNEDY ESQ.
PRESIDENT
WON BY
McPhillip Tod.

An Arlington Gambit?

Plaque from a chess set awarded by the baths in 1889. More info about the club's chess history can be found here.

Some members have voiced interest in restarting an informal chess club/backgammon club one evening a week.

The aim would be to create a welcoming and engaging environment for enthusiasts of all skill levels to come together, share their passion for these classic games and develop their skills. The club would offer opportunities for casual play, friendly competition and even the occasional tournament.

To help us determine the level of interest among the members, please express your interest in the chess and backgammon club by clicking the link and send an email below.

Register Interest in Chess/Backgammon

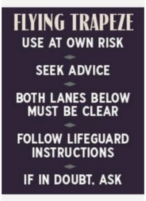
Welcome the Western

Monday 26 June - Sunday 2 July

Our friends in Cranworth Street will be having their annual maintenance closure from Monday 26 June until Sunday 2 July inclusive. Please make all our Western Baths Club guests very welcome.

Staying Safe

The gymnastic equipment over the pond is an integral part of the club and great fun. Please make sure you read the safety notices on the adjacent walls and if in doubt ask the staff for advice.



FLYING TRAPEZE

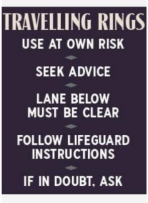
USE AT OWN RISK

SEEK ADVICE

BOTH LANES BELOW
MUST BE CLEAR

FOLLOW LIFEGUARD
INSTRUCTIONS

IF IN DOUBT, ASK



TRAVELLING RINGS

USE AT OWN RISK

SEEK ADVICE

LANE BELOW
MUST BE CLEAR

FOLLOW LIFEGUARD
INSTRUCTIONS

IF IN DOUBT, ASK

Sound Bath

Saturday 27 May 2 - pm 3.30

Glasgow Sound Bath is returning to The Arlington Baths. Join us for soothing and restorative sounds. This event is open to the public and Arlington Baths members.

A sound bath is a still, meditative experience where those in attendance are immersed in sound waves. These waves are produced by various instruments such as gongs, singing bowls, chimes, rattles and tuning forks. The music is a carefully selected wash of instrument sounds with soothing resonance and overtones. During the sound bath, participants lie comfortably on their backs or sit upright in chairs for the entire experience.

The intention of this experience is to create a sense of calm in the listener by using sound. Benefits include relaxation, an increased sense of wellbeing and tranquillity. Participants often report a reduction in stress and mental busyness. In addition to helping the body relax many people think sound baths and sound healing therapies can foster physical healing.

Normal ticket prices £20/£25/£30, member discount available for £17.

Arlington Members discount ticket £17

History Group

NHS 75

It's the 75th anniversary of the NHS this year (founded 5 July 1948) so we're thinking about what we might be able to do to reflect the Bath's role in health and wellbeing over the past 150+ years. We have lots of members who are or were medics or involved in public health - Dr Robert Perry and his father were both active in countering epidemics in 19th century Glasgow.

There is the **1000 mile** challenge for the NHS celebration. If you individually wish to swim 1000 miles for the anniversary we calculate that as approximately 230 lengths per day! not including holidays. More realistically, we thought it might be fun to see how far we can collectively swim as a club. We know the physical and mental health benefits of swimming are immense! From 5 July a ledger will be in the pool office and if you wish to take part, 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.

WESTFEST

2 - 25 June 2023

WestFest returns this year with a colourful mix of concerts, performances, recitals, galas and exhibitions; across music, theatre, comedy & visual art all over the west end.

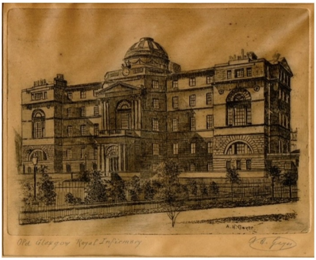
On **Saturday 3 and 10 June** between 10am and 2pm we are organising guided tours of the building. This is a great opportunity to share our club with the community. If you re a recent member, and want to find out more about the unique history of the club, sign up for a tour. It is also a great way to see if you want to volunteer as a guide at Doors Open Day in September.

Book a Tour

Diary Dates

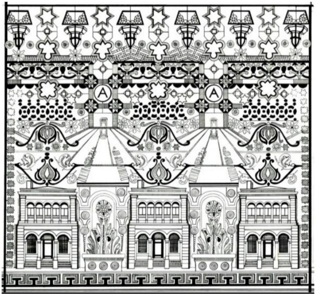
31 May AGM
2 - 25 June Westfest
26 June - 2 July Western Baths Visit
17 - 26 July Summer Maintenance Closure

Arlington on Tour



Pond & Pulpit: the Adolphus Geyer Story exhibition will be going on tour! Over the next couple of months, Reverend Geyer's (membership number M472) story will be travelling to the Friends of Glasgow Royal Infirmary new museum. As well as having made this etching of the 'new' Royal Infirmary (1915) and two of his sons trained as medics, his mother in law was Rebecca Strong who revolutionised nurse training.

The Friends of GRI Museum is well worth a visit and opens Tuesdays and Thursdays from 1- 3pm. For more info visit the museum website https://friendsofgri.org/museum/.



Art work by Marion Gardyne

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