Arlington Update

August 2024

General Manager Update

A warm welcome back to all members following a busy maintenance closure. Contractors and staff have been hard at work successfully delivering a range of improvements throughout the club. These works were carefully planned in conjunction with our architects, Page/Park, to positively impact your member experience and to continue to improve our facilities year on year.

Key highlights:

Installation of a new reception desk in our foyer. This not only provides a warm and welcoming entrance for all members but also improves our ability to monitor and manage the building's access. With this upgrade, we can now greet everyone entering the club, ensuring a more personalised experience while also enhancing overall security.

Replacement of the carpet in the Cool Room and Turkish Suite corridor with new woven vinyl flooring. This flooring is more durable and easier to maintain, whilst also providing a more hygienic environment in which to change.

Removal of the shower trays in the upper shower area, with new tiling to match the aesthetics of the lower showers. This upgrade not only enhances the visual appeal of the space but also improves associated drainage.

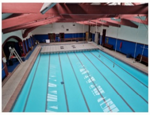
Installation of a new fire suppression (sprinkler) system in both of our saunas. This addition is a vital safety enhancement, designed to provide an extra layer of protection for all members and staff.

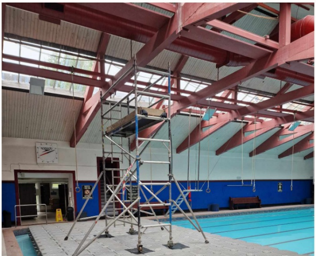
A thorough structural review of the roof beams in the pool hall was carried out. This review was essential to ensure the long-term integrity and safety of the structure. We await the final report from our structural engineers and will keep you updated on any necessary actions or improvements that may arise from their findings.

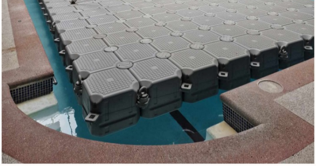
In addition, the entire club received a comprehensive deep clean from top to bottom. Various paint jobs were completed around the building, particularly in high footfall areas. Our poolside benches have been sanded and revarnished.

Closedown Work

Here are some images of the closedown maintenance work





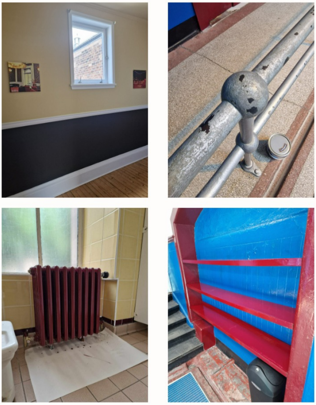


The full beam inspection required the installation of a floating pontoon to allow access. The pontoon came from a company in Largs.

New flooring was installed through the Cooling Room and corridor. This required removal of the old flooring and new screed laid to even the floors.

Upper Shower refurbishment added non slip terrazzo tiles and new shower heads.

Fire suppression systems added to the saunas



Paint work freshened up throughout the club.

Some things you can do now to help us reduce our energy use and environmental footprint

- *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*
- *bring a refillable water bottle to* ***stay hydrated***

Bike Group

ARLINGTON BATHS CLUB
HEALTH HISTORY HERITAGE

In March 2024 the Arlington Baths set up a Bike Library with six Dutch step-through Gazelle city bikes in three sizes. These are robust, relatively lightweight bikes, requiring little maintenance and which are easy to ride or learn on.

We have customised them with Arlington livery and issued them each a members number running B1 to B6.

Our Cycling Scotland funded 1:1 Adult Cycle Training (ACT) sessions proved very popular and were fully subscribed. In the period April to June eighteen club members participated in sessions, ranging from absolute beginner to advanced commuter but the biggest demand by far was for on-road confidence building. The ACT sessions took place on the Millennium Park court, in Woodlands and in Kelvingrove and very often using bike library bikes. The club will definitely apply again when the next tranche of funded sessions is available.

Cycle Rides

Our urban monthly led ride started in May. A leisurely paced ten miles or so, this is an opportunity to enjoy the local area, on a bicycle, with like-minded people. Also to gain a better understanding of how the city fits together when you're on a bike.

In May we took five Gazelles from the library to Sighthill stone circle and Bella the Beithir at Stockingfield coming back via the river Kelvin – route here – with a coffee stop at Gathering Ground.

In June nine of us, some on library bikes, visited the Transport Museum, Kinning Park and Glasgow Green – route here – with a coffee break at the Good Coffee Cartel.

In July (during the shutdown!) we borrowed bikes and cycled east to the Emirates – route here – with a stop at Outlier Coffee

Arlington cycle riders at the Armadillo

Next ride Sunday 25th August 10am

Our next led ride will take place on Sunday 25th August – route tbc. Don't miss out. Book a place and try out a bike library bike.

Our future plan is to allow members to borrow a bike from the library whenever they choose.

Book and / or reserve a bike here (free)

Swimming in the city

Could swimming return to the Clyde?

The Olympics in Paris has just concluded but holding the triathlon and marathon swimming in the river Seine has been tricky due to issues with pollution. Meanwhile other cities have created outdoor urban swimming places in harbours and rivers, and a new campaign for Swimmable Cities aims to encourage other cities to follow suit.

In an article published on *The Conversation* website, Arlington Baths member Lucy Janes, who is doing a PhD on Glasgow's swimming history, shared some stories from when people swam in the Clyde, including two teenage girls who were persuaded to take the water by the bathsmaster of the Arlington Baths Club.

https://theconversation.com/from-the-clyde-to-the-seine-rediscovering-glasgows-history-of-urban-swimming-could-help-shape-the-future-of-swimmable-cities-234747

An Arlington Olympian

John S. Thomson

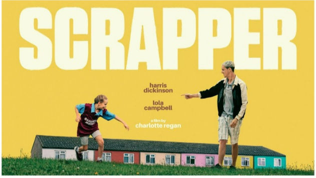
As the Olympiad opened, we tweeted about John (Jock) S. Thomson, our very own Olympian. He competed in the games the last time they were in Paris in 1924. The story was picked up by Glasgow Live who also included a link to the History Group blog.

https://www.glasgowlive.co.uk/news/glasgow-news/remembering-glasgow-engineer-who-competed-29631147

Unfortunately, Jock and the 4 x 200m freestyle relay team were not successful in 1924. This year Team GB including Scottish swimmer Duncan Scott won and successfully defended their gold from Tokyo 2020..

Find out more

Film Club



Scrapper 21 September 2024 6pm

Kicking off the 2024-5 film season in the club is Scrapper. A 2023 comedy drama. This is Charlotte Regans feature film debut. Winner of the World Cinema Dramatic Competition at the 2023 Sundance Film Festival, following the life of Georgie (Lola Campbell) a 12 year old girl trying to cope with the recent loss of her mother.

"A towering achievement for a first film, Scrapper refuses to be pigeonholed as another dreary story about working-class life. Grief has hope, youth holds the keys to everything." - Empire

Tickets £5

Doors Open Days

GLASGOW DOORS OPEN DAYS FESTIVAL

The Glasgow Doors Open Days festival will run from 16-22 September this year. The club will be open for pre booked tours on Saturday 21 and Sunday 22nd from 10am - 4pm.

Further details of the buildings opening their doors will be posted soon on www.glasgowdoorsopendays.org.uk.

Any members wishing to volunteer and show the visitors our club contact info@arlingtonbaths.co.uk.

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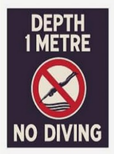
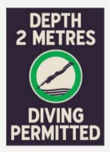
Staying Safe

Remember diving is only permitted at the deep end of the pond.





Diary Dates

25 August - Arlington Bike Ride
26 August - School Swimming Resumes
21 September - Film Night Scrapper
21 - 22 September - Doors Open Days

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