



Arlington Update

March 2024

General Manager Update

New Year – New Members

Membership remains capped at 1350, with a waiting list of over 200! A warm welcome to those who have recently joined. With new surroundings, there can be the odd teething problems as people become familiar and accustomed to our club rules, customs and etiquette. Whether you've just joined or have enjoyed the club for some time, it is always important to be considerate and helpful to other members, especially at busy times. Please use the slipper room for outdoor shoes, place belongings on hooks and ensure all guests are signed into the club at our pool office on arrival. If in doubt, please speak with a member of staff for advice.

New Year – New Staff

We recently welcomed two new casual members of staff to the club, Eloise and Anselm. Both formerly junior members, their Arlington journey continues and I hope you will make them feel welcome during their first few shifts.

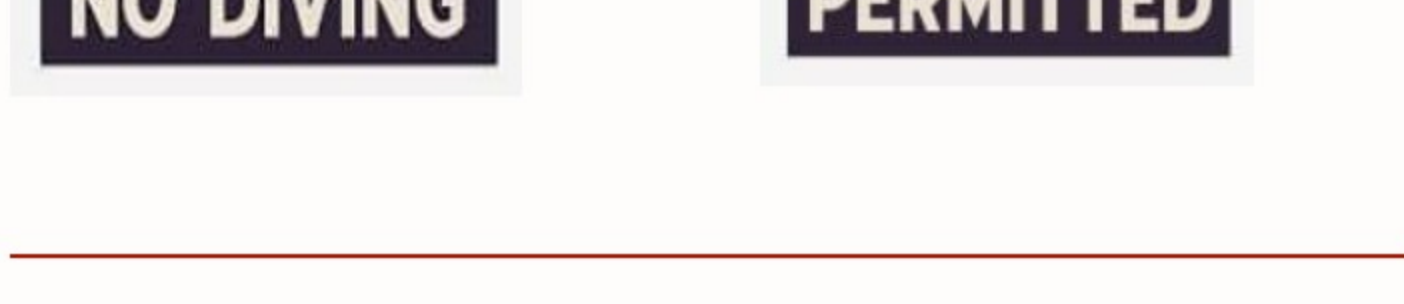
All club staff recently participated in two customer service training days, led by respected trainer Malcolm Thomas-Harley. These engaging sessions were extremely beneficial with the feedback received to be developed into a bespoke training document. This will set an expected and consistent high standard of service for all staff moving forward.

New Mothers' Writing Circle

Taking place at venues across Glasgow, we were delighted to host this eight-week course within our Reading Room towards the end of last year. Started in 2020 by club member Catrin Kemp, these themed writing workshops for new mums aim to centre the experience of the mother and her transformation in motherhood, as well as empower women, build community and elevate the new mums' voices. Catrin welcomed The Culture Scene into her writing circle, which can be viewed below -



Staying Safe



Review of Rules & Regulations of the Club

Kinharvie have concluded the independent review of the Club Rules and Regulations and have prepared the final report. The Board will be meeting to review and consider findings and recommendations.

New Board Members

The Board welcome expressions of interest from any eligible member to join the current board of management.

The Board is responsible for ensuring the effective and efficient running of the club which includes delivering high quality services, being an exemplar employer and making a commitment to sustainability.

The Board are particularly interested in inviting members who have:

- background, skills and /or experience in financial and legal areas
- experience of leadership, people management and governance
- can see the "bigger picture" when considering issues and making decisions
- have strong commitment to diversity, inclusion and equality
- been a member for at least two years
- are able to commit to two days on average per month, in addition to board meetings and AGM

Please contact the General Manager by email at info@arlingtonbaths.co.uk in the first instance, with your name and membership number, how long you have been a full member and a brief summary of the why you wish to join the board including any relevant skills, knowledge and experience you would bring (max 500 words).

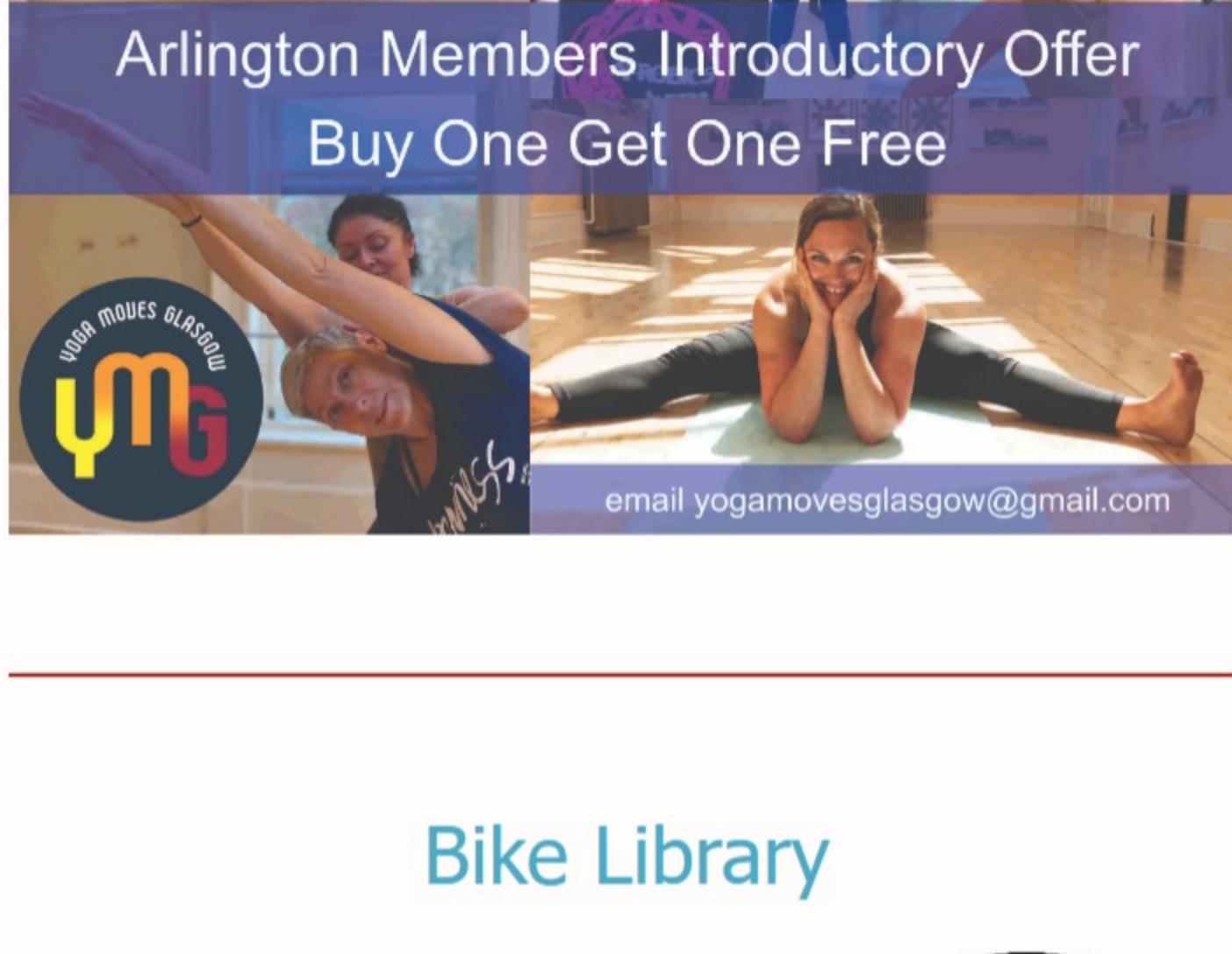
On receipt of your note of interest, we would propose to follow this up by offering an opportunity to meet the Board Chair and any members of the Board.

Yoga Moves - Introductory Offer

When you sign up for your very first class, we are offering Arlington members two classes for the price of one. You can mix and match so you can check out different styles; we have classes that are dynamic, classes that are slower, our unique Breathing Bones class, and even the dance-based Aerobics with Soul (you might have heard the music and laughter coming from the Reading Room on a Monday evening). All our classes are suitable for beginners as well as more experienced students.

Email us to get started at yogamovesglasgow@gmail.com

www.yogamovesglasgow.co.uk @yogamovesglasgow, or [sign up](mailto:info@arlingtonbaths.co.uk) for our newsletter

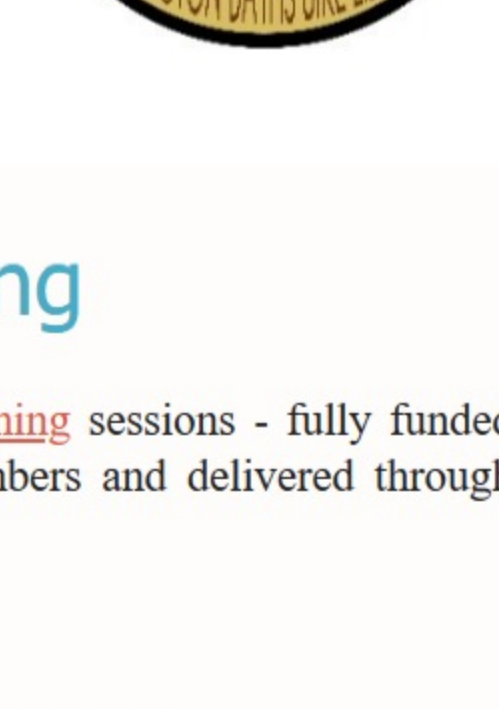


Bike Library

If you see a sticker on a bicycle, like this one, you've spotted a bike from the brand new Arlington Baths Bike Library.

We have recently purchased a fleet of six black Dutch style bicycles. These are step-through, relatively lightweight city bikes and are super easy to ride.

Expect lots of exciting bike related activities and news in the near future.



Cycle Training

We have a limited number of **Adult Cycle Training** sessions - fully funded through **Cycling Scotland** - available for members and delivered through **Jetpace Cycling**. One session per member.

These may be relevant if you

- Would like to feel more confident cycling on the road.
- Are about to start commuting to work by bike, or want to replace a regular car journey with something more active.
- Are keen to start cycling but haven't ridden a bike since childhood or even never at all.

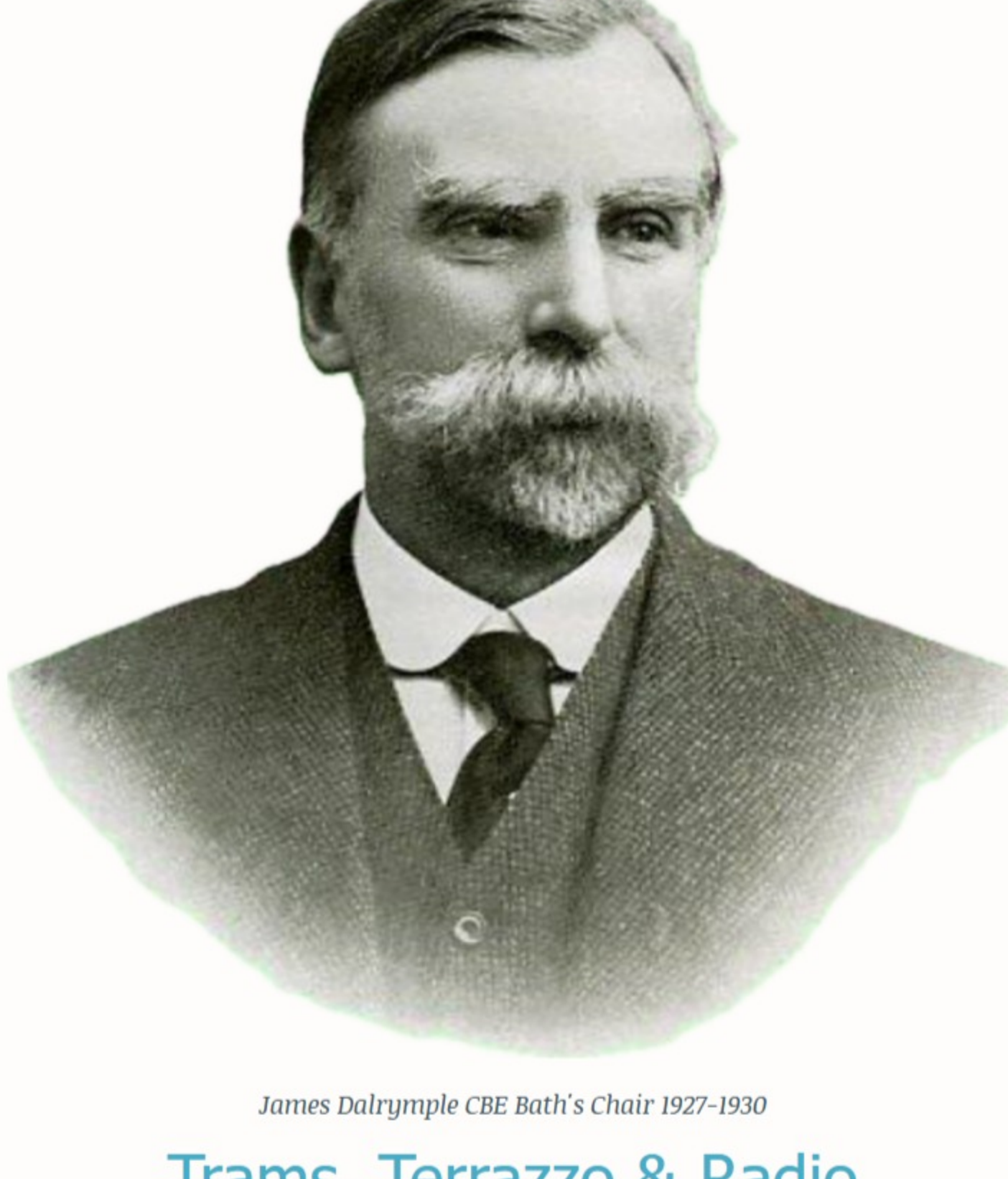
Adult Cycle Training is a series of practical cycling courses for adults - from Absolute Beginners to Advanced Commuters - and is a great opportunity to learn or refresh your practical cycle skills or to develop your confidence on-road.

The Club can provide a bicycle from our new library and a helmet, if required.

Contact tim@jetpace.com for more information or to arrange a session.



History Group



James Dalrymple CRE Bath's Chair 1927-1930

Trams, Terrazzo & Radio Transmissions

In the February 2023 Arlington update, we highlighted waterpolo team member W Boreland Dalrymple's and the Club's contribution to broadcasting history. Further investigation revealed that the Dalrymple family were heavily involved in the life and development of both the club and the city in the early 20th century.

[Find out more](#)

Film Club



23 March 2024

Road-rage drivers, loan sharks, shady lawyers, critics, corrupt politicians, cheating husbands, traffic wardens – the pressure points of 21st-century life get a roasting in this delicious black comedy from Argentina.

Bringing together six unrelated stories in a gloriously retro-styled portmanteau package, Damián Szifron's film (produced by Pedro Almodóvar) has won widespread acclaim and received an Oscar nomination for Best Foreign Language Film.

Arlington Film Group top pick for our 2023-4 season. Deliciously excuriating.

Running time: 120 minutes
Certificate 15

[Tickets £5](#)

Reading Room Exhibition

Oasis - Fouzia Zafar



The latest exhibition in the Reading Room is Oasis by Fouzia Zafar.

Fouzia Zafar has exhibited in the Royal Scottish Gallery and the recent retrospective of the Glasgow Print Studio in the Kelvingrove Art Galleries. In this exhibition you will find many works inspired by the Club and the West End.

As a child, Fouzia was born just around the corner from the Baths and it remained an inaccessibly curious throughout her childhood. Having 'grown up', and become a member of the Baths she was inspired by the quirkiness of the objects, spaces and histories that lie behind the walls of the Arlington. Like many of the inhabitants of the city it provided an oasis from everyday life.

If you wish to purchase any of the works please contact the pool office or email info@arlingtonbaths.co.uk.

Diary Dates

- 23 March Film Night - Wild Tales
- 1 April Easter Monday (Turkish Suite & Upper Showers mixed)
- 6 May May Day (Turkish Suite & Upper Showers mixed)
- 27 May Spring Holiday (Turkish Suite & Upper Showers mixed)
- 29 May Annual General Meeting

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Get in touch
info@arlingtonbaths.co.uk

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Our mailing address is:
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Keep in touch



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