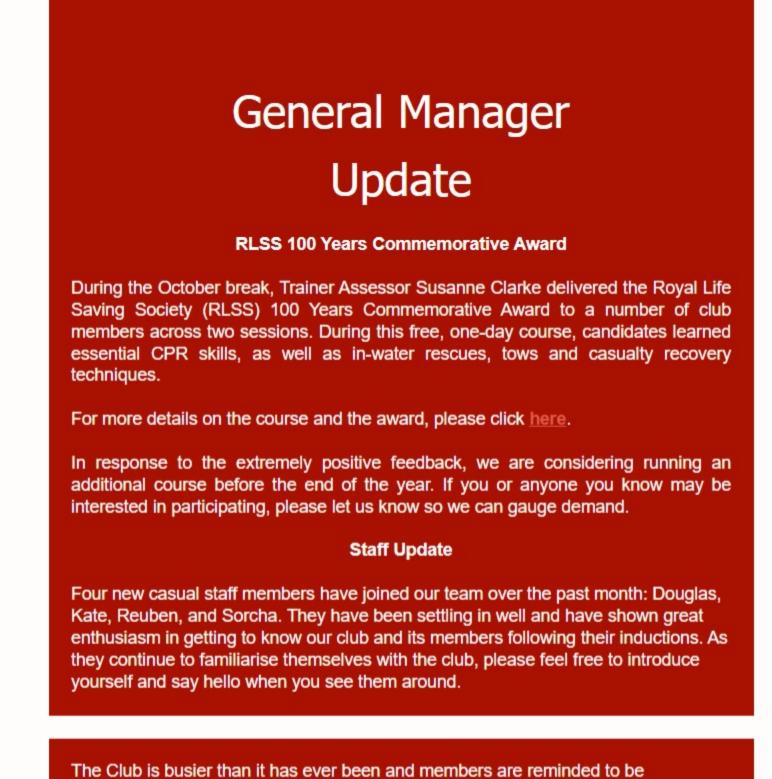


Arlington Update November 2024



considerate of others when using the facilities: Ensure showers are turned off when not in use

- Keep seats free by using the towel racks and shelves
- Keep outdoor shoes in the Slipper room . Do not put wet costumes on the seats in the cool room • Swim in the middle of the pond lanes, not up one line and down another
- Deposit towels and sheets in the changing room bins or down the laundry chute

Bike Group

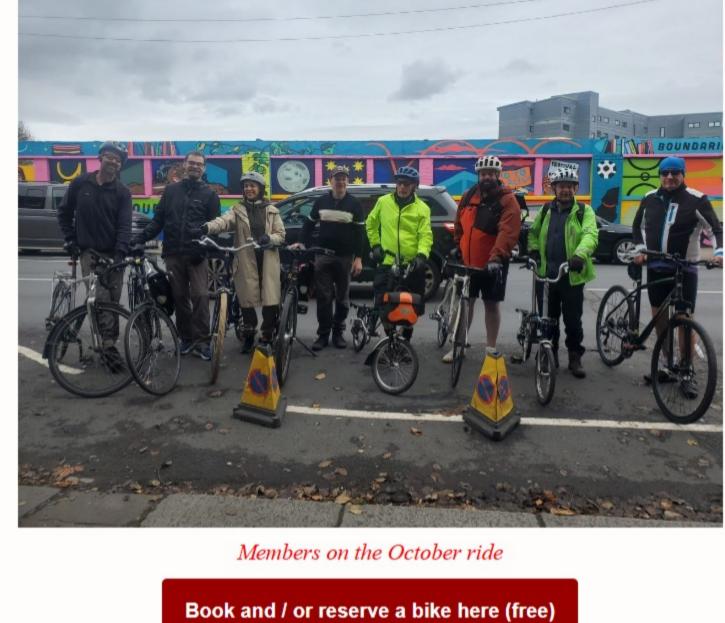


Our urban monthly led rides are continuing and the next one will be Sunday

Led Ride 24 November 2024

24 November 2024. Join other members for a leisurely 10 km ride around the city leaving the baths at 10am and returning by 12.30pm. If you don't have access to a bike, book one from the Arlington Baths Bike

Library.



Film Club



29/30 November 2024 6pm Hans Unkles, a fisherman from Tayvallich in Knapdale, shares his journey from boat builder to fisherman, and the challenges he faced in creating the UK's first electric-powered commercial fishing boat, which he continues to

old boat and refits it with cutting-edge electronic tech. This documentary film follows Hans building, learning, making mistakes, chopping and welding a path to an easier way of fishing. With stories, opinions, support (and the occasional unhelpful comment) from old and young generations of fishermen, discover the pros and cons of an electric world pioneered by these men.

operate today. With a band of fellow eco-aware fishermen, he takes apart his

This incredible story is a thriller, an inspiration, a drama, a comedy, a disaster movie, and a true story all set in the west of Scotland fishing industry. Tickets are selling fast so book now! Join us for the Glasgow screenings followed by Q&A with Joe Osborn and Hans Unkles

Tickets £5

Certificate: PG implied mild bad language, brief rude humour

HALO ARTS PRESENTS:



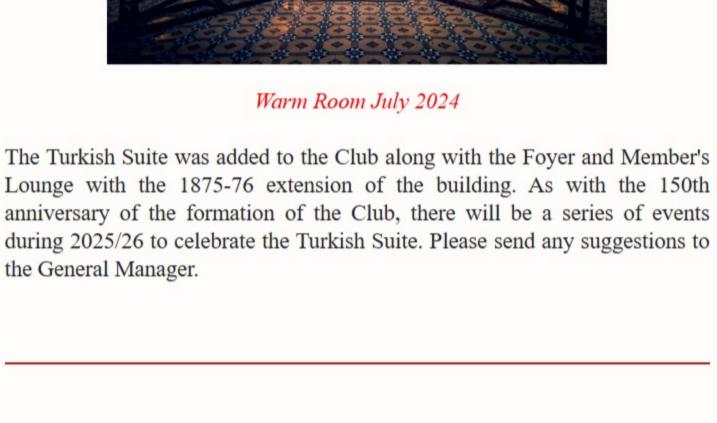
Join Dorothy, her wee dug Toto and bonkers Aunty Sandra as they embark on an unexpected journey from Maryhill to the land of Oz- via the yellow brick road of course! Joining them are the brainless Scarecrow, the heartless Tin

Man, and the cowardly Lion. With the help of 'Goodie two shoes' Glinda can

they defeat the crabbit auld Wicked Witch of the West and reach the Wizard in the Emerald City? Halo Arts 2024 panto is back with the usual big laughs, big characters and tiny budget; promising something for everyone! Tickets now available from reception.

Turkish Bath 1875 - 2025

150th Anniversary of the



How to use the sawna safely:

During sauna use, always drink planty of water to replace the fluids lost during perspiration but avoid alcohol. If at any time in the sauna any feelings of litness are experienced, laver the sauna immediated and consult with staff or seek medical advice if

Saunas

A user guide

Follow this guidance for a safe and

De aware that:

A Javara operates at 85°C – 100°C. Make sure that the temperature is conflortable for you by varying your position in the sauma.

The sauma conflores should only be adjusted by an authorised person.

Staying Safe

Steam Rooms

Follow this guidance for a safe and

A steam room operates at a temperature of up to 50°C at 80 100% humidity. Ensure this is comfortable for you.

The steam room controls should only be adjusted to

A user guide





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> <u>Unsubscribe</u> <<Email Address>> from this list Our mailing address is: Arlington Baths Club 61 Arlington Street GLASGOW G3 6DT

info@arlingtonbaths.co.uk

Keep in touch