



## Arlington Update

February 2026

### General Manager Update

As we move further into the year, there is a great deal happening behind the scenes as we continue to balance day-to-day operations with longer-term planning.

#### Membership & Usage

The Club continues to see strong and consistent usage throughout the week, with our waiting list now exceeding one year. Thank you for your continued patience and consideration towards fellow members, particularly during busier periods.

A couple of small but important reminders:

Please ensure that all guests are signed in at reception on arrival. This helps us ensure everyone in the building is accounted for and supports our insurance and health & safety procedures.

We also ask that members tap their door entry card each time they enter the Club — even if the door is already open or you are following another member in. This allows us to maintain accurate attendance records and supports our fire safety procedures.

Thank you for your cooperation in helping us keep the Club safe, secure and welcoming for all.

#### Staff Development

This week marks an important milestone for Katie as she delivers her first NPLQ (National Pool Lifeguard Qualification) course to new candidates.

Having recently qualified as an RLSS Trainer Assessor, this represents a significant step in her professional development. It also strengthens our own internal training capability.

Delivering lifeguard qualifications in-house helps us keep our standards consistent, gives our existing team more opportunities to develop, and makes it easier for us to train and support future staff. This plays an important part in maintaining the high levels of safety and professionalism our members expect from the Club.

This has been reinforced by our recent RLSS annual audit as an approved training centre, which returned extremely positive results and feedback. The Club was just two marks away from a perfect score and achieving "Excellent" compliance status, a fantastic outcome.

My thanks go to Susanne, in her role as Centre Co-ordinator, for the work she puts in behind the scenes to ensure our training meets such a high standard.

#### Building & Infrastructure Planning

Alongside routine maintenance works, we're continuing to plan ahead for a number of larger projects across the building. Looking after a historic property like ours takes careful forward planning, the right specialist advice, and sensible financial management.

We're currently working through feasibility, contractor discussions and costings to make sure any proposals are practical, properly thought through and in the best long-term interests of the Club. We'll share further updates once plans are more fully developed.

### Arlington Baths Club member survey

Please take 10 minutes to complete the member survey. It is open until **midnight on Sunday 1st March**.

This will help the Board understand what matters most to you and ensure that future decisions about investment and development are grounded in member priorities, supporting our collective stewardship of this special place.

This is part of an on-going process of member engagement; we'll share the survey findings and will continue to seek further insights on particular issues or areas for development.

[Start the survey](#)

### Opportunities to get involved

The Board is keen to hear from anyone who is interested in contributing some of their time or expertise to support the Club and its future development.

This could be simply a one-off event, a short-term project, or a longer-term involvement. Please [email us to register your interest](#) in having an informal chat about potential areas of collaboration.

#### Join the Board

The Board is also seeking to co-opt several new Board members who are willing to make a significant commitment to the Club.

The Board are particularly keen to strengthen areas around project management, communications and marketing. A breadth of experience and those currently practising in these areas would be a valuable asset to the future of the club.

Applicants should also demonstrate the ability to think strategically, work collaboratively, and show a strong commitment to diversity, inclusion, and equality.

To be eligible, candidates must have been full members of the Club for at least two years.

Members interested in applying should Email [info@arlingtonbaths.co.uk](mailto:info@arlingtonbaths.co.uk) providing:

- Name and membership number
- Length of full membership
- A supporting statement (maximum 500 words) outlining why they wish to join the Board and the relevant skills, knowledge, experience and values you would bring.

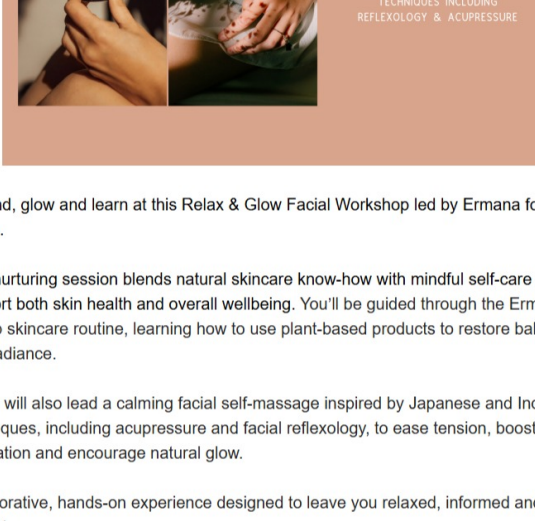
Following receipt of expressions of interest, candidates will be invited to meet with the Board Chair and/or other Board members.

Mentoring support will be available to all new Board members.

We would encourage you to read our [Club Constitution](#), [Annual Report 2025](#), and [Code of Conduct for Board Members](#).

### Ermana Workshop

Saturday 21 March - 1:30-3:00pm



Unwind, glow and learn at this Relax & Glow Facial Workshop led by Ermana founder, Claire.

This nurturing session blends natural skincare know-how with mindful self-care to support both skin health and overall wellbeing. You'll be guided through the Ermana 3-step skincare routine, learning how to use plant-based products to restore balance and radiance.

Claire will also lead a calming facial self-massage inspired by Japanese and Indian techniques, including acupressure and facial reflexology, to ease tension, boost circulation and encourage natural glow.

A restorative, hands-on experience designed to leave you relaxed, informed and radiant.

Price includes a mini face oil, facial tool and a 20% off voucher.

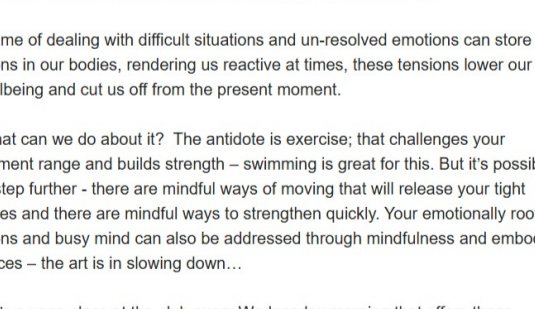
£28.00

find out more: <https://ermana.co.uk/products/relax-glow-workshop>

### Yoga with Craig

The art of slowing down through yoga

Wednesdays 10.30-11.30am



Over the decades, our bodies tighten and slowly condense under gravity, allied to this is a gradual loss of muscle that accelerates when we are over 50.

A lifetime of dealing with difficult situations and un-resolved emotions can store micro-tensions in our bodies, rendering us reactive at times, these tensions lower our sense of wellbeing and cut us off from the present moment.

So what can we do about it? The antidote is exercise, that challenges your movement range and builds strength – swimming is great for this. But it's possible to go a step further – there are mindful ways of moving that will release your tight muscles and there are mindful ways to strengthen quickly. Your emotionally rooted tensions and busy mind can also be addressed through mindfulness and embodiment practices – the art is in slowing down...

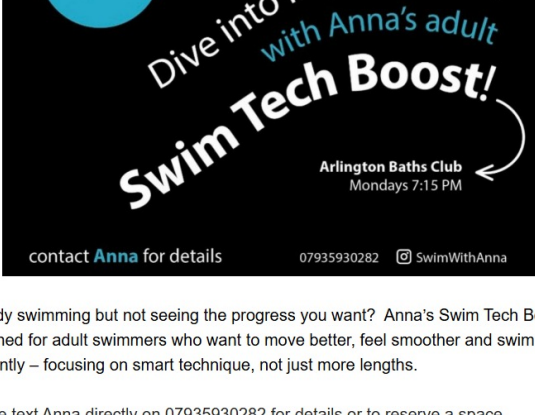
There's a yoga class at the club every Wednesday morning that offers these conscious ways of working. They are run by Craig, an experienced teacher in: yoga, movement therapy and meditation. Unlike other yoga classes, the practises enable slowing down and often stopping to cultivate gentle awareness and using that to connect deeply to the body – which is already present. Each session will leave you moving and feeling better – to re-enter your week refreshed and calm!

If you're interested in doing beyond exercise to; tackle your muscle tightness, combat muscle loss and find a deeper connection to the present, then this class might be for you.

Try a class or two out and see how you feel after! Email [mail@yogawithcraig.com](mailto:mail@yogawithcraig.com) or text Craig on 0750235412 to book a session.

### Adult Swimming Lessons

Mondays 7:15pm



Already swimming but not seeing the progress you want? Anna's Swim Tech Boost is designed for adult swimmers who want to move better, feel smoother and swim more efficiently – focusing on smart technique, not just more lengths.

Please text Anna directly on 07935930282 for details or to reserve a space.

### Personal Training



Are you a regular gym user but unsure how to train efficiently and see real results? Perhaps you feel apprehensive about using the Club's gym because you haven't used it before?

Or maybe you simply need motivation and accountability to stay on track?

Whatever your starting point, I'm here to help.

I work one-to-one with members to set clear, achievable goals and create personalised programmes tailored to your needs. Whether your focus is weight loss, building strength, improving mobility, or boosting overall fitness, I can support you every step of the way.

If you're new to the gym or a regular Club user looking for extra guidance, please feel free to get in touch to discuss how I can help you reach your goals.

### Film Group

LOLA 28 February 6pm



Orphaned sisters Thom and Mars have built a machine, LOLA, that can intercept radio and TV broadcasts from the future.

The sisters use LOLA for entertainment and to listen to music. Then the Second World War breaks out, and the women begin listening to news bulletins from the future and broadcasting clandestine radio messages to warn civilians to take cover from impending German air raids.

Once the authorities become interested, the sisters' lives begin to unravel. Starring Emma Appleton and Stefanie Martini, and directed by Andrew Legge.

LOLA was shot on black and white film during lockdown in Ireland.

Running time: 79 minutes  
BBFC Cert: 15

[Book For Films Here Tickets £5](#)

[Find out more about the Film Group here](#)

### Bike Group



#### Adult Cycle Training

Our Cycling Scotland funded 1:1 ACT sessions have proved very popular. They were fully subscribed in 2024 and 2025. We now have more funded sessions available – book [here](#) – for 2026.

The sessions range from absolute beginner to advanced commuter but the biggest demand is for on-road confidence building. The ACT sessions take place on the Millennium Park court, in Woodlands and in Kelvingrove and very often use Bike Library bikes

#### Urban Led Rides

Since May 2024, we have been running Urban Rides, usually on the last Sunday of the month. This is a leisurely paced ride and an opportunity to enjoy the local area, on a bicycle, with like-minded people. It is also a chance to gain a better understanding of how Glasgow fits together when you're on a bike.

[Book For Cycle Rides Here](#)

[Find out more about the Bike Group here](#)

### Diary Dates

22 February Bike Ride  
28 February Film Night - LOLA  
21 March Ermana Workshop  
29 March Bike Ride

