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Arlington Update

November 2026

With colder nights upon us, the Club tends to get a little busier. Please help keep the facilities comfortable for everyone by following these shared courtesies.

- In the Turkish Suite, please observe silence in the Warm Room. Conversation is welcome in the Hot Room.
- Always shower before entering the pool, particularly after using the saunas, steam rooms or Turkish Suite.
- Turn showers off after use.
- Leave outdoor shoes in the Slipper Room.
- Use hooks, hangers and lockers for personal belongings and keep chairs and benches clear for others.
- Put used towels and sheets in the changing room laundry bins or down the laundry chute.

Thank you for being considerate of your fellow members.

Events

Juniors Christmas Party & Panto



Our Juniors Christmas Party takes place on **Saturday 12th December** and tickets are now available from our reception. Don't miss this festive celebration which includes a pool party, refreshments and a visit from a very special guest! The party runs from 10am till 1pm and tickets are just £10 per person.

Following their success at our summer gala, swimming races will return as part of the Christmas pool party. Adults and children are welcome to take part, with further details to follow.

Please note that the pool will be particularly busy between 10am and 11am, so do plan accordingly if using the facilities around this time.

10am - 11am - Pool party
11am - 12pm - Refreshments in the Members Lounge
12pm - 1pm - Pantomime

Live in the Lounge
Black Snake Roots



Soulful Australian vocalist Charlotte Marshall and long-time Arlington Baths member, and professional lead guitarist, Fraser John Lindsay are individually and collectively well-respected throughout the Scottish blues music scene. Working together for over a decade, the talented pair have been busy entertaining audiences in Glasgow's vibrant bars and restaurants as well as headlining annual performances at Paisley Arts Centre.

Fraser and Charlotte, collectively known as 'Black Snake Roots', have previously performed poolside in the Pond during summer Gala days and are very much looking forward to performing their unique, chilled-out, stripped back blend of semi-acoustic soulful blues-jazz in their own harmoniously relaxed style in the cosy Arlington Baths members lounge bar.

Expect the likes of Norah Jones, Dusty Springfield, Eric Clapton, Bob Dylan and perhaps the late Dolly Parton as well as plenty of improvisation from Fraser on guitar.

Free event, no ticket required. Non-members welcome. Get there early if you'd like a seat

Friday 27th November
6:30 - 7:30pm
Members Lounge

Film Group



Join us for a special screening of **Jailbroken**, an 86-minute psychological prison thriller set in and around Glasgow, followed by a **Q&A with director Vasily Chuprina and scriptwriter Raymond Friel.**

Starring *Bryan Larkin, David Hayman and Shauna Macdonald*, the film unfolds almost entirely inside a prison cell and opened this year's FrightFest Glasgow.

Watch the trailer

BBFC Cert: 15
Saturday 5th December - 6:30pm
Tickets - £5

Book here on Eventbrite

Aquafit

Join us **every Thursday at 10am** for a fun, low-impact, 45-minute workout. Using the water's natural resistance, AquaFit helps build strength, improve cardiovascular fitness and get you moving—all in a friendly, supportive atmosphere. Exercises can be adapted to suit all abilities, so you don't need to be a fitness regular to take part.

We'd love to see more members joining us. To keep AquaFit running in the longer term, we need to increase participant numbers. If you've been curious about the class, now is a great time to give it a try!

£8 per session - pay at reception on arrival.

Glasgow Soundbath

Glasgow Soundbath returns to the Reading Room each month, from 2pm till 3:30pm, for a 90-minute afternoon soundbath of deep rest and resonance. You'll be immersed in live acoustic sound from gongs, crystal bowls, chimes and bells. No experience is needed: you simply lie down, or sit in a chair if you prefer, and listen. Please bring a mat and a blanket if you have them; a limited number of spares are available.

Doors close at 2:05pm and late entry isn't possible, so please arrive in good time.

Sliding scale tickets at £20 / £25 / £30. Every ticket gives the same experience, so choose the price that feels right for you.

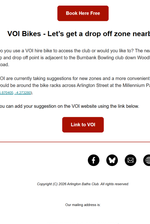
Upcoming dates - book via Eventbrite:
15th November: https://www.eventbrite.co.uk/e/1986312125195
20th December: https://www.eventbrite.co.uk/e/1988771950418



Socials

We were delighted to welcome Scottish Instagram star Chris Lawlor to the Baths, where he filmed one of his 'Did You Know in Scotland...?' videos to share with his million followers.

Video opens in new window



Bike Group

Cycle Ride

Join us for a leisurely cycle ride for members and friends from the Baths and back.



This month's ride is on Sunday 29th November, meeting 10am at the club. Come along and see how the city fits together when you're on a bike.

Our gentle paced urban ride, weather permitting, is a 12-mile [loop](#) through Govan and Kinning Park exploring parks and infrastructure.

Bring your own bike or you are welcome to borrow one from our new Bike Library. Limited places.

Sunday 29th November, 10am, free

Book on EventbriteFree

Adult 1:1 Training Sessions

Adult Cycle Training sessions, fully funded through Cycling Scotland, are also available to Arlington members.

These are practical **1:1** cycling courses for adults with all abilities covered from Absolute Beginner to Advanced Commuter.

Ideal if you want to develop your confidence on road (and cycle to the club!), explore the new cycle infrastructure, refresh your skills or even learn how to ride a bike. You can borrow a bicycle and a helmet from our Bike Library if required.

Booking sessions now for November and December.

Book Here Free

VOI Bikes - Let's get a drop off zone nearby!

Do you use a VOI hire bike to access the club or would you like to? The nearest pick up and drop off point is adjacent to the Burnbank Bowling club down Woodlands Road.

VOI are currently taking suggestions for new zones and a more convenient spot would be around the bike racks across Arlington Street at the Millennium Park (55.87640 , -4.27269)

You can add your suggestion on the VOI website using the link below.

Link to VOI

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