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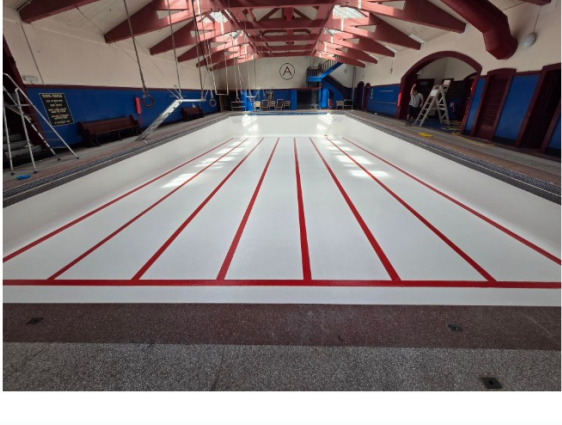


Arlington Update

September 2026

Annual Maintenance Closure

The Club's recent annual maintenance closure was another busy and productive one, with the pool drained and repainted. Other highlights included new flooring in the poolside changing rooms, new seating in our members lounge and cool room, and a range of deep-cleaning, servicing and general maintenance works throughout the building.



RLSS National Pool Lifeguard Course

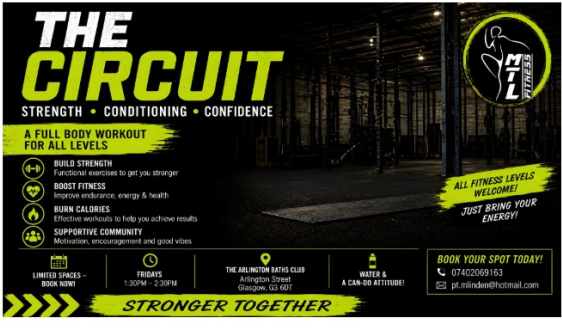


The Club will host a National Pool Lifeguard Qualification course during the October school break, offering participants the opportunity to gain an internationally recognised qualification. The course costs £275 and runs from **Monday 12th to Friday 16th October, 9am–5pm**, with the assessment taking place on **Saturday 17th October**. Spaces are limited. Further information about the qualification is available on the [RLSS UK website](#), and anyone wishing to book should contact the [General Manager](#).

Events

The Circuit

Martin's new circuit class takes place every Friday at 1:30pm. Offering a full-body workout suitable for all abilities, it's a great way to improve your strength and fitness. Spaces are limited, so please book in advance directly with Martin to avoid disappointment.



Floating Soundbath



Join [Serenity Waves](#) and [NEOM Wellbeing London](#) for an exclusive floating sound bath experience in the pond on **Saturday 3rd October at 6:45pm**.

Your experience includes:

- Welcome drinks and an introduction to NEOM
- A deeply immersive sound bath on signature floating beds
- A blanket and luxury 3D blackout eye mask
- A complimentary NEOM wellbeing gift bag
- A 15% NEOM in-store voucher
- Two Perfect Night's Sleep Magnesium Body Butters
- A Perfect Night's Sleep Plan

Arlington members can book for the reduced price of **£42.50**, normally £50, using discount code **'SERARL'** when **booking**.

Please note that the pond and surrounding facilities will be unavailable from **6:30pm until 8pm** to accommodate this event.

AquaFit

A new weekly AquaFit class will begin on **Thursday 24th September at 10am**.

This fun, low-impact 45-minute class uses the resistance of the water to provide a full-body cardiovascular and strength workout. It is suitable for all abilities, with exercises adapted to suit individual fitness levels.

A section of the pool will be roped off for the class, but general swimming will remain available in the rest of the pool.

Classes cost £8 per session.

Interested in taking part? Register your interest [here](#) ahead of the first class.

Ermana Glow & Flow Workshops



Following a successful workshop earlier this year, **Ermana Natural Skincare** returns to the Club on **Saturday 12th September** for another Glow & Flow experience.

This event sold out very quickly, so two additional workshops have now been added:

- **Saturday 31st October, 2pm–5pm**
- **Saturday 28th November, 2pm–5pm**

Each workshop includes:

- A natural skincare facial workshop with Ermana Natural Skincare
- A simple three-step skincare ritual using nutrient-rich plant oils
- Guided facial massage techniques to boost circulation, release tension and support glowing skin
- Relaxing yoga designed to calm the nervous system, improve mobility and leave you feeling refreshed
- Time to connect with like-minded people in the Club's beautiful surroundings

Places are limited, so early **booking** is recommended.

Soulguided Sound Bath

Join Geetha Marcus for an authentic and nourishing soundbath. Using specific frequencies, rhythms and intentional silence to help restore balance, harmony and recalibrate your energy.

This is a guided journey through carefully layered tones designed to calm the nervous system, clear mental noise and support emotional and spiritual peace

Sunday 6th September - 2:30 - 5:00pm

[Book here](#)

Sunday 27th September - 2:30 - 5:00pm

[Book here](#)

Glasgow Doors Open Days Festival



The Club will once again take part in this year's **Glasgow Doors Open Days Festival** on **Saturday 19th and Sunday 20th September**.

Our volunteers will provide visitors with an in-depth tour of the building, sharing details of the Club's fascinating history and stories from its earliest days to the present.

Club members—particularly those who have joined recently—may also find the tours interesting and are very welcome to attend. **No booking is required**.

Tours will begin **on the hour, every hour, from 10am until 3pm** on both days.

Club facilities will remain open as normal throughout the weekend; however, members are asked to be mindful that tours will be taking place around the building during these times.

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 27th September, meeting 10am at the club. Come along and see how the city fits together when you're on a bike.

Details of all our previous rides are available on the Arlington Baths [bike page](#).



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

Sunday 27th September, 10am, free

[Book your place](#)



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