

DRUMSHEUGH BATHS CLUB

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Pascal Sime - Personal Trainer

Pascal currently has availability for personal training in the Club.

A qualified, experienced personal trainer offering bespoke gym sessions exclusively to members, Pascal's training is tailored to meet your specific needs; whether you want extra encouragement, need to rehabilitate, manage weight, build strength, or avoid injury Pascal will be able to help you.

Services available are: 1:1 personal training, diet and nutrition advice and analysis, small group sessions, gym induction/ gym familiarisation sessions, kinetic chain release, rehabilitation, pre/post-natal and workout programmes.

For more information and pricing please contact Pascal direct at pascalsime@hotmail.co.uk

Lane Discipline and Pool Etiquette

During the 140 years Drumsheugh Baths Club has been in operation, it has prided itself on having very few rules that it requires members to follow, unlike the larger private chain health clubs and council swimming pools. However, there are a few "unwritten rules" and general etiquette which have always worked well and which we expect all members to follow. The main such rule is that the maximum capacity of the pool during our lane swimming periods is 7 swimmers. When there are 7 swimmers in the pool, inevitably there will be less space for each swimmer than normal, and we ask all members to observe swimmers entering and leaving the pool. This may mean that from time to time those already in the pool have to move from their original line/lane to accommodate a new swimmer entering the pool. Those entering the pool should ensure, before they commence their swim that those on either side of their intended position are aware of their presence. We ask that swimmers use their common sense during these times. When there are 7 swimmers in the pool, we would ideally like to see an even space between each swimmer across the pool. This typically means 3 swimmers on the lines between the lanes, and 4 swimmers taking the middle of each of the 4 lanes. If you are unsure of where you can best fit in, please speak with a member of the team who can help you identify the best space to swim.

Please note this only works if you can swim in a straight line!

Stepping Stones

Swimming lessons are now underway with our new swim lesson providers Stepping Stones. Spaces are still available for booking and can be made directly through the Stepping Stones

website. Search for our venue at Drumsheugh Baths and follow the instructions. The full-term time dates can also be viewed here.

When prompted for your membership code/number when booking, you MUST use the code Drumsheugh Belford Baths.

Adult lessons will start back on Tuesday 20th of February and are bookable through the members area on the website.

Roofing and Stonework Repairs - EWH Grant

The legal and planning work required in connection with our upcoming major external fabric repair project has now been completed. This includes the grant funding being provided by Edinburgh World Heritage to assist with the costs. Repair works will be undertaken to the roof and rainwater goods, along with repairs to the stonework of the building, and repointing. It is intended that the scaffolding will begin to go up on 19 February, with the works scheduled to take 6 months.

Members Evenings

Four upcoming members evenings have been scheduled. These will be:

Members' Meeting

Wednesday 20 March 18.30 in the Members Lounge

An opportunity for members to hear the Board's plans for the coming year, for members to ask questions, and for the Board to hear members' views.

Warming up a cold case: the prosecution of unresolved homicide and televising the courts
Alex Prentice KC, Crown Counsel.

Thursday 14th of March at 18.30 in the Studio

Swimming - Some thoughts and ideas: an overview of the theories and practices of swimming
Charlie Raeburn

Wednesday 27th of March at 18:30 in the Members Lounge

A Reception for new DBC Members

April 2024 - date and time TBC

An opportunity for new members to meet each other, as well as existing members, in a convivial, social setting. In the meantime, we have admitted 38 new members at the beginning of the subscription year and hope they will all be made very welcome as they get to know the building and their fellow members.

Kind Regards
Paul Dunlop
General Manager