

Minutes – Health Club Committee Meeting – Monday 13th January 2025

- **Apologies** - Nick Bunn, Marc Newey
- **Attendees**- Colin Hector, William Haston, Jasmine Amaria, Victoria Stephens, Fiona Sargeant, Janine Railton, Stuart Reeks, Simon Baker, Ana Leal, Lucy Carter, Ricky Alexis.
- Note Colin introduced William Haston, new member to replace Laura Martin in the Health Club Committee.

Health Club Staff Update

- No additional staff have been recruited to the Health Club team since the last meeting.
- Sophia has recently completed her weightlifting course and is now offering female only lifting classes within the group exercise timetable. These will continue throughout 2025.
- We are currently looking to recruit full time lifeguards (2 positions available) to support our existing team and allow sufficient training time ahead of the busy summer period.
- Gym staff – Sophia (from now) and Zuzana (from September) will be reducing their contractual hours to focus on external projects.
- Boryana Petrova has been recruited as a casual Personal Trainer and will be working on Saturdays in addition to teaching her current classes.

Health Club Reports Review / Questions

Sauna:

- Agreed plan was to replace the Sauna with a like for like model. Frustratingly this project has taken longer than we were advised by Buckingham Pools with some ongoing issues. Primarily the Sauna door has dropped from the hinges and the benches need to be securely fixed as some are started to come loose. This work is scheduled to be completed Saturday 18th January ahead of being open for use on Sunday 19th.
- Buckingham Pools are the leading contractor regarding swimming pools however we will explore alternative options for future projects. Our maintenance contract is due to expire summer 2025.
- Sauna payment hasn't been completed and will be reviewed after all the outstanding issues are resolved.
 - o William raised if it would be beneficial to upskill our Maintenance staff to be able to complete specialist works.
- Communications between the Health Club and Members needs to improve if any of the facilities are out of action for an extended period. - WhatsApp and email were agreed as best options.

Health Club Usage:

- Average of 2600 unique visits per month between October- December 2024.
- January has currently been super busy, especially weekends

Gym update

- 2024 – Most Personal Training sessions we have ever done with close to 5000 sessions delivered.
- With the recent recruits and upskilling the team in 2024 it has generated a fully diverse team with different skills set to enhance our offering.
- Ryan will be away for 2 months (Sabbatical Leave) to travel Asia. This will commence on 1st February 2025.

- Zuzana has requested to reduce her working days and hours to allow more time to be spent on other projects away from the Club. This is currently being discussed and awaiting an outcome.
- Donovan will be getting married this year, with an expected date in October (awaiting confirmation)
- Technogym – cooperation with them has been positive over the last 3 months.
 - 1x Treadmill is under review as a person got a static shock.
 - William asked if treadmills can be calibrating all the same? TG said yes, but members have confirmed they are not. **Action RA / SR**
 - Ricky confirmed that skill treadmill is more accurate.
 - Sky TV has not been consistent - under review.
 - Concept2 rower is making noise again. This has been logged and awaiting a visit from the technician.
- Tanita scales have been re-calibrated and back operational.
- The Technogym lease is up for renewal in Summer 2025. The current thought is to extend this lease ahead of a gym refurbishment in the future.

Group Exercise

- We operated a reduced timetable during Christmas time, which is normal, however we experienced a lot of sickness. We covered as many as possible however, some classes were cancelled due to no instructor availability.
- Lucy will review the current feedback regarding the classes that have been removed as some members have asked why.
 - Any classes removed were due to low attendance.
- The booking process for Reformer Pilates inductions has changed. Due to some of the induction slots not being booked. The Members will now email Lucy to schedule an induction.
- Colin Hector mention Tai Chi has become very popular but then attendance has drop slightly.
 - **Action - Attendance and feedback to be reviewed by Lucy.**
- William commented that there are not enough classes for young workers before 9am, Lucy mentioned that depends on what classes they are looking for. Jasmim commented that more classes for after work need to be added. It was agreed that there are a good number of classes offered pre 9am.
 - Ricky has mentioned that we have put classes in place in the evenings but never had positive attendance. Ricky said he is happy to try to put another body pump for after work members.
- William asked if we can have the gym open until later without staff. Stuart raised the H&S concerns but will review the potential of one day with late gym access until 10pm (maybe Wednesday). Victoria asked if William could speak with the young workers to put a comment card with suggested times before any operating hours are amended.

Swimming & Junior

- We recently competed two charity events in the Health Club which raised £2,000 for the Royal Hospital for Neuro-disability. The events were a group100k swim and a staff spinathon. Thank you to everyone who took part and donated.
- On Saturday, 23rd November, we hosted our much-anticipated Annual Internal Swim Gala, where 30 children, aged 6 to 10, showcased their swimming skills. The event featured 14 exciting family races, offering a fantastic opportunity for juniors to connect with fellow swimmers and for parents to join in on the fun and competitive spirit. It was a wonderful day filled with enthusiasm, camaraderie, and impressive performances by both our junior swimmers and their families. Thank you to everyone who participated and made this event so memorable!

Upcoming events

- Family Spinathon (11 to 15yrs) – Sunday 16th March
- Adult Inter Club Swim Gala – Roehampton Club Vs Hurlingham Club. This event is currently under development, with confirmation from the Hurlingham Club pending.
- Roehampton Club Running Club – We're in the early stages of launching a running club. Currently gathering insight from runners at the Club.
- Junior Inter Club Swim Gala - Roehampton Club vs Hurlingham Club – Saturday 17th May.
- We currently have 307 juniors participating in our swim school.
- There are a variety of activities scheduled for the juniors to participate in over the coming months. Please keep an eye on the notice boards around the Health Club for further information.

AOB

- **Outdoor fitness equipment update**
 - o Installation will be w/c 10th March
 - o We will explore becoming affiliated with Hyrox and deliver specific training classes.
 - o A timetable of activities/classes will be designed for the outdoor gym, for both adult and junior users.
 - o All sessions will be supervised by a qualified member of the team.
- **Hydro spin class**
 - o If the outdoor pool needs to be closed due to weather conditions, it was agreed by the Committee that the outdoor Hydro Spin class should be CANCELLED.
 - o It was also agreed that all other activities due to be delivered in the outdoor pool will also be cancelled which includes Adult Swim.
- **125 Anniversary**
 - o Ana explained the ideas and the Committee need to decide on a date for the party and other events.
- **Spin Bike update**
 - o Spin Bikes were serviced last year.
 - o Classes lost attendance although have picked up numbers since the beginning of the year.
- **Internal Gym reorganization**
 - o Stuart and Ricky to continue to review the functional /free weights to create more space.
 - o Floor contractor and Technogym have been on site and met with SR/RA.
 - o Ricky will review the current gym equipment regarding usage to ensure we have the correct amount of each one.
- **Pool Heating system update**
 - o Outdoor pool temperatures were under discussion due to complaints that it's too cold. The current temperature is 27 however members have requested this to be increased especially over the colder months to 28+. The Committee agreed that 27 degrees was the right balance for all users during the winter.

- A fault with our current heat exchange plates has been found and replacements have been ordered. These are expected to arrive in February and installed by Buckingham Pools.
- **Family Changing Room**
 - We are currently awaiting a quote for these to be refurbished.
 - Colin raised the fact we also have accessible changing room in the indoor pool and better signage is required to notify members.
 - Stuart to arrange signage and advertise in the Recorder. **Action – SR**
- **Cold Plunge Pool update**
 - BrassMonkey visited the club and advised how best we can install a cold plunge.
 - There has been some negative press recently regarding the usage of the cold plunge.
 - Stuart to continue to see who other clubs use and under what terms & conditions and waivers users sign before use. **Action SR**
- **Lane Swimming – Can juniors join Adult only swim times?**
 - Yes – need to be within our programme and a set of conditions met.
 - Ana Leal to decide a minimum stage, be a club swimmer or complete an assessment with a swim teacher.
- **Adult only swim times during school holidays**
 - Trial – Adults swim times at lunchtimes to be removed weekdays during Christmas holidays as Outdoor Pool is closed.
- Wiliam raised if the general lane in term time, 4pm to 7pm, could be turned into a lane swim too.
 - All committee attendees agreed not to be changed.
- **Sunday Junior Gym Usage to be review**
 - It was raised that a member had asked if adult only times could be added on Sunday mornings at 10am-12pm to match Saturdays as the gym is busy with junior Members at this time.
 - Jasmin raised juniors should be allowed to train at any time on Sundays but etiquette should be put in place (no phone usage).
 - Simon mentioned that staff should monitor and deal with any poor etiquette.
 - The vast majority of juniors do behave and use the gym equipment correctly. The gym team will continue to supervise all members and offer support when necessary.
 - It was agreed that junior usage would be monitored on Sundays but no adult only times would be introduced at this stage.

Sound system

- Janine asked if we could have a new speaker.
 - A replacement has now been ordered. **Action SR**

Monday 14th April – Date of next meeting – Art Studio