

Health Club Committee Meeting Minutes – 7th October 2024

Attendance:

Members – Nick Bunn, Janine Railton, Jasmine Amaria, Fiona Sargeant, Victoria Stephens, Colin Hector

Colleagues – Marc Newey, Simon Baker, Stuart Reeks, Ricky Alexis, Lucy Carter

Apologies – Ana Leal, Laura Martin

Points discussed:

Misc

- Laura Martin has asked to step down from the committee due to personal reasons. We would all like to thank Laura for her commitment and contributions whilst a member of the health club committee. Since then, Colin Hector and Nick Bunn have met with a young member who is interested in potentially joining the committee.
- Health Club is currently recruiting as two full timers have been lost. Recruitment fair on the 16th October with Roehampton Uni to look for casual lifeguards.
- There were complaints on the 2 days guests weren't admitted to the health club due to high member usage, we would like to remind all that priority will be given to **members** first and guests can be accommodated in the afternoons.
- SB suggests guest entry times to be assessed, consider making summer holidays the same as weekends.
 - CH suggest raising price as a deterrence to reduce guest numbers.
- Consider changing wording on literature for age in changing rooms to be clearer as "under 7" can cause confusion. Agreed it will read "aged 6 and under"
 - SR to ensure team to be aware of young children alone in changing rooms and Reception/ DM be ready to support adults who cannot go into changing rooms & suggest more use of the family changing room.
- AL will be looking to do another Junior Duathlon as there has been interest.
- LC & AL have ideas for the 125th anniversary but welcome more ideas so if you have any please let them know. We will celebrate from April to June and have a Gala Dinner on the 27th that will follow on into a Family Fun Day on the 28th.

Gym & Studios

- Roy passed TPI level 1, is now studying TPI Fitness level 2.
- Donovan continuing to study towards his Strength & Conditioning qualification.
- LC/RA – will be assessing class attendance for the rest of the year and instructors have been warned that if attendance is low then classes will potentially be removed in the new year when we will publish a new timetable.
 - SR/LC/RA – tasked to look at ways to use the spin studio for more classes?
 - Does this mean reducing spin from 15 to 10?
 - Can we run Reformer Pilates in here also?
 - MN suggest speaking to ex class attendees for spin and finding out why they stopped coming and assess our busy classes vs our quieter classes.
- Change to rules on gym footwear attire - now allowed to remove shoes for pilates/yoga or when working in one spot but if you need to move elsewhere for any reason, shoes must be put on when travelling around the gym and the Health Club except for swimming areas.
- Junior guests must do a gym induction before they can use the gym. The suggestion is that they book in the day they plan to use the gym and do the induction before training. RA will create a sheet so we can make a list, so guests do not need to repeat inductions.

- A full review of which gym machines are least used with the aim of potentially saving us some space on the gym floor. This would enable a reshuffle of the more popular machinery into more logical positions.
- An assessment will be conducted to look into the potential of downsizing the spin studio facility to 8 to 10 bikes and have the current spin room as dual purpose with reformer Pilates.

Pool

- Request to allow U8s who are good swimmers to swim without adult in the pool.
 - The safety risk is too great, and the rule will stay unchanged.
- Can adults be in the paddling pool without swimsuit on to supervise U8s?
 - Yes, but remember if you need to rescue your child you will be entering pool in whatever you are wearing!
- SR to look at another colour for blue band swimmers as the bands are hard to see in water.
- AL would like to deliver a pool party annually due to its success.
- Xmas pool closing times 12/12/24 – 02/01/25 – this both for annual maintenance and to reduce our carbon footprint. Committee wanted to shorten opening times after requests from Environmental Committee to do so.
 - Also considering dropping pool temperature when it reopens to reduce our carbon footprint in the long term.
- Considering open times of 8-2 from the 4th November until closure (12/12/24)
 - SR to check stats and to confirm these times are good.
- The showers by the pool changed to push buttons instead of taps.
- SR to look at options for changing awning outside pool to be a permanent fixture.

Post meeting update- After stats had been checked Committee happy to keep Outdoor Pool opening time to 7am but close at 2pm to allow lunch time swimmers.

Development

- Accessible change to be refurbished, date TBC.
- Padel hub
 - Planning to build with covers.
 - Pickleball is also on the list for development too, but this is not an immediate priority, although we do recognise the demand is growing. Will be investigating to see if the demand is connected to the interest in members wanting to do sessions with Louis L specifically.
- Court development, we are looking at how to make better utilization of courts 25-28.
 - Likely to use court 25 to grow health club area by 12-15m.
 - Considering a small kids/hydro spin pool – can this work with our current Plant room?
 - Consider outdoor pickleball courts and making the courts clay courts.
- SR to assess possibility of adding a cold-water therapy unit/tub.

Next meeting date: 13/01/2025 7pm