



The Marlow Club News Update NOVEMBER 2005

Development Update

It has been a long process, painful at times but we are now in the home straight. We are bang on schedule (touch wood!) and we expect to be completed visually by Christmas and to open for your use in the 2nd or 3rd week of January.

From now on we will be linking the development area to the remainder of the Club. This is not expected to add much to your inconvenience but we would expect there to be a certain amount of noise and disruption and we apologise for this.

We are starting to put together a programme for the New Year. The new pool is primarily for adult use for lane swimming. We also expect to use the pool for aqua-aerobics, swimming lessons, family swims and even water-polo for limited periods. The Club is open for approx. 100 hours per week and we expect these 'other' activities to take up to perhaps 20 hours per week leaving the vast majority of available time for lane swimming.

Changing Rooms

As you know, the temporary accommodation is necessary whilst we refurbish both changing rooms. The temporary accommodation is less than perfect but we have tried to make it as acceptable as possible and we are very sorry that you have faced some inconvenience during this difficult time. Thank you for your patience.

Both ladies and gentlemen should be able to return to their refurbished changing rooms by mid-December.

It is unusual for us to include any form of advert in our newsletters. However, occasionally we come across something especially interesting. If we do, we may bring your attention to it. On the back page of this newsletter there is an advert for a holiday company. Run by a Club member 'Different Tracks' arrange custom built holidays for the discerning. Although we haven't tried it (yet!) and therefore cannot give you a specific recommendation, it is a good concept and may be of interest to you.



New Studio Programme January 2006

Zena Jordan Co-ordinator

Zena writes:

You may have heard already that, with effect from 1st October, I've got my hands at the controls of the Marlow Club Class Fitness programme.

There have been few changes to the current class schedule for quite some time. It is down to me to refresh the programme in much the same way that the rest of the club is getting a facelift. I've come to the role with a host of ideas on changes and updates that can be made to motivate and inspire you.

Our core values will not change too much. We'll have a strong and steady spinning regime, and all you aerobic freaks out there need fear not as we'll be keeping you bumping and grinding away. However there will be some additions and maybe even a little bit of experimentation.

Once we've got the pool open we're going to start Aqua Aerobics. Naturally we'll also be offering some lessons for both new swimmers and those looking to improve..

If you have any requests or thoughts about change that could be made to improve the Programme, or make it easier for you to join the classes, then please hunt me down and let me know. You'll find me in the gym at all manner of times in the week, and on Mondays and Fridays for certain. On Friday's from about 7.30pm you will always find me in the bar. I'm easy to recognise - I have long dark hair and I will be holding a glass of red wine!