

Sarah has continued to develop a gym at Hartfield with impressive speed. It is currently used for various training sessions, but the next, and very exciting stage is to make it available to the wider public - probably through a membership scheme. In order to achieve this Sarah has to make a few more adjustments to satisfy security, insurance and other considerations but we are hopeful that she will be in a position to hold an open day before the end of November, and open as a fully functional gym facility sometime thereafter.

As far as a swimming facility is concerned we are still weighing our options. Obviously there are no cheap swimming pools so it is critical that we make the right decisions with the backing of the community. Whilst we are still enthusiastic to develop a natural pool. At the old millpond this still depends on external decisions being taken regarding the steading and surrounding area.

Given that the timelines around developing a pool will be necessarily lengthy, we propose in the interim to develop a proposal to install a dual zone endless pool, hopefully in conjunction with the trust, and possibly complementary to developing Hartfield Hostel, and also to the gym.

For those that don't know, a dual zone endless pool is a modular kit, usually about 4 square metres, with a generated and variable currents that allow the user to swim 'endlessly.' They are relatively cheap (approx £30,000) and whilst they can never be a substitute for a conventional pool, they are cheap and easy to run and maintain. They offer fantastic opportunities to learn to swim, train, and also offer options for hydrotherapy and aquafit.

If anyone is interested you can see lots of examples at www.endlesspools.co.uk