

the ashford freedom flyer!



April 2026

See what's been happening,
discover what's coming up and
celebrate our community.

**DON'T
MISS
OUT**



This month, catch up on activities, get inspired, and find out how you can take part in all the exciting events happening at your local centre.

STAY ACTIVE, STAY CONNECTED

PEOPLE!



A Big Day for Local Boxing!

The Stour Centre hosted TKO Folkestone's home show on 21st February, with 25 bouts taking place throughout a busy and exciting day. Well done to all the boxers who stepped into the ring, including several making their debut for TKO, with plenty of support from coaches, families and the crowd.

Blast from the Past!

A great moment from the archives at the Stour Centre. This photo shows Ashford students meeting Olympic gold medal winning swimmer Duncan Goodhew during a special visit in 1988. Also pictured are the Mayor of Ashford at the time Derek Madgett and Mayoress Diane Dent.



Celebrating International Women's Day!

We loved welcoming so many people to Julie Rose Stadium for a full day of activities, including Body Balance, Yoga, Indoor Cycle, Boxercise, gym sessions, track with our coaches, Movement, Music and Meditation, and our Sing a Long. Thank you to everyone who joined us and helped make International Women's Day so special!

Swimathon Success!

Last month, our team at Tenterden took on an incredible Swimathon challenge, swimming the equivalent of the English Channel. That's a huge 33,800 metres, or 1,352 lengths of our pool! Thanks to everyone who supported us, we raised funds for Marie Curie UK and Cancer Research UK to help their vital work. Well done to all our staff for completing this amazing challenge.



Our Team is Excited to Welcome You Back!

It has been lovely welcoming people back to the newly refurbished café at Tenterden Leisure Centre. Whether you're popping in for a coffee, a tasty lunch or just a moment to relax, our friendly staff have loved seeing familiar faces and meeting new visitors. They can't wait to serve you, so come and enjoy the fresh new space on your next visit.

COMMUNITY!



Track Attack Returns This April!

Track Attack is back at Julie Rose Stadium on 7th, 8th and 9th April from 9am to 1pm. Children aged 6 to 13 can enjoy track and field activities led by qualified Ashford Athletic Club coaches in a fun and supportive environment. The cost is £50 for all three days. To book, call Julie Rose Stadium on 01233 613131.

Back on Track Returns This Summer!

Back on Track returns to Julie Rose Stadium on Saturday 18 July 2026 for a day of live music and a great atmosphere at the stadium. Tickets are just £5 and children go free. Artists will be announced soon, so keep an eye on our Facebook page for updates. Book your tickets by scanning the QR code.



Unlimited Fun with Soft Play Passes!

Love visiting Soft Play at the Stour Centre? Our new Soft Play Passes let your little explorers enjoy unlimited fun for 3, 6 or 12 months. They're perfect for rainy days, after school fun, weekends or just keeping children active and entertained. Scan the QR code to get your pass.

Home Win for ACAshford!

ACAshford secured another home win at Julie Rose Stadium with a strong performance against Cinque Ports. The team finished with an impressive 3 to 1 victory, cheered on by supporters at the ground. Well done to the players for a great result in front of the home crowd.



Spin Studio Refreshed and Ready!

The Spin Studio at Tenterden Leisure Centre has had a full refresh. With upgraded lighting, enhanced sound and a fresh modern design, every detail has been created to make your workouts even more powerful. Get ready to hop on, turn it up and experience spin like never before.

FREEDOM LIFE STORIES!

Meet Tilly, one of our FLAIR members!



What sport(s) do you compete in and how did you first get involved?

My parents took me to baby swim when I was 6 months old. I moved to the learn to swim programme at the Stour Centre and joined Ashford Town SC. Watching my sister at galas inspired me to take up competitive swimming.

What is your current national ranking?

My national ranking is mid-50s. My goal is to get back into the top 20.

What has been your proudest achievement in your sporting career so far?

There have been a few general sporting achievements in the past I am very proud of like winning the Kent Cross Country in Detling or becoming National Biathlon Champion in 2021. My proudest swimming achievement so far has been competing at the German Nationals last summer. This was an amazing experience as I got to see how big competitions vary from each country.

Who inspires you the most in your sport and why?

I'm not just inspired by one person. All the top level swimmers and sportspeople inspire me due to their level of dedication and commitment.

What advice would you give to people who want to follow in your footsteps?

Consistency is so important. The times when you don't want to go are the times that you will improve the most.

Where do you see yourself in 5 years' time?

In 5 years' time, I hope to carry on swimming at a top university and to compete at national events.

If you could compete anywhere in the world, where would it be and why?

I'd like to compete in an outdoor 50m pool in any warm country.

What does being part of the FLAIR membership mean to you?

It is a great honour to be part of the FLAIR membership and also offers me access to the pool and gym to help me reach my goals.



DISCOVER!



Join for £20!

Pay only £20 when you join between 1st April and 20th April, then your full direct debit membership will begin with your first regular payment taken on 1st May. It is the perfect opportunity to spring into fitness and make the most of the year ahead. Scan the QR code to join now or enquire today.



Scan here for the
Stour Centre & Julie
Rose Stadium



Scan here for
Tenterden
Leisure Centre



Back to school, back to swimming!

Get ready for summer with our swimming lessons! Whether your child is perfecting their strokes or learning to swim for the first time, our incredible teachers will help them build confidence and skills in the water. Sign up now and make sure your little ones are summer ready.

Member Testimonials



“Good sports/leisure centre experience.”

- Maxwell, Stour Centre



“Some one wanted to get more physical fitness... Best place to join.”

- Joypaul, Julie Rose Stadium



“Great new upgrade. Swimming pool was great, toddler and baby pool great size.”

- E G, Tenterden Leisure Centre



BE A PART OF THE ASHFORD FREEDOM FLYER!

If you have an idea for an article, an update from your area or a story to share, please email dannii.woodward@freedom-leisure.co.uk