



freedomleisure
where you matter

the ashford freedom flyer!



December 2025

PEOPLE!

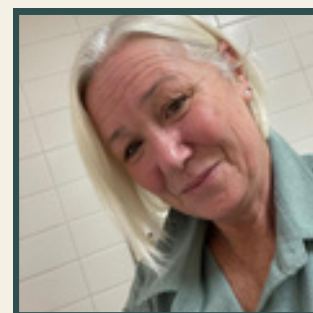


Reclaim the Night!

Thank you to everyone who joined us for Reclaim the Night at Julie Rose Stadium on Monday 10th November. It was a free community event where women came together for a powerful 5k road run and the atmosphere was incredible. A heartfelt thank you goes to the volunteer organisers for bringing the event to life and to our amazing staff who supported the evening and helped everything run smoothly.

Celebrating Sarah's Incredible 10k Swim Challenge!

Throughout November, Sarah from Freedom Leisure completed the 10k swim challenge for Cancer Research at Tenterden Leisure Centre. She has raised an amazing £510 along with an additional £120 in Gift Aid, and we are so proud of her achievement. Her dedication and effort have made a real difference and we want to congratulate her for completing such an inspiring challenge.

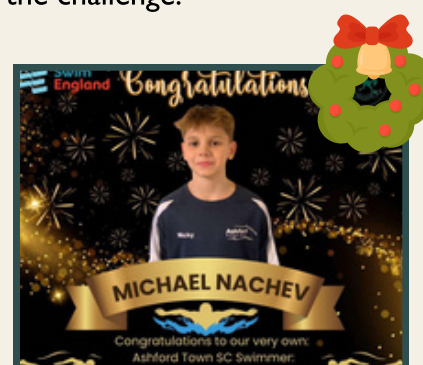


Team Stour Reaches the Everest Summit!

On Friday 14th November, Team Stour reached the height of Mount Everest, all 8,848 metres, right here in our gym and all within 12 hours for BBC Children in Need. Staff, members and our wider community came together with determination, teamwork and plenty of smiles. The atmosphere was incredible and every person who climbed, cheered or donated helped us reach the summit. A huge thank you to everyone who supported the challenge.

Congratulations to Michael!

Congratulations to Michael of Ashford Town Swimming Club, who trains at the Stour Centre, on being selected for the Kent Swim England 12 Year Old Development Pathway. We are incredibly proud of his achievement and wish him every success as he continues to develop his swimming career.



Les Mills Workshop Inspires Our Teams!

The Stour Centre welcomed Les Mills trainer Carla for an energising two day workshop that helped our managers and fitness leads deepen their understanding of the Les Mills programmes we offer while exploring new ways to shape class timetables. Staff also joined immersive Yoga and SHAPES workouts to experience the energy behind the brand. Thank you to Carla and everyone who took part as we look forward to putting what we learned into action and enhancing our group exercise experience.

COMMUNITY!



Ashford Hero Awards!

Do you know someone who goes above and beyond in our community? Now is your chance to recognise them in the Ashford Hero Awards 2025! We're celebrating the incredible people who make Ashford and Tenterden such special places to live, and we need your nominations. Submit your nomination by scanning the QR code. Nominations close 5th December 2025.



Join Us for the Santa Dash!

Get ready to walk, jog or dash your way into Christmas at our Santa Dash on Sunday 14th December from 10am - 1pm at Julie Rose Stadium. This festive family event is all about filling the track with Santa's and sharing Christmas cheer together. Your ticket includes entry, a finisher medal, a Santa hat and a mince pie. Fancy dress is encouraged, so gather your friends, family and little elves for a morning of fun. Tickets are just £5 per person. Scan the QR code to book.



Exciting Upgrades Underway at Tenterden!

The refurbishment at Tenterden Leisure Centre is going really well! The pool family change area is taking shape, with all cubicles removed and prep work completed. Studio 1 is being decorated ahead of its new floor and mirrors installation. Our new café area is beginning to take shape too. We can't wait for you to enjoy the updated, modern facilities!

The Big Stour Day Out!

Get ready for the ultimate family day out on Saturday 6th December at the Stour Centre! Enjoy a full day of activities including tag archery, Nerf wars, giant foot darts, ultimate dodgeball, and optional extras like the pool inflatable and Clip to Climb. It's one day only, so don't miss your chance to make unforgettable memories. Scan the QR code to secure your ticket.



Applications Open for the FLAIR Scheme!

The FLAIR Athlete Scheme at Freedom Leisure, gives top athletes the chance to train for free and be supported in their pursuit of excellence. Callie-Ann Warrington PLY, a current FLAIR athlete, says, "Being a FLAIR athlete has made a noticeable difference to my training routine and overall performance." Scan the QR code for more information, to check your eligibility, and to apply.

FREEDOM LIFE STORIES!



Meet William, one of our incredible FLAIR athletes!

What sports do you compete in and how did you first get involved?

Modern Pentathlon: Laser run, Biathlon, Triathlon, Fencing, OCR. I started to compete in Biathlons in year 5 and then in year 6 I joined the school Pentathlon club where I learnt how to shoot with a laser gun. This led on to me competing in laser run competitions.

What is your current national ranking?

8th in Triathlon, 12th Laser run and 12th Biathlon.

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

Representing GB at the World Championships in Egypt 2024 and winning team Bronze medal.

Who inspires you most in your sport and why?

My shooting coach Bill Bland who truly believes in all of those he coaches and gives me the confidence to believe in myself and to keep calm and focused whilst shooting - an essential skill in a competition.

Jo Choong, a GB pentathlete who won 2020 Tokyo Olympics and won back to back world Championships in 2022 and 2023, with 2023 being in his home country and University in Bath - what an awesome athlete! He also went to my pentathlon club when he was younger.

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

Get involved, never give up, train hard and success will follow.

Where do you see yourself in five years' time within your sporting career?

Competing regularly within the modern Pentathlon discipline, hopefully representing GB in European and World Championships.

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

South Africa, because the South African competitors I met last year in Egypt were very friendly and I would love to visit their country and compete there. I would also like to go on the Pentathlon World Cup, where I would compete against some of the best pentathletes in the world in some of the best venues in the world.



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

I am really happy to be part of the FLAIR - this will allow me to have access to great sporting facilities close to home including the running track, gym, and swimming pool. This will help me to fit in training into my busy schedule.



DISCOVER!



Festive Fitness Offer!

Step into a season of energy and feel good moments with our December membership offer. Join between 8th and 15th December and pay nothing until January. Enjoy the magic of staying active during the festive period and start the new year feeling refreshed and ready for more. Your journey begins now with no upfront cost.



Dive into December!

Help your child grow their skills with our special swimming lessons offer. Pay a £10 admin fee and they can enjoy free swimming lessons until the end of term, plus free casual swimming throughout. It is a great way for little swimmers to build confidence and have fun in the pool. This offer runs from 1st - 31st December.

Member Testimonials



"A really good place to bring people with their children for fun activities. The staff were friendly."
- Bharat, Stour Centre



"We enjoy going to Tenterden, it's clean and the staff have been nice and helpful with every visit. Keep up the good work guys."
- Mandi, Tenterden Leisure Centre



"Swimming pool was great kids really enjoyed it. Water slide was good. As were the waves. Lots of other water spouts etc round the pool. Nice sloped entry to the pool which is good for toddlers. Pool was nice and warm. Clean. As were the changing areas, male female and group areas. Staff were helpful and friendly too. Also café on site. Free parking for 2.5hrs which is great."
- Fergus, 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