

the ashford freedom flyer!

HELLO SPRING



March 2026

PEOPLE!



Stour Centre Staff Shine at County Championships!

A huge congratulations to our Stour Centre team members Calli, Daniel and Andrew who competed at the Kent County Championships at the London Aquatics Centre last month. They swam alongside talented athletes from Ashford Town Swimming Club who train at the the Stour Centre. We are incredibly proud of their hard work, dedication and fantastic achievements.

AC Ashford Shine at Julie Rose Stadium!

A big well done to the players, coaches and supporters of AC Ashford after another strong league performance at Julie Rose Stadium. We are proud to support the community that makes these moments possible and wish everyone the best for the matches ahead.

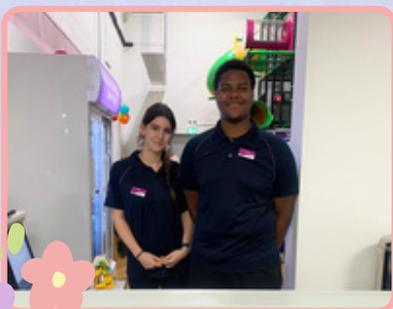


Ashford & District RRC's Annual 5 & 10 Mile Race!

Ashford & District Road Running Club hosted their annual 5 and 10 mile race, which tested competitors with wind and rain across Westwell and Charing. Clubs who train at Julie Rose Stadium, including Ashford AC and Ashford Striders all took part, making for a thrilling day of racing. Congratulations to all of those who took part!

Silver Success for Ashford AC's Sereniti!

Congratulations to Sereniti of Ashford Athletic Club, who trains at Julie Rose Stadium, for winning a silver medal at the England Athletics Age Group Indoor Championships in Sheffield. Competing in the Under 15s girls 300m, she finished second with an impressive time of 41.57 seconds.



Meet Tulonga and Sam!

We are pleased to welcome Tulonga back to the café team as our soft play reopens. Many of you will recognise him from before, and he is looking forward to greeting customers and serving food once again. We are also delighted to welcome Sam, who has joined the café team and will be helping in the same role. Be sure to say hello to them both on your next visit.

COMMUNITY!



Soft Play Fun Arrives in Tenterden!

The brand new soft play at Tenterden Leisure Centre opened in February and it is already a big hit with little ones. Families are loving the bright, safe space designed for active play and imagination. Scan the QR code now to book your spot in soft play and join the fun.

Cheerleading Parties Arrive This March!

Exciting cheerleading parties are coming to the the Stour Centre this March in partnership with Future Dance. Perfect for energetic celebrations packed with fun and movement. For more information, scan the QR code.



Track Attack Returns This April!

Track Attack is back at the Julie Rose Stadium on 7th, 8th and 9th April with three action packed mornings of all things athletic. Each session runs from 9am to 1pm for ages 6 to 13 years and is led by qualified coaches who create a fun and supportive environment. The cost is £50 per child for the full three days. To book your child's place, please contact the stadium on 01233 613131.



Boccia School Games at the Stour Centre!

The Boccia School Games recently took place at the the Stour Centre, welcoming 55 SEND students from six schools alongside 11 young leaders from The Beacon Folkestone. A huge well done to the team at Active Kent and Medway for facilitating such a wonderful event.



Rumble Wrestling Returns to a Packed Crowd!

Rumble Wrestling Promotions returned to the the Stour Centre in February for another sold out show. Their next event is on Saturday 9th May, so scan the QR code to book your tickets. We look forward to seeing you there.



FREEDOM LIFE STORIES!



Meet Mia, a FLAIR athlete at the Stour Centre!



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

I compete in Rugby Union. I first got involved through a rugby club at my primary school, which sparked my interest and led to me joining Ashford Rugby Club when I was eight years old.

I currently play for Ashford, Kent, and the Elite Rugby Academy.

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

My proudest achievement is being selected for the Kent U16 Player Development Group and representing my county in my first match against Essex in December 2025, which we won.

Who inspires you most in your sport and why?

The Red Roses inspire me the most. Their achievements motivate me to continue developing my skills and fitness, and they demonstrate the power of strong, confident women in sport. They show young girls that they belong in rugby and can thrive as part of a team.

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

Don't be afraid to try rugby. It's fun and challenging, but incredibly rewarding. You make great friends and gain amazing experiences, such as attending events at Premiership clubs and meeting players like Ellie Kildunne and Marlie Packer.

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

I hope to continue my post-16 studies at a rugby college with strong links to Premiership women's clubs, and work towards playing rugby at a professional level.

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

I would choose Australia. I visited family there a few years ago and loved it, and I think the rugby environment there would be incredible.

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

I feel very fortunate to have been selected. The membership will support my ambitions and help me continue working towards a career in rugby or the wider sports industry.



DISCOVER!



Join for £20!

Pay only £20 when you join between 1st March and 20th March, then your full direct debit membership will begin with your first regular payment taken on 1st April. 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



Learn to Swim with Us!

Dive into confidence and fun at Freedom Leisure. Our swimming lessons are designed to help all ages and abilities improve their skills in a safe, supportive environment. Scan the QR code to enquire and make a splash today!

Member Testimonials



"My 9 year old daughter had an epic session today. Not content with a casual climb, she's always going for fastest time, and the male instructor was amazing with her. Supporting her and challenging her. She was engaged throughout the whole 45 minutes. She'll definitely back, chasing that 6 seconds on the speed wall!!"

- Sabina, Stour Centre



"Really loving all the work that's being put into the centre at the moment to make it much nicer."

- Elizabeth, 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