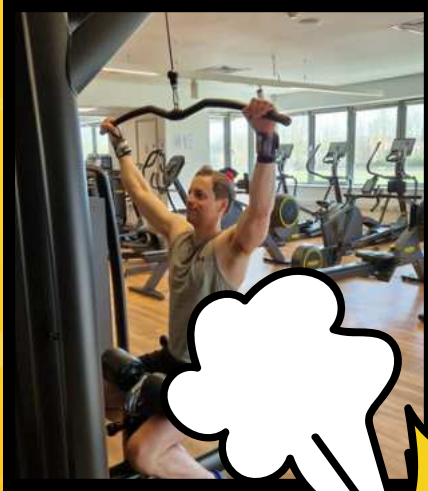


the ashford freedom flyer!

Wow!



**May
2026**



PEOPLE



Quest Excellent Achievement!

The Stour Centre has officially achieved Quest Excellent, a fantastic milestone that recognises the passion, professionalism and commitment our team brings every single day. This national award celebrates high standards across the centre and highlights the dedication of staff who work hard to provide a positive experience for everyone who visits.

Join Katy for Yoga on the Tracks!

Join Katy for Yoga on the Tracks at Julie Rose Stadium. Enjoy fresh air, relaxing poses and a unique stadium experience. A stadium first you won't want to miss, so scan the QR code to book!



Sing Along with Amber!

Join Amber for a feel good Sing Along at Lake House Wellbeing CIC every Thursday from 1pm to 1:45pm. Supported by the Stour Centre, this welcoming weekly wellbeing session brings people together through the power of music, with songs from across the decades creating a fun and uplifting atmosphere.

Marshall Smith Triumphs at Folkestone 10 Mile!

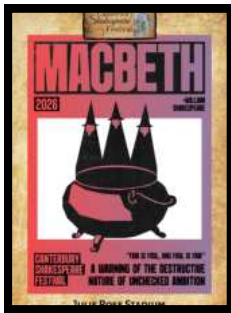
Marshall Smith of Ashford Athletic Club, who trains at Julie Rose Stadium, claimed victory at the Folkestone 10 Mile, finishing in an incredible 55 minutes 2 seconds. Out of 781 runners, he crossed the line 58 seconds ahead of second place. What a fantastic achievement!



Meet Hannah!

"I love that my role at Tenterden Leisure Centre allows me to combine my passion for great coffee with my dedication to community wellbeing. Welcoming every guest with a smile and making them feel at home is truly the best part of my day. As the café supervisor, my focus is delivering memorable guest experiences and maintaining high standards."

COMMUNITY



Macbeth at Julie Rose Stadium!

Canterbury Shakespeare Festival returns with another unforgettable outdoor theatre experience. Join us on Sunday 26th July at 2pm for a traditional production of Macbeth. Witness the tension and drama unfold as Macbeth faces his destiny, spurred on by the cunning of Lady Macbeth. Scan the QR code to book your ticket.

Walking Cricket!

Get moving with Walking Cricket at Julie Rose Stadium every Tuesday at 10:30am. A slower-paced version of the game, it's perfect for all abilities and a fun way to stay active, meet new people and enjoy a relaxed, friendly environment. No booking needed, just turn up and join in!



Music Festival at Julie Rose Stadium!

Join us at Julie Rose Stadium on Saturday 18th July for Back on Track, a full day of live music, food, activities and community vibes. Enjoy an amazing line-up of local talent, including Amelia Rodden, Jack Bowden and Elevator Duo, with more to be announced. Scan the QR code to book your ticket.

Wellbeing Swim and Chat!

Join our new Wellbeing Swim and Chat sessions at the Stour Centre, every Wednesday at 2:30pm - 3:30pm. Enjoy a calm swim, light conversation and mindfulness in a welcoming space. Scan the QR code to book your place!



Family Fun Day at Julie Rose Stadium!

Get ready for a day full of fun at Julie Rose Stadium! Join us on Saturday 25th July, 12pm - 7pm for TKS Events' annual Family Fun Day. Enjoy a bouncy castle, face painting, craft stalls, games, delicious food, ice cream, candy floss and more. Bring the whole family for an exciting community day packed with activities for all ages.

FREEDOM LIFE STORIES!

Meet Matthew, one of our Ashford FLAIR athletes!



What sport do you compete in and how did you get involved?

I compete in race walking, my first experience of this discipline was when I was selected to Racewalk for Ashford Athletic Club in the Kent Youth Athletics League, winning my first two races.

What is your current national ranking?

I don't currently have a national ranking, however last Autumn I won the silver medal at the English Schools Championships in Chelmsford and in January, I won the Silver medal at the England Racewalking Championships in Sheffield.

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

So far in my career my proudest achievement was placing second in the 2025 English schools championships, a placing that I have repeated since, at the England Racewalking Championships in January 2026.

Who inspires you most in your sport and why?

I am really lucky to be coached at Ashford Athletic Club by Chris Hobbs, a professional racewalker who has won various titles himself. He has also gone onto coach many successful athletes at the Julie Rose and I am really proud to be one of his pupils. I have also been lucky enough to meet Racewalking Olympian Tom Bosworth, he also inspires me most because he has worked hard and achieved his dreams, he also comes across as a really kind person and supports young racewalkers. He presented me with my Silver medal at the England Racewalking Championships.

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

I would tell them to be consistent with their training.

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

I am in the early stages of my Racewalking career and have enjoyed competing at a national level. I really would like to achieve a higher national ranking over the next five years, improving my skill, technique and fitness to give me a solid base to grow and ideally one day compete overseas in an International Racewalking event.

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

Being a part of FLAIR really gives me an opportunity and the resources to train harder, train more and enter more races to further boost my experience, skills and technique.



DISCOVER!



Join the Action This May!

Step into your own fitness adventure this May. From 1st to 31st May you can start a fitness membership with no joining fee. Enjoy access to the gym, swimming and a wide range of classes designed to help you move more, feel great and build healthy habits. Your next chapter starts here.



Help Your Little Hero Learn a Skill for Life!

Give your child the confidence to become a water hero with our swimming lessons. Designed to help build confidence and learn essential skills, our structured lessons guide them in a fun and supportive environment. It is a great way to help your child stay active while learning a skill that will last a lifetime.

Member Testimonials



★★★★★

“Congratulations Stour Leisure Centre! Both my children learnt to swim with you and are now competitive swimmers at Ashford Town Swimming Club”

- Matt, Stour Centre

★★★★★

“I started the bodyfit class a few weeks ago and it's completely turned my fitness around.”

- Virginia, Julie Rose Stadium

★★★★★

“Thank you so much to all the staff for their support!”

- Michelle, 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