

the ashford freedom flyer!

November 2026

As autumn settles in and winter approaches, there's plenty to explore across our centres and communities.

This month, discover what helps make Freedom Leisure such a vibrant place to be.





PEOPLE



Making Waves and Building Friendships!

Our Wellbeing Swim and Chat sessions at the Stour Centre are all about bringing people together, and the friendship that Jenny and Carole have formed since joining is a wonderful example of what the programme can achieve. Enjoy a relaxing swim, meet new people and take time for yourself in a welcoming and supportive environment designed to boost wellbeing, encourage conversation and create lasting connections. Join us every Wednesday from 2:30pm to 3:30pm, no booking required, simply turn up and join in.

Supporting Those Who Save Lives!

We were proud to welcome the NHS South East Coast Ambulance Service to the Stour Centre for a day of specialist water-based training. Our pool provided the ideal environment for emergency responders to develop and practise vital lifesaving skills, helping to ensure they are prepared for a wide range of real-life situations. It's fantastic to see our facilities supporting such important training and serving the wider community.



Good Boost is Coming Soon!

Teams from Tenterden Leisure Centre recently joined colleagues at the Stour Centre for Good Boost training ahead of the programme's launch. Good Boost uses specially designed aquatic exercises to help people improve their mobility, strength and confidence in the water, making physical activity more accessible for those living with a range of health conditions. We're excited to bring this innovative programme to our community and look forward to seeing the positive impact it will have.

Half Term Fun Across Our Centres!

It was fantastic to see so many children enjoying the activities on offer across our centres during the October half term. From keeping active to making new friends, our holiday programmes were packed with fun for all ages. Keep an eye on our social media channels to find out what exciting activities we'll be offering during the Christmas holidays!



Walk & Connect with Michala!

Looking to get active, enjoy some fresh air and meet new people? Join Michala for Walk & Connect at Julie Rose Stadium every Friday from 10:30am to 11:15am. These friendly and welcoming sessions combine a gentle walk with great conversation, making them a fantastic way to stay active, improve wellbeing and build new connections. Book via our website or the Freedom Leisure app. Everyone is welcome.



COMMUNITY

A New Chapter for Our Community!



Tenterden Leisure Centre recently celebrated the completion of its exciting refurbishment, marking the beginning of a fantastic new chapter for the local community. The celebrations welcomed a range of special guests, local school pupils and visitors, all coming together to explore the improved facilities and enjoy the occasion. The investment reflects our commitment to creating even more opportunities for people of all ages to get active, have fun and connect with others, helping to make the centre a hub for health, wellbeing and community life.

Celebrate Your Local Heroes!

The Freedom Ashford Hero Awards are back, offering an opportunity to recognise the individuals, groups and organisations that make a real difference in our community. Nominations are open until 2nd December 2026, so scan the QR code and nominate your local hero today.



Take on the Pudsey Triathlon Challenge!

Join us at the Stour Centre on Friday 13th November for our fun Pudsey Triathlon and help raise money for BBC Children in Need. Complete a 400m swim, 5km cycle and 2km run at your own pace, making it suitable for a range of fitness levels. All finishers will receive a certificate, and fancy dress is encouraged. Scan the QR code to sign up and support a great cause.



Building Lifesaving Skills in Our Community!

We were proud to support Restart a Heart Day at Tenterden Leisure Centre, where members of the community joined our free drop-in CPR sessions to learn vital lifesaving skills. The event helped raise awareness of CPR and AEDs, giving participants the confidence to respond in an emergency and potentially save a life.



Unlimited Indoor Fun This Autumn!

Keep the children active, entertained and having fun whatever the weather with our new PlayZone Soft Play 3 Month Pass. Enjoy unlimited access for just £49 for ages 1-4 and £75 for ages 5-12, offering fantastic value for regular visitors. Scan the QR code to purchase your pass and enjoy three months of indoor adventure at Tenterden Leisure Centre.

FREEDOM LIFE STORIES!



Meet Emma!

As one of Ashford's rising FLAIR athletes, Emma is already making a name for herself in athletics with a passion for both sprinting and jumping. We caught up with her to learn more about her sporting journey, what drives her to succeed and the big ambitions she has for the future.

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

Athletics, 200m and high jump are my main events.

What is your current national ranking?

5th for high jump and 33rd for 200m.

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

Winning Kent Championships for High Jump.

Who inspires you most in your sport and why?

Amy Hunt because she is both academical strong and number 2 globally for 200m.

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

Have fun first and always try your best.

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

Part of the GB squad and getting ready for the Olympics.

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

America, they have the best sprinters, train in South Africa for altitude and win everything on home soil.

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

It would be great to have somewhere with great facilities that's local and I get my next PB by using the right equipment.

DISCOVER!



Bring a Friend, Train Together, Save Together!

Know someone who would love being part of our fitness community? Refer a friend to join Freedom Leisure and when they become a member, you'll receive one month FREE membership as our thank you. It's the perfect way to stay motivated, achieve your goals together and share everything our centre has to offer. Scan the QR code to find out more.



Make a splash this November!

With autumn in full swing, now is the perfect time for your child to dive into a skill for life. Our swimming lessons help children gain confidence in the water, improve their technique and have fun while staying active all season long. Scan the QR code to learn more.

Member Testimonials



"Good leisure centre."

- Alex, Tenterden Leisure Centre



"Nice pool good staff."

- Anne, Tenterden Leisure Centre



"Lovely environment. Staff really friendly. Went for a swim. Nice clean pool. Good changing facilities."

- Bernadette, 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