

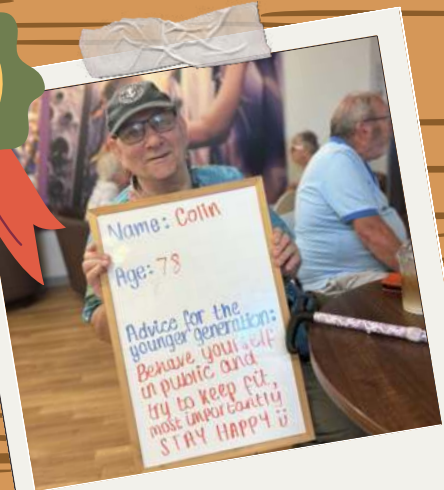
the ashford freedom flyer!



Back to
school!



$$1+2=3$$



SEPT
2025



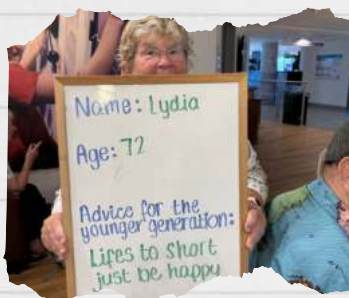
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PEOPLE!

Georgia's Incredible Swim Challenge!

At the Stour Centre, we have proudly supported 9 year old Georgia with free swimming as she swims the distance of the English Channel this summer. Georgia is swimming 1,360 lengths of a 25 metre pool, in memory of Tilly (Georgia's neighbour) and to raise vital money for the Grand Appeal at Bristol Children's Hospital. Georgia has already hit £2,564.33 in sponsorship that is still climbing daily. Well done Georgia!



Advice to the Younger Generation!

Emily asked our members what one piece of advice they would give to our younger generation. Lots of wise advice was shared but our favourite was: Embrace failures and take responsibility for your actions. It is okay to make mistakes as long as you learn from them.

Combat-Attack-Athon!

A high energy fundraising workout on Saturday 6 September from 11am to 1pm, packed with punches, kicks and explosive cardio. Join Emma and Andy along with guest instructors Michelle, Sarah and Susanna for a non stop session that will push your limits and leave you feeling powerful. This special event is raising money for local charity Pilgrims Hospice, and supports Emma and Andy as they prepare to climb to Mount Everest Base Camp next year for the cause. To book your place contact Emma on 07702 841075.



Community Outreach!

We enjoyed our community outreach celebrations at Victoria Park and Tenterden Youth Festival in August, connecting with the community and showcasing the activities, programmes, and support we offer for all ages and abilities.

Crash Course Success!

Over the summer, swimmers of all ages made a splash at the Stour Centre and Tenterden Leisure Centre during our Crash Courses. From beginners taking their first strokes to more confident swimmers refining their technique, the sessions were packed with fun, learning and plenty of poolside smiles. It has been amazing to see so many people gaining confidence in the water and enjoying every moment of their summer swimming journey.



COMMUNITY!



Celebrating National Recognition!

We're proud to share that Freedom Leisure has been recognised across several prestigious awards this year. Tenterden Leisure Centre is a finalist for the UK Active Award 2025 in the Regional Centre of the Year category. The Stour Centre has been shortlisted for the UK Active Organisation Innovation Award for Strength in Mind. We're also delighted to be named finalists for the Swim England Pioneering Pool Operator Award 2025 for The Zoggs Project at the Stour Centre. These nominations highlight the dedication of our teams and the positive impact our centres have within the community.

Back On Track Music Festival!

An unmissable FREE festival of live music on Saturday 13th September at the Julie Rose Stadium. Perfect for families, friends, and anyone who loves a good tune in the sun. Enjoy a variety of stalls, browse the record fair, and soak up the lively festival atmosphere while listening to great music.



Stour's Inflatamania!

Bounce, climb and slide your way through our epic pool inflatable obstacle course! This exciting activity is full of high energy fun and challenges, perfect for those who love to make a splash and test their balance. Sessions are coming next half term, so keep an eye on our social media for updates.

Pickleball Launch at JRS!

Be part of the fastest growing sport in the UK! Pickleball combines elements of tennis, badminton and table tennis in an easy to learn, sociable game that is perfect for all ages. Join Eureka Pickleball Club on Tuesdays from 6pm to 8pm and Saturdays from 10am to 12pm, or book a court to play at a time that suits you by calling us on 01233 613131.



Step Into The Ring!

We launched our FREE boxing youth programme at Julie Rose Stadium, giving young people the chance to experience the thrill of boxing in a safe and friendly environment. Whether you are completely new or already have some experience, this programme is all about building skills, improving fitness and having fun. Join us on Fridays from 4pm - 5pm or 5pm - 6pm.

Launch of Parkinsons Boxing at the Stour!

A groundbreaking new class designed to support those living with Parkinson's through movement, coordination and confidence-building, launching in September. Sessions will run every Friday from 10:30am to 11:30am. For more information and to book, contact stourbookings@freedom-leisure.co.uk.



FREEDOM LIFE STORIES!

Meet Maria, one of our FLAIR athletes!

From picking up a road bike just a few years ago to holding multiple club records, Maria's journey in time trialling is inspiring. In this interview, she shares how she got started, what drives her, and the lessons she's learned along the way.



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

I compete in time trialling currently over 10, 25, 30 and 50 miles and I first got involved through my now husband who used to time trial. I had only just started riding road bikes when we met, and he kept suggesting I should give time trialling a go, I wasn't very quick, my first 10mile club race I completed in just over 31 minutes, but I loved that you were always competing against yourself and able to see improvement, roll forward to this year where I raced an open 10miles in just under 22 minutes!

What is your current national ranking?

I am currently ranked 30th female and 14th female under 40 years of age, although these are not fully up to date for my results of the current season, so believe I should be ranked even higher than this.

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

I only got into riding bikes in early 2020, so to have moved from never having ridden a road bike to racing and being successful in timetrialling in only my 2nd year of open racing and currently holding 7 women's club records is a huge achievement for me

Who inspires you most in your sport and why?

Alex Clay, number 3 female in the country and she is very down to earth and supportive, and inspires me to get quicker so that I can hopefully compete against her and who knows, one day maybe beat her!

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

There are no barriers to anyone wanting to get into sport, I used to weigh 20 stone in 2018, and to have shed 7 stone and to get into and be successful in sport, means that if I can do it anyone can, just get out there and start moving, consistency is key, Rome wasn't built in a day, just keep showing up and find something you enjoy, even better if there's a great bunch of people you can enjoy it with

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

I will be competing as a veteran at this point, so would like to still be racing and top of my sport, would love to get a top 10 female national ranking.

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

I would love to race in the Netherlands as a country with a huge cycling culture, decent infrastructure, and mutual respect between car drivers and cyclists!

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

Being part of FLAIR means a great deal to me, being able to access a local gym to get my strength work in when I'm not out on the bike.

DISCOVER!



September Savings!

This September we've got two great ways to save. Enjoy half price on direct debit memberships or get 12 months for the price of 9 with an annual membership. It's the perfect time to get back into your fitness routine after summer and make the most of everything we have to offer. Hurry though, these offers end on 20th September!

Learn to Swim with Us!



With the new school year underway, it's a great time to start swimming lessons. Learning to swim builds water confidence, supports physical development, and teaches a vital life skill. At Freedom Leisure, our qualified teachers follow Swim England's Learn to Swim pathway, providing a safe and supportive environment for children of all abilities. Scan the QR code to enquire about our lessons and help your child gain skills for life.

Member Testimonials



"Nice pool to go to with your 9 year old."

- Amit, Tenterden Leisure Centre



"I was here for a school event, it was spectacularly organised and an excellent event for the children."

- Sharon, Julie Rose Stadium



"Great family, friendly swimming pool with fun slides and waves to swim in. It's very reasonably priced and the changing rooms are very good."

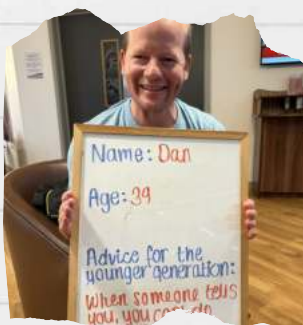
- James, Tenterden Leisure Centre



- Keira, Tenterden Leisure Centre



- Robbie, Stour 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