freedomleisure
where you matter

the Brighton & Hove 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



100k your way

Well done to Lee, our Healthy Communities Activity Coach, for taking on the 100K Your Way challenge in support of Sport in Mind. By completing 100 kilometres and raising funds for mental health support, Lee has helped make a real difference while promoting the benefits of staying active.

Supporting Re start a Heart



We were proud to be part of Restart a Heart Day, where many of our staff took part in delivering CPR demonstrations to members of the local community.
A particular highlight was seeing the fantastic engagement at Prince Regent Swimming Complex and King Alfred Leisure Centre, where customers actively participated in the sessions and learned valuable lifesaving skills, helping to raise awareness of the importance of CPR.



Fireflies Netball!

We were delighted to support the fantastic Fireflies Netball fundraising event back in September at Withdean Sports Complex!

The event raised money to help create more inclusive opportunities in netball, including Home Education Netball and Para Netball sessions, helping even more people access and enjoy the sport.

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!





New Classes at Withdean!

Looking to get active FIT starts Wednesday 5:45pm - 6:30pm with Abbi, starts 4th November. A fun and challenging interval training session which aims to improve your fitness and increase your metabolism. This session will include a mixture of bodyweight training and equipment such as weights and steps to challenge your strength and stamina.

COMMUNITY



Baby Steps Class at Moulsecoomb

Baby Steps Fitness (10am - 11am) is a welcoming and supportive fitness class designed specifically for new mums looking to safely rebuild their strength, fitness and confidence after having a baby. The session combines gentle exercise with opportunities to meet other parents in a relaxed and friendly environment.

Enquire by phoning: 01273 622266

We offer a range of SEND sessions in Our Community!

We are proud to offer a variety of SEND-friendly activities across our centres. Join us for our weekly SEND Soft Play sessions at Level Up, or take part in our SEND swimming sessions at King Alfred Leisure Centre. In addition, on the last Sunday of every month, we host a dedicated SEND session in our sports hall at Moulsecoomb . For more information about any of our SEND sessions, please contact the relevant site directly. We look forward to welcoming you!





Unlimited Indoor Fun This Autumn!

Keep the children active, entertained and having fun whatever the weather with Level Up Soft Play. Offering fantastic value for regular visitors, it's the perfect place for little ones to play, explore and burn off energy in a safe and exciting environment.

Whether you're planning a family day out or looking for a fun activity close to home, Level Up Soft Play is a great choice for all-weather play. Scan the QR code to purchase your tickets and get ready for an adventure!







FREEDOM LIFE STORIES!



Meet Spencer!

From Learn to Swim to Qualified Lifeguard: Spencer's Inspiring Journey

Freedom Leisure is proud to celebrate the achievement of Spencer, who has recently qualified as a National Pool Lifeguard (NPLQ) after progressing through our swimming and lifeguarding pathway from an early age.
Spencer first joined Freedom Leisure's Learn to Swim programme more than 10 years ago, taking his first swimming lessons at St Luke's Swimming Pool. As his confidence and ability developed, he progressed to lessons in the main pool at Prince Regent Swimming Complex and continued to build his skills through a range of additional courses and activities.

Along the way, Spencer took part in our Rookie Lifeguard programme, learning valuable water safety and lifesaving skills that helped lay the foundations for his latest achievement. Today, he has successfully completed his NPLQ qualification, taking the next step from Rookie Lifeguard to fully qualified pool lifeguard.

Spencer's family shared their appreciation for the role Freedom Leisure has played in his journey:
"Freedom Leisure not only taught my children to confidently swim, but also gave them crucial water safety skills and, more importantly, a love of swimming. We have recommended Freedom Leisure to countless friends over the years for the wonderful teaching staff and quality of lessons provided."

In addition to his swimming achievements, Spencer has gone on to play water polo, demonstrating how swimming can open the door to a range of exciting opportunities both in and out of the pool.

To mark this milestone, Spencer has kindly shared photos showing his journey from Rookie Lifeguard to qualified lifeguard, providing a fantastic visual reminder of how far dedication, hard work and support can take you.
Whether you're just starting your Learn to Swim journey, developing lifesaving skills through Rookie Lifeguard, or considering a future career as a lifeguard, Spencer's story is a brilliant example of what can be achieved through the Freedom Leisure pathway.

Interested in starting your own journey? Enquire today

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

★★★★★

"Great place for a swim or keep fit very friendly staff "

- Alex, Prince Regent Swimming Complex

★★★★★

"A big shout out to the PTs here, especially Luke Reid! He's so friendly, encouraging and always happy to help."

- Neil, Withdean Sports Complex

★★★★★

"Everyone was so welcoming and helpful a great first impression!"

- Julie, Withdean Sports Complex







BE A PART OF THE BRIGHTON FREEDOM FLYER!

If you have an idea for an article, an update from your area or a story to share, please email tabitha.ashton-prevett@freedom-leisure.co.uk