

the *hastings & rather* freedom flyer!



December 2025

PEOPLE!



Summerfields Photoshoot

Summerfields held a free soft play session on Sunday 23 November for parents who were keen for their children to feature in future marketing for Freedom Leisure. Over 35 children and parents turned up and enjoyed the soft play, bouncy castle, football penalty shoot and the trikes. Our photographer was able to capture some great shots which will feature in future promotions.

Falaise Member of the Month

Congratulations go to Stuart a long time member at Falaise Fitness Centre. His consistency, attitude and determination, has led to his nomination. To the team at Falaise he represents what the gym is all about - a community where friends can meet up, have a good workout, a cup of tea and a good old natter. Well deserved Stuart!



Wear it Pink Day

Staff and customers got behind Wear it Pink day in aid of Breast Cancer Research across our sites at Summerfields and Bexhill Leisure Centres. From pink outfits, to cupcakes and guessing games, it was a great day, raising money and awareness for an important cause!

FLAIR

Freedom Leisure Athlete Investment & Recognition or **FLAIR** for short - is a support scheme set up by Freedom Leisure to offer athletes competing at a national level, FREE access to our facilities to support their training.

Whether you're a rising star or an elite competitor, we know that access to great training facilities matters. With FLAIR, we're here to support you & improve performance in your chosen sport.

The latest round of applications close on 7 December.



COMMUNITY!



LTS Christmas Party!

Our swim school at Summerfields Leisure Centre will be celebrating Christmas this December with a choice of poolside or dryside inflatable parties! These sessions always prove popular with the children and the swimming teachers alike. It's a chance to put those swimming skills to the test and enjoy some Christmas themed games. Booking is now open, call the site to reserve your child's space.

SEND sessions extended at Bexhill Leisure Centre

After the brilliant response to the SEND sessions offered over the summer which was made possible at a reduced cost, thanks to support from Rother District Council, we are delighted to be able to continue to offer SEND provision. These sessions will now run every last Sunday of the month, from 8:00 - 10:30am, for just £1 per child. These relaxed sessions are designed to create a fun, inclusive and supportive environment where children can explore, play and enjoy the soft play area at their own pace. No booking is required, simply come along and enjoy the morning.



Summerfields Leisure Centre Wet Change Refresh

Things are getting busy in the wet change area at Summerfields. The team are hard at work repairing all lockers and cubicles, replacing light fittings and ceiling tiles and completing cosmetic tile work in selected areas. The whole of wet change will be closed 1-12 December so a new screed floor can be laid. There are procedures in place to manage the closure with alternative changing facilities offered during this time. All the information is available on our website or please ask at reception.

FREEDOM LIFE STORIES!



Staff Focus - Tracey Peppiatt

This December we celebrate Tracey, who has been an integral part of the swimming team at Bexhill Leisure Pool since 2005, when she began teaching Top-Up Swimming to school children. Her journey into teaching began through her local swimming club, where her own children were keen swimmers. Inspired by their involvement, Tracey decided to qualify as a swimming instructor, achieving her Level 1 qualification in 2004, Level 2 in 2005, and completing her Adult and Child qualification in 2007. Over the years, Tracey has shared her expertise in pre-school, initially teaching lessons at Summerfields and then becoming a permanent part of the team when Bexhill Leisure Pool launched its swim school in 2015.

Tracey says one of the most rewarding parts of her job is seeing the progression of her pre-school swimmers as they grow in confidence and eventually move on to swimming lengths.

Having been with us for two decades, she's now had the joy of teaching generations of the same families - a true testament to her dedication and passion for swimming education.

We're incredibly proud to have Tracey as part of our team, her warmth, patience, and experience make her a much-loved and valued instructor by both children and parents alike.



Christmas Opening Hours

All our sites across Hastings & Rother will be open over Christmas. Please check out all festive period opening hours on respective websites.

Bexhill Leisure Centre is even open 10.00am – 1.00pm on Christmas morning if you would like to get a workout in before delving into the turkey and mince pies!



DISCOVER!



Festive Fitness Offer!

Step into a season of energy and feel good moments with our December membership offer. Join between 8th and 15th December and pay nothing until January. Enjoy the magic of staying active during the festive period and start the new year feeling refreshed and ready for more. Your journey begins now with no upfront cost.



Dive into December!

Help your child grow their skills with our special swimming lessons offer. Pay a £10 admin fee and they can enjoy free swimming lessons until the end of term, plus free casual swimming throughout. It is a great way for little swimmers to build confidence and have fun in the pool. This offer runs from 1st - 31st December.

Member Testimonials



"This is a great local gym.

Loads of equipment including free weights, spare mats, and many different areas.

The sauna, steam room, and showers are great; very clean and tidy.

Thank you to Gabriel, Henry, & Dane.."

- Tony, Bexhill Leisure centre



"Lass on the reception was really helpful and friendly getting my nephew who's visiting set up with a day pass. First time he's been in a gym and he has some attention issues. Great vibes, very welcoming, he had a great time and is now really enthusiastic about building up his fitness. Top place and staff highly recommend."

- Tom, Falaise Fitness Centre



- Chris, Summerfields Leisure Centre



BE A PART OF THE FREEDOM FLYER!

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