

the *hastings & rather* freedom flyer!

HELLO
SPRING



March 2026

PEOPLE!



Summerfields Learn To Swim Pupil Of The Month!

Congratulations to Lincoln (age 7) on moving up to a stage 3 class! Lincoln's mum would like to extend a huge thank you to Louie, his Stage 2 teacher, who worked tirelessly with Lincoln and helped build the skills & confidence needed to progress.

Lincoln is excited to continue his swimming journey with his new teacher, Kayleigh. Well done Lincoln! We have spaces available in our Swim school - enquire at site.

Back to Netball At Bexhill Leisure Centre!

Back to Netball is aimed at women aged 16+ with all levels of experience. It's a coach led netball session with some drills and game play. If you're looking at increasing your activity levels and would like to meet new people, join the session every Monday 6.00 - 7.00pm, just turn up.



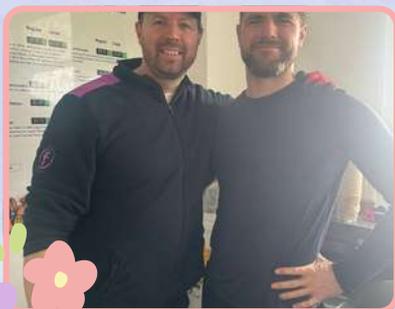
Falaise Member Of The Month!

Congratulations to Paul Madden awarded Falaise member of the month. He has been a member for over 30 years. His one word retort to this fact was "ouch"

He always has a smile on his face and keeps the staff on their toes with his jokes and mannerisms, as always, keep up the great work, Paul.

Free NHS Checks!

One You East Sussex are offering free NHS health checks for those aged 40-74. The team will be at Bexhill Leisure Centre on 9 & 16 March. Booking required - Please phone 01313 404600 or email nhshealthcheck@oneyoueastsussex.org.uk to book your appointment.



Falaise Staff Members Of The Month!

Congratulations go to Damion Reed and Andy McTear who have been rewarded with Falaise staff members of the month. Both of the boys work really hard supporting customers and making Falaise the friendly and supportive gym it is.

COMMUNITY!



Beach Babies At Bexhill Leisure Pool!

Beach Babies allows parents or guardians of under 5's to utilise the shallow beach area of the pool while lane swimming is taking place. The shallow water is the perfect spot to utilise the box of toys provided for the session to help to build water confidence. Children are free, you just pay adult admission. Sessions are throughout the week, take a look at our timetable on the website.

New Lockers For Bexhill Leisure Centre!

New lockers have now been installed at Bexhill Leisure Centre. These lockers require a padlock to secure them, these can be purchased at reception if required.



Bexhill Leisure Centre Purchase Power Plate !

Bexhill Leisure Centre have replaced their old power plate which had been out of action for a while. The power plate uses high-frequency vibrations to make your muscles contract more rapidly and intensely, helping improve strength, balance and circulation in less time. If you need some help in using the plate, please ask the gym team for a demo.

FREE Les Mills Taster Classes at Bexhill Leisure Centre!

Bexhill Leisure Centre are hosting a FREE taster Les Mills morning on Sunday 8th March. There are 4 half hour classes to choose from which aim to showcase the variety of classes offered at Bexhill Leisure Centre. Spaces are booking up quickly, but contact reception for latest availability 01424 731171



Punchout Boxing Event!

Bexhill Leisure Centre hosted a boxing event on 7 February run by Punchout Boxing Academy. It was a huge success with over 250 people attending. Our sports hall is the perfect venue to host large scale events such as boxing or wrestling. If you're interested in hiring out the space please contact bexhillcentreenquiries@freedom-leisure.co.uk

DISCOVER!



Join Us For Our Open Weekends Across Hastings & Rother!

Bexhill Leisure Centre, Falaise & Bexhill Leisure Pool are hosting an open weekend across Saturday 21 & Sunday 22 March. Summerfields are hosting their weekend on Saturday 14 & Sunday 15 March. With free and discounted activities across all the sites, it's a great opportunity to have a look around our community leisure centres and try some of the facilities we have to offer.



Free Gym Pass!

Freedom Leisure are offering a free gym pass to use at any of our gyms across Hastings & Rother. Passes are valid until 6 March. Staff are on hand if you need any support or advice.



International Women's Day!

This International Women's Day, Sunday 8 March, we are celebrating the strength, health & well-being of women in our community by offering a FREE gym session for women at any of our gyms in Hastings & Rother. Just turn up on the day.



Join for £20!

This month you can join onto a Premier direct debit membership for just £20 and pay nothing more until April. Scan the QR code and get started today! Offer available 1 - 20 March



FEEDBACK!



Member Testimonials



“Lovely place to visit with a lot going on. I’ve been coming here for years and now enjoy bringing the kids along too. There’s plenty to keep everyone busy, including sports and fitness facilities, and it’s nice to be able to relax afterwards with a coffee. A great spot for all ages..”

- Ambley, Bexhill Leisure Centre

“Love my morning swim, it really does ease you into the day, so relaxing and soothing on the body .”

- Debbie, Summerfields Leisure Centre



- Vimukthi Thilakarathne, Summerfields Leisure Centre



- Vimukthi Thilakarathne, Falaise Fitness 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

