

# the *hastings & rather* freedom flyer!



**February  
Edition**





# PEOPLE!



## Serena celebrates 15 years at Summerfields!

At around 23 stone Serena couldn't even walk a mile. Now over 12 stone lighter she runs marathons and competes in lots of physical challenges, raising money for St Michael's Hospice & The Sara Lee Trust. It took one tentative step attending an aquafit class at Summerfields to start her weight loss and employment journey, and now fast forward, she has been working for us for 15 years, currently teaching 7 classes a week.

## It's not just about cardio!

Members Emily and Ella have been busy down at Falaise building on their flexibility and strength training to improve overall fitness and mobility. They credit each other for their consistency and dedication as working together keeps them accountable and it's fun! Use this valentine's day to find your perfect gym partner.



## Introducing Shakira!

Shakira is a freelance personal Trainer at Falaise Fitness Centre who helps women to feel more empowered and motivated to make healthy choices that fit their individual needs and way of life. She currently has a fantastic PT offer on at Falaise - 3 sessions for just £99! Contact her direct to arrange [shakira\\_fitness22](mailto:shakira_fitness22)

## 20/20 Health Exercise Referral Specialists!

In Freedom Leisure Hastings & Rother we work with Jas and her team who support people who have been referred by their GP or other registered health professional to help manage and improve health conditions through exercise. Jas operates a lot of her sessions at our sites including chair based classes at Bexhill Leisure Centre and aquafit at Bexhill Leisure Pool. If you believe exercise could help with your current medical condition contact your GP to discuss or Jas and her team directly on 07872525432



# COMMUNITY!



## Swimathon!

Join us for Swimathon in March! Take on a personal swimming challenge, set your own distance, and enjoy the motivation that comes from being part of a nationwide event. Scan the QR code to find your nearest participating centre, check their event date, and sign up to make every length count in the pool.

## February Half Term!

Seems like we have just had Christmas and now we are lining up some fun activities for February Half Term. The wave machine & flume will be available throughout the week at Bexhill Leisure Pool, Jumbos soft play sessions can be booked at Bexhill Leisure Centre and Summerfields has dryside and poolside inflatable sessions available.

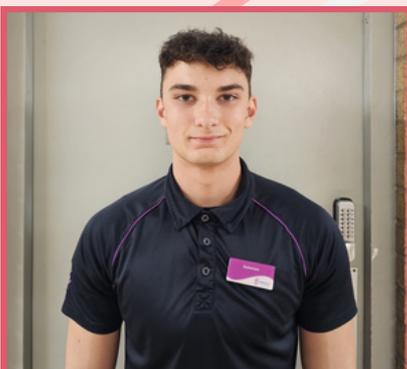


## Get to know your instructors!

Bexhill Leisure Centre have introduced a new communication board at site to help members familiarise themselves with the instructors. Congratulations to Gabriel who has completed his Level 2 Gym Instructor course and is looking forward to covering the gym and classes. Also to Evi for recently acquiring her Exercise to Music Qualification & Zoe working towards achieving certification in Les Mills Body Combat.

## Lifeguard Training!

All our lifeguards have to undertake comprehensive training to ensure their skills are current and thorough. This month's session at Summerfields Leisure Centre included Adult, Child & Infant CPR with AED, medical shock, heart attack, priorities of first aid, roles and accountability of lifeguards. Poolside covered deep water recovery of an unconscious casualty & landing unconscious casualty, action for regurgitation & recovery position.



## Staff Member of the Month!

Staff member of the month at Bexhill Leisure Centre goes to Solomon. He has shown to be consistently reliable, works really hard and sets a great example to his fellow colleagues. Well done Solomon, keep up the great work.

# FREEDOM LIFE STORIES!



## **New Staff Member!**

We welcome receptionist Avah to the Falaise Fitness Centre team. She has settled in really well and picked up the role really quickly. Be sure to say hello next time you're at Falaise.

## **Active Rother Funds Walking Netball!**

Walking Netball that takes place every Wednesday 9.30 - 10.30am at Bexhill Leisure Centre have been awarded a £600 grant from Active Rother to use towards hall hire and new equipment. They are also looking to upskill some of their regular attendees so they are able to deliver future sessions. If you would like to try a walking netball session, newbies are very welcome.

## **New Junior Les Mills Classes coming!**

The recent changes in our 11-18 membership now permit over 14s to attend aerobics classes that do not use weights. Summerfields Leisure Centre have been working hard behind the scenes training three new instructors ready to launch Les Mills Born to Move & Body Attack classes in the near future to broaden class choices for this younger market. Watch this space...

## **Aquafit sessions at Bexhill leisure Pool!**

Daytime aqua classes continue to be very popular at the pool. Instructors are in the process of collecting customer feedback for ideas to further improve the product. If you would like to add any comments please let the reception team know.



# DISCOVER!



## One day free gym pass!

Available from 16th February, this is the perfect opportunity to try out our gym. Enjoy full access to the gym see how Freedom Leisure can fit into your routine. Scan the QR code to enquire online to get your free pass today!



## Don't leave too soon!

Keep your child's swimming progress on track by making sure they continue with their lessons. Our lessons follow Swim England's Learn to Swim pathway, giving your child a structured way to develop at their own pace. If you're interested in swimming lessons with us, scan the QR code to enquire today.

## Member Testimonials



"Exercise really is everything. I've never felt so well, both physically and mentally. Joining Freedom Leisure really is the best thing I've done."

- Debbie, Summerfields leisure Centre



- Sarah, Falaise Fitness Centre



- Alan, 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](mailto:jessamy.lavocah@freedom-leisure.co.uk)