

# the *hastings & rother* freedom flyer!



# April 2026

See what's been happening,  
discover what's coming up and  
celebrate our community.

**DON'T  
MISS  
OUT**



This month, meet new faces, get inspired, and find out how you can take part in all the exciting events and activities happening at your local centre.

**STAY ACTIVE, STAY CONNECTED**

# PEOPLE!



## Falaise Member of the Month !

Congratulations to Dexter who has been awarded member of the month for the hard work and commitment he puts into his training. He visits regularly after school and even as a youngster he displays a great maturity to his workouts and to his fellow members.

## International Women's Day!

On Sunday 8 March we celebrated the strength, health & well-being of women in our community by offering them a FREE gym session at our gyms in Hastings & Rother. As a result of this we welcomed lots of new female faces who tried out the facilities.



## Falaise Staff Members of the Month!

This month we congratulate Mia and Lisa who are a part of the Falaise front of house team. Their commitment to maintaining high standards and providing excellent service is greatly appreciated.

## Meet Lin, our E&S Ambassador at Summerfields!

At Summerfields we are committed to making everyday operations more sustainable. New to the role is Lin, our Environmental and Sustainability Ambassador, who is working on initiatives to reduce waste, improve energy efficiency and help staff and visitors make greener choices. Together we are taking steps to a healthier planet. If you would like to share any ideas, please share them with Lin.



# COMMUNITY!



## Summerfields Awarded Another 5\* Rating!

We are proud to share that we've received a 5-star food hygiene rating from the Local Council. This reflects our ongoing commitment to maintaining the highest standards of cleanliness, food safety and care for every customer we serve. A big thank you to our hard working cafe team for making this possible.

## New Swim Session at Summerfields!

Splash Tots is starting from April 13. The new water session for under 5s is the perfect opportunity to help your little ones build confidence and become more comfortable in the water.

A selection of toys is provided during the session making it a playful and supportive experience for young swimmers. Under 5s are FREE adult admission charges apply.



## Active Hastings Half Term Discover & Try Day!

Summerfields played host to a sell out Active Hastings event held in half term. Over 50 young people enjoyed a range of sports and craft activities run by Siam Boxing Camp, Play Sport, Hastings And Bexhill RFC, Funk Fusion Fitness and the Sussex Cricket Foundation.

## Hastings & Rother Open Weekends

Hastings & Rother opened their doors to host a variety of discounted and free activities in March for their Open Weekend events. From free Giggle & Tumble soft play and inflatable sessions to £1 swims and half price court hire we were busy across all of our sites.



# COMMUNITY



## Bexhill Leisure Centre take on Cycle Challenge!

Commencing from 13 March, the staff and members cycled over 1500km in one week to help raise money and awareness of Comic Relief and to show support of British radio DJ and TV personality Greg James who cycled from Weymouth to Edinburgh!

## New equipment for Bexhill Leisure Centre!

Bexhill have a brand new Ab Crunch machine! If you haven't used this before it is designed to strengthen and tone your abdominal muscles by guiding you through a controlled movement against resistance.



## Bexhill Leisure Centre Les Mills Event

Bexhill Leisure Centre ran a packed out Les Mills taster class event on March 8. Over 160 participants tried a variety of Body Step, Body Balance, Body Pump & Body Combat classes. Keep an eye out on the timetable as more Les Mills classes will be added over the coming months.



## Easter Activities across Hastings & Rother!

We have a fun packed 2 weeks planned for this Easter half term. New to Bexhill Leisure Centre are our multi sports sessions, perfect for 8-14 year olds and at Summerfields we have Float-A- Rama! Scan the QR code for more information.



# DISCOVER!



## Join now and save big!

From 1st to 20th April, you can join onto a direct debit membership for just £20 and pay nothing more until May. Scan the QR code and get started today! Offer available 1-20 April.



## Back to school, back to swimming!

Get ready for summer with our swimming lessons! Whether your child is perfecting their strokes or learning to swim for the first time, our incredible teachers will help them build confidence and skills in the water. Sign up now and make sure your little ones are summer ready.

## Member Testimonials



- Philip, Bexhill Leisure Centre



- Chad, Bexhill Leisure Centre

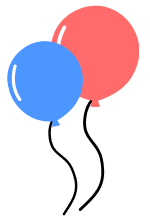


“Good way to swim and shop.”

- Laurence, Bexhill Leisure Pool



- Free Spirit, 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)

