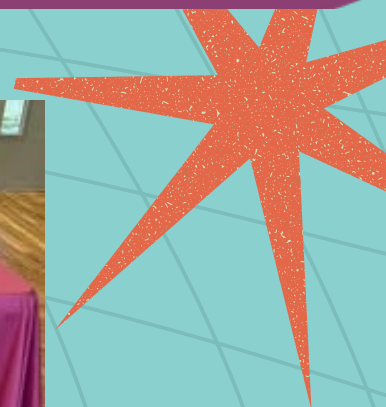
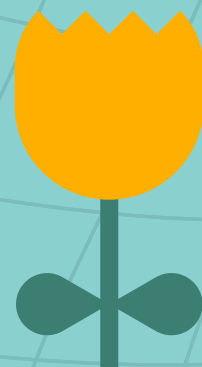
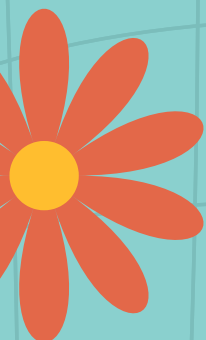


the *hastings & rather* freedom flyer!



July 2026

There is plenty to explore
inside this month's edition!



PEOPLE



Congratulations Michala!

Michala joined us in September 2024 as a casual lifeguard and quickly became a valued member of the team. In March 2025, she completed her business placement with us, further developing her skills and experience. We're delighted to share that Michala has now secured a full-time lifeguard position at Summerfields Leisure Centre – huge congratulations on this fantastic achievement!

Swimming Teacher Success!

Well done to Jake and Wendy, who have both recently achieved their Level 2 Swimming Teacher qualification – an excellent accomplishment. Wendy, who was already working as a swimming teacher assistant, will now be taking on her own classes. Jake, currently a lifeguard, will also be supporting the swim school by covering lessons. A fantastic achievement for both – congratulations!



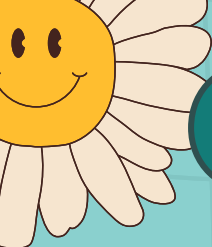
Swim School Members of the Month!

Brooke and Bethany started their swimming journey at Bexhill Leisure Pool in reception classes at just 3 years old, and look at them now! They've done an amazing job progressing from Stage 1 to Stage 2 – such a fantastic achievement! We're so proud of you both... keep up the brilliant work, girls!

Lin Celebrates Over 2 Decades at Summerfields!

As Freedom Leisure enters our 21st year in partnership with Hastings Borough Council, we're taking a moment to celebrate the amazing people who have been with us from the very beginning. One of those incredible individuals is Lin. Having worked at Summerfields for over two decades, her passion for keeping our community active has never wavered. Today, you'll still find Lin behind the reception desk at Summerfields, always ready with a warm welcome and a cheerful smile. It's colleagues like Lin who truly embody what Freedom Leisure is all about. Thank you, Lin, for 21 years of dedication, energy, and positivity, you make a difference every single day. Here's to celebrating our past, appreciating our people, and looking forward to the next chapter together.





COMMUNITY



Drowning Prevention Week Success!

Drowning Prevention Week took place from 13th–20th June across Bexhill Leisure Pool and Summerfields Leisure Centre.

The week highlighted the importance of staying safe around water and developing lifesaving skills. These messages were reinforced through swimming lessons, alongside fun activities such as word searches and colouring competitions for children to enjoy.

Walking Netball Goes From Strength to Strength!

Hastings Walking Netball with Juliette launched at Summerfields in May and has been growing week by week.

Open to all abilities and anyone aged 18+, it's a fantastic way to stay active, have fun, and meet new people. Join them every Thursday, 5:00–6:00pm, for a friendly and sociable game with a wonderful group of ladies – no experience necessary! For more information or to get involved:

Juliette: 07790 979392 Email: J.urban@sky.com



Get Moving with Walking Cricket!

These sessions at Bexhill Leisure Centre take place every Wednesday from 2:00–4:00pm and Friday from 9:30am–12:00pm.

Organised in partnership with Sussex Cricket Foundation, Active Rother, and Freedom Leisure, this slower-paced version of the game is perfect for all abilities and is a fun way to stay active, meet new people, and enjoy a relaxed, friendly environment. Here are a few of the regulars in their newly sponsored kit.

New Studio Classes!

July sees a studio timetable refresh at Summerfields Leisure Centre, with Les Mills Shapes returning, a new Stretch & Flow class, and an additional Drums Alive class – an absolute must if you want to raise your heart rate and take your frustrations out on an inflatable ball!

Commencing 6 July

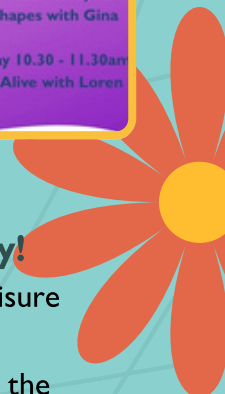
- Monday 7.30 - 8.30pm
Stretch & Flow with Karina
- Tuesday 7.00 - 8.00pm
Les Mills Shapes with Gina
- Saturday 10.30 - 11.30am
Drums Alive with Loren



Bexhill & Hastings Rugby Club Row for Charity!

Bexhill & Hastings Rugby Club recently joined us at Bexhill Leisure Centre to complete a sponsored row.

They rowed 61 miles at our centre, with the goal of travelling the distance from Hastings to Worthing. Great work, guys!



FREEDOM LIFE STORIES!



FLAIR Athlete Spotlight: John !

Freedom Leisure's Athlete Investment & Recognition (FLAIR) scheme supports nationally competing athletes by providing free access to our facilities, empowering them to train, progress and achieve their full potential. Read on to find out more about John's success...

Inspired by watching the Athens Paralympics, John decided to give wheelchair basketball a try while recovering from a serious motorbike accident. He started playing in 2005 and went on to compete at Premier League level, as well as in the EuroCup—where he even played alongside one of the athletes who first inspired him in Athens.

Along the way, he's also taken part in other European competitions and helped Folkestone Arrows secure their first-ever promotion. He's now looking forward to being part of the first ever GB Masters Wheelchair Basketball team in Athens this month.

**I did try Wheelchair Rugby, but after snapping
my wheelchair frame twice
I figured I was better off in basketball
before I snapped something in me!
It seems fitting to me personally, after all these years,
that my first Masters competition will be in the place
where wheelchair basketball first became
a huge positive
in my life as a disabled person.**

DISCOVER!



Your summer starts here!

Soak up the season with a membership that fits your lifestyle. Whether you love a refreshing swim, energising workouts or simply taking time for yourself, we have everything you need to stay active and feel your best all summer long. Scan the QR code to enquire or join today and start enjoying your summer with us.



Make a splash this July!

Make waves this summer with swimming lessons designed for all ages and abilities. From first splashes to building strong technique, our friendly teachers are here to help every swimmer progress with confidence. Scan the QR code to enquire and get started on your swimming journey today.

Member Testimonials



"Great little pool. Hosts swimming lessons for kids, had a wave machine & water slide beach shore style shallow end great for toddlers & enjoying the waves..."

- Sam, Bexhill Leisure Pool

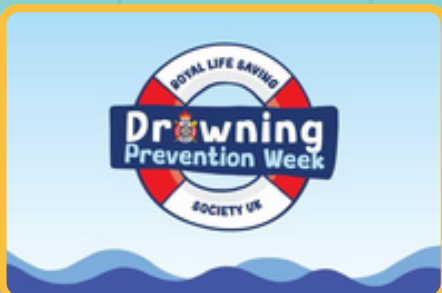


"Visited this centre to attend a model railway show. The Staff in the canteen area were pleasant and helpful."

- Allan, Summerfields Leisure Centre



- Hardeep, Bexhill 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