

the *hastings & rother* freedom flyer!

Summer is here!

Discover the latest activities, events
and community updates

2026

JUNE



PEOPLE



Practice makes perfect!

We couldn't be more proud of Margeaux who started her swimming journey with us at Bexhill Leisure Pool as a baby. She disliked the water initially and refused to get in. However, with support from mum and her swimming teachers she has progressed from parent & baby, pre-school, Stage 1 and is now flourishing in Stage 2. There literally is no stopping her now!

Jo & Lisa support local charity!

This sporty duo from Falaise are taking part in the Laps of Love Challenge to help raise vital funds for the Sara Lee Trust. At the time of writing, the girls are half way through their 500 lengths of the pool to be completed by the end of May and have raised over £445. You've got this girls!



Sharing Best Practice at the Regional HC Meeting!

Martyn, our Healthy Communities Manager, recently attended the HC Regional Meeting, bringing teams together to discuss all things HC. It was a great opportunity to celebrate the fantastic work happening across our sites, share successes and learn from best practice to continue improving the experience for both colleagues and customers.



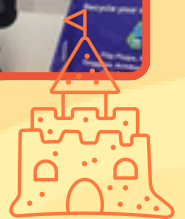
Jenny hits a milestone!

We're proud to celebrate an incredible milestone - Jenny's 35 years of dedicated service at Summerfields Leisure Centre. As our valued cleaner, Jenny works tirelessly behind the scenes to keep the centre welcoming and spotless for everyone. We are truly grateful for her hard work, commitment, and positivity over the years. Thank you, Jenny!



Creating networks in Hastings!

Martyn our Healthy Communities Manager attended the Active Hastings Partnership meeting recently to represent Freedom Leisure. Schools, sports clubs, National Governing Bodies of Sport, health organisations, the voluntary sector and private providers were all there, contributing to discussions around developing healthier, more active communities.



COMMUNITY



Creating a more sustainable future!

We are proud to support Leisure Loop, a recycling campaign encouraging everyone to recycle any unwanted or broken swimming equipment. Every piece of equipment you recycle becomes part of a national circular recycling system that keeps waste within our industry and turns it into something new. Our box can be found in Summerfields reception if you have anything you wish to recycle.

Bexhill Leisure Centre gym upgrade!

The team at Bexhill Leisure Centre has been hard at work recently, assembling and organising over £200,000 worth of brand-new Life Fitness cardio and resistance equipment in the main gym. Although it was a busy and demanding few days, the effort has certainly paid off, with the gym now fully equipped with top-quality, state-of-the-art machines for members to enjoy.



It's outdoor season at Falaise!

Falaise have been busy with the start of the outdoor sports season. Bowls passes can be purchased from reception, there's putting available to book through reception and our brand new padel courts will be installed very soon with its own booking app.

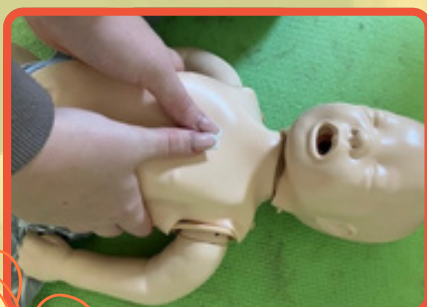
Special events at Summerfields Leisure Centre!

Summerfields Leisure Centre has hosted some fantastic and really busy special events in their sports hall last month, including Hastings Model Railway and The National Bricks Lego event. If you have an event that needs a large scale space please contact us at summerfieldsenquiries@freedom-leisure.co.uk



Important lifeguard training changes!

In late 2025, the European Resuscitation Council (ERC) published revised guidelines for resuscitation and First Aid. These were adapted and tailored specifically to clinical practice in the UK by the Resuscitation Council UK. On 1 May 2026, the changes to CPR and First Aid have been implemented and the updated content is now an integral part of all first aid and resuscitation training in all Freedom Leisure sites.





DISCOVER!



Make this summer your time to feel good

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.



Dive into confidence this June

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



“Friendly front of house people and knowledgeable trainers that I’ve met. Each time I have attended, there has been a good crowd but i’ve been able to use the apparatus I’ve wanted to”

- Chris, Bexhill Leisure Centre



“Great pool and lovely atmosphere.”

- Debbie, Summerfields Leisure Centre



- Dhammike, Bexhill Leisure Pool



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