

the *hastings & rother* freedom flyer!

Wow!



**May
2026**



PEOPLE



Creating Strong Links across Hastings!

Active Hastings GP Link Worker Jas recently had a fantastic meeting with Martyn, Freedom Leisure's Healthy Communities Manager. Together, they discussed some exciting ideas for working in partnership to support and improve health and wellbeing across Hastings — watch this space!

An Athlete Among Us!

A massive congratulations to our Bexhill Leisure Pool lifeguard David on an outstanding achievement at the Hastings Half Marathon recently, finishing an incredible 3rd place with a time of 1:10!

David is a professional triathlete and is now setting his sights on his next goal which is competing for England.



Zac & Jedi take on Swimathon Challenge!

Amazing effort from Zach and Jedi who swim with our Bexhill Leisure Pool Swim School! Both took part in Swimathon recently, each swimming an incredible 500m and raising a fantastic £237 for their efforts! We had some incredible swimmers that took on various distances for Swimathon and raised lots of money. We look forward to supporting this event all over again next year.

Falaise Member of the Month!

Steve was just one of many members that completed the Hastings Half Marathon recently. He has now completed 7 half marathons (5 Hastings) and 1 full marathon and is training to compete in The London Marathon in a few weeks. Steve ran his first marathon in 2022 and has lost over 50kg since training at Falaise.



Deep Clean for Falaise!

Thank you to some of the Falaise team who kindly stayed beyond their working hours to support a thorough clean of the gym facilities recently. This included the showers, stretch area, all equipment, and the boxing room, helping to maintain the high standards we strive to provide for our members and customers.

COMMUNITY

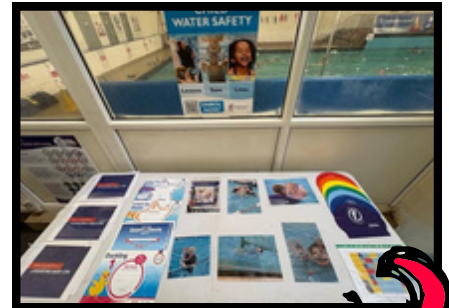


Laps of Love!

Summerfields Leisure Centre & Bexhill Leisure Pool are supporting The Laps of Love Challenge to help raise money for The Sara Lee Trust which raises vital funds to support people living with cancer and other life-threatening illnesses. How many laps can you complete? Sign up here: saraleetrust.org/lapsoflove

Bexhill Leisure Pool Swim School Discovery Day!

Tracey our Bexhill Swim School Co-ordinator was on hand for our Swim School Discovery Day recently, offering advice and answering all questions about swimming lessons and lesson availability. If you would like your child to learn to swim, we have some spaces currently available. Please call 01424 731508 to book.

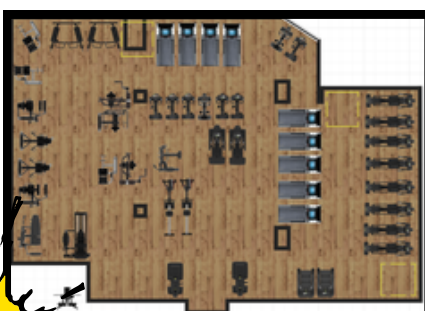


Stress Awareness Month!

Freedom Leisure in Hastings & Rother offered some practical advice and some exercise suggestions to help ease stress levels last month in an awareness campaign called 'Move your Mind' to support Stress Awareness Month.

Group Exercise for Neurological Condition!

Active Hastings run a participant-led fitness session with flexible options to suit interests, abilities and energy levels every Friday 11.30am - 12.30pm at Summerfields. Options include chair-based exercise, walking sports, stretching, and general fitness activities. Booking is essential: <https://eequ.org/.../exercise-for-neurological-conditions...>



Bexhill Leisure Centre set for Gym Upgrade!

Bexhill Leisure Centre is set to receive a major upgrade this May, with a £200,000 investment from Freedom Leisure earmarked for a full gym refurbishment. The project will see all current cardio and resistance machines replaced with premium-grade equipment and the main gym will undergo a layout redesign. More information to follow.

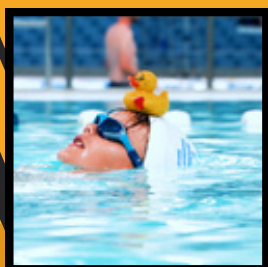


DISCOVER!



Join the Action This May!

Step into your own fitness adventure this May. From 1st to 31st May you can start a fitness membership with no joining fee. Enjoy access to the gym, swimming and a wide range of classes designed to help you move more, feel great and build healthy habits. Your next chapter starts here.



Help Your Little Hero Learn a Skill for Life!

Give your child the confidence to become a water hero with our swimming lessons. Designed to help build confidence and learn essential skills, our structured lessons guide them in a fun and supportive environment. It is a great way to help your child stay active while learning a skill that will last a lifetime.

Member Testimonials



★★★★★

“Big shout out to everyone who did - and might still be doing the Swimathon at Summerfields Leisure Centre today. Lovely atmosphere. I met a great group from the Foundation School, two youngsters who were doing it with their Dad and many more.

Thanks to Tom and the team for quietly organising it all and to Jake who looked after our lane.

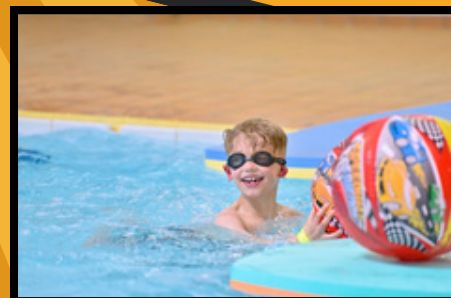
Go us and go Summerfields!!”

- Jackie, Summerfields Leisure Centre

★★★★★

“Such a great offer. Best thing I ever did, great facilities, great classes with brilliant instructors and it really is such a supportive, friendly community.

- Debbie, 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