

the *hastings & rather* freedom flyer!

October 2026

As October arrives, we're looking forward to everything autumn has to offer. With half-term just around the corner and plenty going on in the community, there's lots to enjoy this month.





PEOPLE



Falaise member of the month!

Chris's dedication, consistency, and positive attitude have made a real impression. Whether he's pushing through challenging workouts, striving towards new goals, or simply showing up and giving his best effort, he embodies everything that makes our gym community so special. Thank you for inspiring those around you and for being such a valued member of the Freedom Leisure family.

Lifeguard training at Bexhill Leisure Pool!

While Bexhill Leisure Pool remains temporarily closed for refurbishment works, the team has been making the most of the downtime by enhancing their skills, undertaking additional training and ensuring they are fully prepared for the pool's reopening.

Our lifeguards recently completed specialist spinal incident training, practicing a range of rescue scenarios, including incidents involving the flume.

Regular training ensures our lifeguards remain confident and ready to respond effectively in emergency situations, helping us maintain the highest standards of safety for all our customers.



Falaise staff member of the month!

Congratulations to Damian and Andy. They have both played an important role in ensuring the centre continues to run smoothly, always willing to lend a hand and tackle challenges with a smile. Their commitment to delivering a great experience for our customers makes them thoroughly deserving recipients of this recognition.

Making waves through teamwork!

A huge thank you to swim school co-ordinators Lyndsie and Tracey for their incredible teamwork and dedication during the Bexhill Leisure Pool closure. Together, they have successfully coordinated the transfer of more than 250 children from Bexhill to Summerfields, ensuring that swimming lessons could continue with minimal disruption.



Celebrating 21 Years of Service in Hastings!

Freedom Leisure marked its 21st year of operating Summerfields and Falaise Leisure Centres on behalf of Hastings Borough Council by celebrating the dedication of long-serving colleagues whose commitment has helped shape the centres and support the local community over the past two decades. The awards were presented in the presence of Ivan Horsfall-Turner Chief Executive of Freedom Leisure and Councillor Glenn Haffenden, Leader of Hastings Borough Council.



COMMUNITY



Bexhill Leisure Pool updates!

Bexhill Leisure Pool closed its doors on 1 September to allow a major programme of improvement and refurbishment works to begin. While the pool is temporarily closed, Bexhill Leisure Centre remains open and is successfully navigating its way through its building works, with staff continuing to deliver services and support customers throughout the project.

We appreciate everyone's patience and understanding during this exciting period of investment and look forward to all works being completed at both sites.

Crash course swimming lessons at Summerfields!

Our Summer Holiday Crash Course Swimming Lessons were a fantastic success, with children making excellent progress in the water over the holidays. The intensive sessions helped swimmers build confidence, develop key skills, and work towards their next swimming goals in a fun and supportive environment. A huge well done to all our young swimmers for their hard work and enthusiasm, and thank you to our dedicated swim teachers for making the courses such a success!



Southern Water!

More than 300 children across Hastings have benefited from swimming lessons thanks to Southern Water's School Swimming Access Fund. Following the success of the pilot, Southern Water has committed to supporting school swimming in Hastings for a further two years, helping even more young people gain confidence in the water and learn a vital skill.



National Fitness Day Success!

National Fitness Day was a huge success across Freedom Leisure centres, with customers making the most of free gym sessions, swimming, and fitness classes throughout the day. It was fantastic to see so many people getting active, trying something new, and enjoying our facilities. Thank you to everyone who took part and helped celebrate the positive impact that physical activity can have on our health and wellbeing.





FREEDOM LIFE STORIES!



As Freedom Leisure celebrates entering its 21st year in partnership with Hastings Borough Council, we've been shining a spotlight on the dedicated staff who have also been a part of that journey. Here are just a couple of dedicated staff members, more next month.

For 35 years, Jenny has played a vital role in helping to keep Summerfields clean, welcoming and well-presented for both members and visitors. A familiar face around the centre, Jenny is known and appreciated by many of our customers, who regularly see the care and pride she takes in her work. Before becoming a dedicated member of the Summerfields team, Jenny also provided cleaning support at Falaise, giving her a long-standing connection to both centres. Her dedication, reliability and commitment over more than three decades have made a lasting impact, and we are incredibly grateful for the contribution she continues to make every day.



Starting out at Summerfields Leisure Centre as a member of the café team, Claire quickly progressed through the organisation and has become a valued member of staff across multiple sites. Today, she splits her time between Bexhill Leisure Pool, where she works as a Duty Officer, and Summerfields Leisure Centre, where she is a Café Supervisor, demonstrating her versatility, commitment and extensive operational knowledge. Away from work, she enjoys keeping active with long walks alongside her dog and loves spending time in the kitchen cooking for family and friends. Her positive attitude, dedication and willingness to support both centres make her a highly respected and appreciated member of the Freedom Leisure team





DISCOVER!



Don't ghost your fitness goals this October!

Make this the month you commit to feeling your best. From 1st to 20th October, join your local Freedom Leisure centre for just £20 and take the first step towards a healthier, happier you. This frightfully good offer won't be around for long, so scan the QR code to enquire or sign up online today.



Boo-st their confidence in the water!

Give your little monsters a skill for life this Halloween season. Our swimming lessons help build confidence, improve water safety and develop swimming ability in a fun and supportive environment. Scan the QR code to enquire about swimming lessons at your local Freedom Leisure centre.



Member Testimonials



"I love this centre especially the smoothies which are great I would definitely recommend this to first time people who go there for soft play, swimming, gym & café and much more. The swimming lessons are so fun 5 stars "

- Millicent, Summerfields



"My little boy is taking swimming lessons and the support he's been given is amazing. They really have gone out of their way to help him achieve his best."

- Silvia, Summerfields



"Great classes."

- Sally-Ann, 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