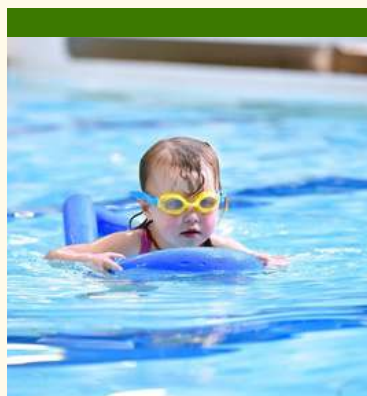
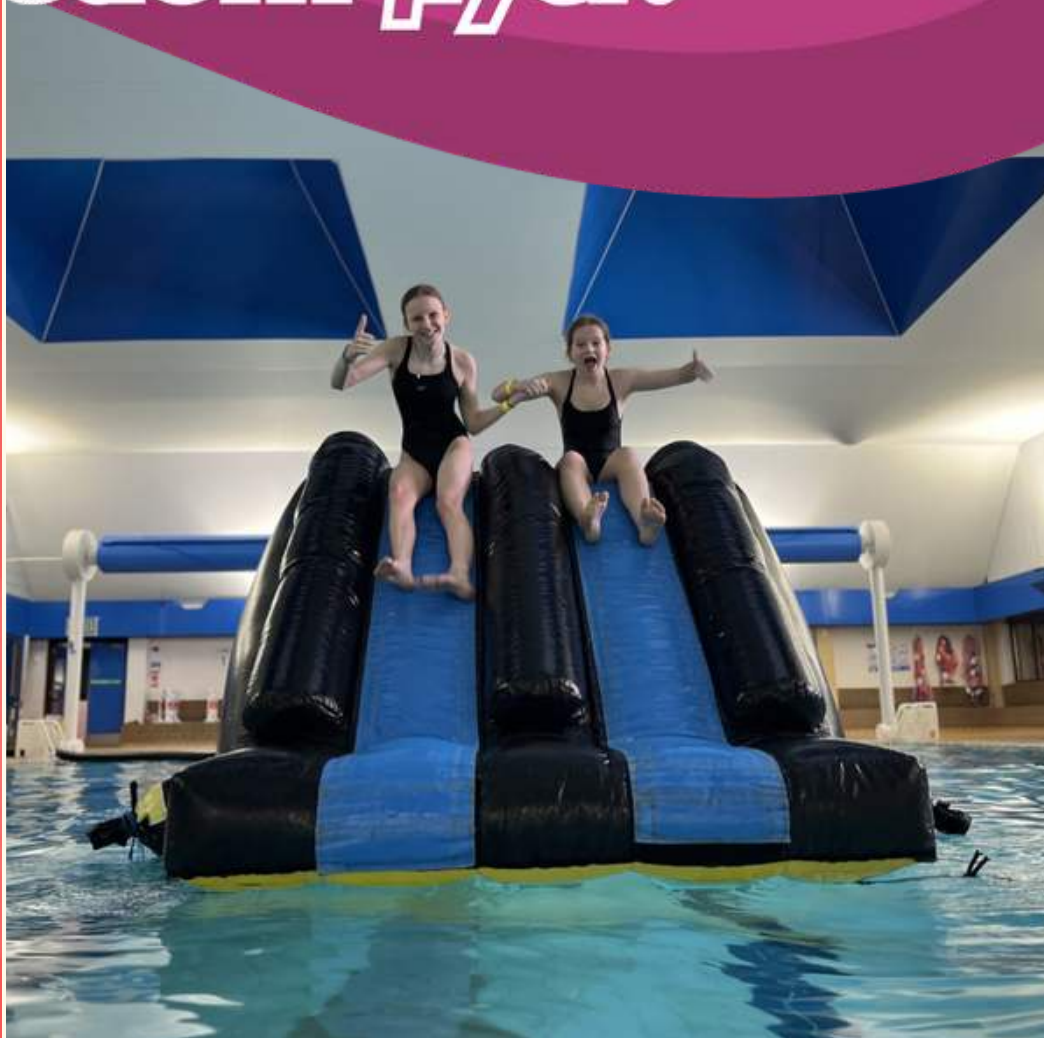


the *hastings & rother* freedom flyer!

AUGUST 2026



Summer is here! Make the most of the school holidays with fun activities, family swims and plenty of opportunities for children to stay active, build confidence and make new friends.



Make a splash this summer!
Learn to swim with Freedom Leisure



PEOPLE



Summerfields Staff Member of the Month!

Tom is Summerfields' Staff Member of the Month in recognition of his consistent professionalism, hard work, and dedication. He regularly demonstrates initiative in his role and can always be relied upon to go above and beyond to support the team. With an exceptional knowledge of Summerfields and its operations, Tom ensures the building runs smoothly and efficiently every day. His commitment, positive attitude, and willingness to take ownership make him a valued member of the team and a deserving recipient of this recognition. Congratulations, Tom!



Bexhill Leisure Centre Staff Member of the Month!

Congratulations to Joe, our Bexhill Leisure Centre staff member of the month! Joe has consistently gone above and beyond by providing excellent cover work whenever needed, demonstrating reliability, flexibility and a strong work ethic.



Falaise Fitness Centre Member of the Month!

Congratulations to Steve, our Falaise Member of the Month for July! Steve puts 100% effort into every session and makes running look effortless. His hard work and consistency have led to huge improvements in his mobility, strength, and technique. Keep up the fantastic work, Steve!

Steve said "I've been training here with Andy McTear for over 2 years now. I've been amazed how much fitter I've become and even more amazed how that fitness has improved my quality of life - I'm a better runner, I'm stronger and more mobile and I no longer suffer as much from back ache. My training schedule has taught me that even at 71 I can continue getting fitter and healthier."



Bexhill Leisure Pool Duty Manager Climbs to new Heights!

Congratulations to Oscar, Duty Manager at Bexhill Leisure Pool, who recently completed his fifth climb of Snowdon with his partner. Taking on the challenge once again is a fantastic achievement and a testament to his determination, fitness, and love of the outdoors. Well done, Oscar!



COMMUNITY



Healthy Communities out in the Community!

Our Healthy Communities team attended the free Market at the Museum event at Hastings Museum & Art Gallery recently. Visitors enjoyed a wide range of activities and attractions, including Freedom Leisure giveaways and active play sessions featuring Giant Jenga, Connect 4 and giant soft play shapes, helping families get active and have fun together.

Summer Holiday Fun with Active Hastings!

Active Hastings are hosting a Free Summer Sports and Activity Day at Summerfields Leisure Centre on Tuesday 25 August, 1pm to 5pm. They will be running two timetables for ages 7 to 9 and 10 to 14 and also a number of combined age group session (ages 7 to 14). Activities will include football, basketball, badminton and more. Booking is essential, book your free place here: For young people aged 7 to 9 visit:

<https://eequ.org/.../summer-sports-and-activity-day-ages...>

For young people aged 10 to 14 visit:

<https://eequ.org/.../summer-sport-and-activity-day-ages...>



A New Outdoor Bowls Session is Coming Soon to Hastings!

In partnership with White Rock Bowls Club, Hastings VI Bowls Club and Freedom Leisure, Active Hastings has organised some friendly Bowls sessions designed to introduce participants to this fun, social and accessible sport. Sessions will run every Wednesday from 5 August to 30 September, 10am–12 noon, costing £3 per session or on a pay-what-you-can basis, with free places available. It's a great opportunity to try something new, meet people and enjoy being active outdoors.

Our Popular Family Pass is Returning This Summer!

Offering unlimited adventures across seven sites in Wealden, Hastings and Rother. The pass includes unlimited swimming, family bowling, soft play, gym access for ages 11+ and a range of health and fitness activities for adults. Passes will be valid throughout the summer holidays, making it the perfect way to keep the whole family active, entertained and making memories all summer long. Passes can be purchased at site or online.



FREEDOM LIFE STORIES!



Celebrating 21 years of Freedom Leisure in Hastings!

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.

Ruth Heyes!

Although Ruth first started her journey at Summerfields in May 2000, she has spent the last 21 years with Freedom Leisure, making a lasting impact on thousands of swimmers and families in our community.

Ruth's work has mainly centred around swimming teaching and junior activities, she has a particular passion for working with SEN and pre-school children.

From helping nervous beginners take their first splash in the water to building confidence, skills and a lifelong love of swimming, Ruth's passion, patience and commitment have touched so many lives.

Her dedication, enthusiasm and care make her a valued member of the Freedom Leisure family, and we are incredibly grateful for everything she has contributed over the years.



Lisa Adegbite!

Lisa joined Freedom Leisure in 2004 and has worn many hats over the years, teaching fitness classes, leading spin sessions, and working as a personal trainer. Today, she's also a familiar and friendly face on reception at Falaise Fitness Centre, where she has built many lasting friendships with our members.

Here's a little-known fact about Lisa: alongside her career in leisure and fitness, she also holds a degree in Criminology and Psychology!

Thank you, Lisa, for your loyalty, dedication, and the incredible contribution you've made over the past 21 years. We're proud to have you as part of the Freedom Leisure family.



DISCOVER!



14 days for just £28!

Make this summer your time to get moving. Join Freedom Leisure and enjoy 14 days for just £28, giving you access to our facilities. Whether you're looking to boost your fitness or try something new, there's never been a better time to get started. Hurry, offer ends 18th August. Scan the QR code and join today!



Dive into August!

Looking for a fun and active activity this summer? Our swimming lessons help children gain confidence in the water, learn essential life-saving skills and have fun while staying active during the school holidays. Scan the QR code to discover our lessons and get started today.

Member Testimonials



"Perfect way to cool down with all the heat we have been having the kids loved it and thats the main thing"

- Damian, Bexhill Leisure Pool



- Ash, Summerfields Leisure Centre



- Peter, Falaise Fitness 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