

# the wealden 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



## Summer holiday fun at Freedom Leisure

Make family time even more fun at your local Freedom Leisure centre this summer. Enjoy exciting family swim sessions with Floats & Fun at Crowborough and Floats & Flume at Hailsham and Uckfield, where children can splash, play and build confidence in the water while parents join in the fun. It's the perfect way to stay active together, whatever the weather.

Looking for even more family-friendly activities? Head to Hailsham for ten-pin bowling and soft play adventures, or challenge each other to a game of badminton or pickleball at Crowborough and Uckfield. From energetic sports to fun-filled play sessions, Freedom Leisure offers something for every age, helping families create great memories together. Find out more through our website at [www.freedom-leisure.co.uk](http://www.freedom-leisure.co.uk)

## NHS health checks at Hailsham Leisure Centre

Free NHS Health Checks are coming to Hailsham Leisure Centre on Monday 7 September. Delivered by One You East Sussex, these checks help you understand your current health and identify any potential risks of heart disease, stroke, diabetes and kidney disease. To book your appointment email [nhshealthcheck@oneyoueastsussex.org.uk](mailto:nhshealthcheck@oneyoueastsussex.org.uk).



## Free sport & activity days

Get active and have fun this summer at our FREE Active Play & Active Sport sessions! Join us for afternoons packed with games, sports and family-friendly activities for all ages. Sessions take place at Horsebridge Rec (BN27 4DJ) on Tuesday 4 and 18 August, and at Hellingly Country Park (BN27 4BF) on Thursday 6 and 20 August, from 1.30pm–3.30pm. There's no need to book, simply turn up, get involved and enjoy a great day out with family and friends.

## Unlimited family fun for £125

Make this summer one to remember with the Freedom Leisure Summer Family Pass! For just £125, families of up to two adults and three children can enjoy unlimited access to a fantastic range of activities throughout the summer holidays, including swimming, soft play, bowling, badminton and more. Adults can also take advantage of unlimited gym use and group exercise classes, making it easy for the whole family to stay active, have

fun and create lasting memories together. Valid from 18 July to 1 September across participating Freedom Leisure centres, it's an affordable way to enjoy endless family adventures all summer long. Find out more at [www.freedom-leisure.co.uk](http://www.freedom-leisure.co.uk) or visit your closest site to get started.



# COMMUNITY



## Welcome to new staff at Crowborough

We're delighted to welcome Daisy (lifeguard) and Sam (customer service assistant) to the team at Crowborough Leisure Centre. They're already settling in well, and we're excited to have them on board. If you see them around the centre, please join us in giving them a warm Crowborough welcome and wishing them every success in their new roles!

## Swim school parent portal

We're excited to announce that the new Swim School Parent Portal will be launching very soon at Crowborough Leisure Centre. Through our app, you'll be able to easily keep up to date with your child's swimming progress, view achievements, track development, and stay informed about their journey through our swim school programme. Keep an eye out for more details coming soon!



## £1 badminton & soft play this summer!

Make the most of our Summer Savings with activities for just £1 per person! Enjoy a game of badminton at Uckfield Leisure Centre, or bring the little ones along to Soft Play at Hailsham Leisure Centre every Tuesday from 9:00am–10:45am. A great way to stay active and have fun this summer without stretching your budget.



## An apple a day keeps the doctor away, but we're here for you when you need us...

Did you know that Wealden members have access to FREE remote GP consultations from the comfort of their home, either over the phone or by video via HealthHero, Europe's leading digital-first healthcare provider? Speak to a member of our team about it today



## Dive into summer swimming

Learning to swim is an essential life skill that builds confidence, improves fitness, and helps keep you & your child safe in the water. At Freedom Leisure, participants can enjoy free swimming included with their membership, providing extra opportunities to practise and progress. Beat the September rush, and speak to your local Freedom Leisure site to get started today.

# 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



"Great pool and gym facility"

- Charlie, Uckfield Leisure Centre



"Well equipped gym, pool and multi sports venue with ample parking. Staff are friendly and helpful."

- Rich, Crowborough Leisure Centre



"A big shout out to Luc (Gym Fitness Coach). Luc went above and beyond in supporting me through my first gym visit. Luc is incredibly knowledgeable and he maintained encouragement throughout my time there. I left the Leisure Centre having had a very good experience. Also Tabitha & Jane who also made me feel cared for as a new member. Thankyou Luc, Jane & Tabitha"

- Kim, Hailsham 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 [hannah.coleman@freedom-leisure.co.uk](mailto:hannah.coleman@freedom-leisure.co.uk)