

# the wealden freedom flyer!



**February  
Edition**





# PEOPLE!



## Developing Future Leaders at Crowborough Leisure Centre

At Crowborough Leisure Centre, we are proud to have two full-time lifeguards, Alisha and Joe, who have started their Level 3 Team Leader/Supervisor apprenticeship. This programme will develop the skills, knowledge, and behaviours needed to effectively manage a team or project, providing clear direction, instruction, and guidance. It will support their progression as they step up and prepare for future roles as Duty Managers within the centre.

## Welcome to Harriet!

Meet Harriet, our new Studio & Fitness Manager at Uckfield Leisure Centre! She brings energy, passion, and fresh ideas, and believes fitness should be fun as well as effective. Harriet is excited to introduce positive timetable changes and brand-new classes - watch this space!



## Introducing John-Paul

John-Paul is a London-trained spin instructor with extensive experience. His classes are music-led, high-energy, and inclusive, combining strong playlists, clear coaching and a great atmosphere for all levels.

Join him in one of his indoor cycle classes at Crowborough Leisure Centre, running Mondays & Tuesdays at 9:30am!

## Making Swimming Safer at Uckfield

Uckfield Leisure Centre has installed Lynxight technology in its swimming pool, giving lifeguards a powerful new tool to enhance safety. This system uses smart analysis of overhead cameras to provide a 360° view above and below the water, helping lifeguards spot potential risks and respond faster to incidents by sending real-time alerts. This adds an extra layer of support to ensure a safer swimming environment for everyone.



# COMMUNITY!



## Uckfield Goes Solar in Drive Toward Net Zero

Uckfield Leisure Centre is going green with the installation of new solar panels, funded by Wealden District Council. This initiative supports Freedom Leisure's commitment to achieving net zero across all operations by 2030, reducing the centre's carbon footprint while generating clean, renewable energy. The project is a key step in promoting sustainable, energy-efficient facilities for the local community.

## February Half Term!

Seems like we have just had Christmas and now we are lining up some fun activities for February Half Term. We've got holiday clubs running at Crowborough & Hailsham, bowling & soft play at Hailsham PLUS floats, flume & fun sessions running across all 3 Wealden sites! Scan our QR code to find out more!



## Creating Connections at Freedom Leisure Cafes

Freedom Leisure cafes will bring the spirit of the national Chatty Café Scheme to the local area, creating welcoming Chatter & Natter spaces where people are encouraged to sit, chat and connect over a drink. The scheme, a UK-wide community initiative, is designed to tackle loneliness and social isolation by offering simple, volunteer-supported opportunities for conversation and human connection. More information will be coming soon. Keep an eye on our website & social media pages.

## New Chronic Back Pain Class at Crowborough

A new health referral class for Chronic Back Pain is launching at Crowborough Leisure Centre, led by our experienced referral instructor, Steve. This class combines Pilates and evidence-based exercises specifically designed to strengthen the core, improve posture, and reduce back pain. It provides a safe, supportive environment to build strength, increase mobility, and improve overall well-being under professional guidance. More information will be coming soon.



## Join Our HYROX Community

Join our HYROX classes at Crowborough Leisure Centre and become part of a motivating fitness community! Train, compete, and push your limits with like minded members in a supportive environment. With unlimited classes for just £53 per month or pay-as-you-go options, it's the perfect way to stay consistent, challenge yourself, and have fun while getting fit. Find out more: [www.freedom-leisure.co.uk/centres/crowborough-leisure-centre/hyrox/](http://www.freedom-leisure.co.uk/centres/crowborough-leisure-centre/hyrox/)



# DISCOVER!



## Swimathon!

Join us for Swimathon in March! Take on a personal swimming challenge, set your own distance, and enjoy the motivation that comes from being part of a nationwide event. Scan the QR code to find your nearest participating centre, check their event date, and sign up to make every length count in the pool.



## Don't leave too soon!

Keep your child's swimming progress on track by making sure they continue with their lessons. Our lessons follow Swim England's Learn to Swim pathway, giving your child a structured way to develop at their own pace. If you're interested in swimming lessons with us, scan the QR code to enquire today.

## Member Testimonials



"Good pool and has recently had work done on the area surrounding the pool edge. a decent well equipped gym

- Kev, Uckfield leisure Centre



"I want to say a big thank you to Jane! My daughter looks forward to her swimming lesson with her every week & it's been fantastic to watch her grow into such a confident swimmer

- Sarah, Crowborough Leisure Centre



"A great variety of classes, I always look forward to my coffee after as well. The staff are always so friendly.

- Sandra, Hailsham Leisure Centre



## BE A PART OF THE FREEDOM FLYER!

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