



freedomleisure
where you matter

the wealden

freedom flyer!

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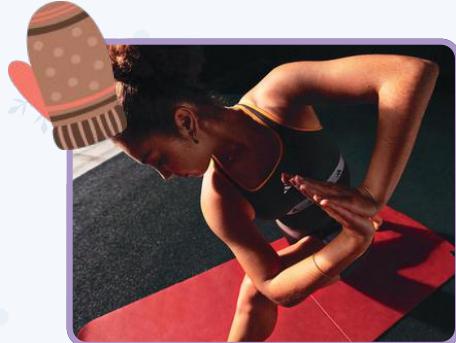
Happy
New
Year



January is
here!



PEOPLE!



Les Mills Launch

Les Mills Launch

Join us for an energising Les Mills New Release Launch Day at Hailsham Civic Community Hall on Saturday 10 January. This special event celebrates the latest Les Mills releases and brings an exciting line-up of classes for all fitness levels, taught by a Les Mills Master Trainer!

When: Saturday 10 January

Location: Hailsham Civic Community Hall, Vicarage Lane, Hailsham, BN27 2AX

Time:

- Body Combat: 9:15am
- Shapes: 10:30am (with Les Mills Master Trainer)
- Body Balance: 11:30am (with Les Mills Master Trainer)



Book your space in centre, over the phone on 01323 846755 or through our app! Standard booking rights apply depending on membership type. Booking is available 24 hours in advance for non-members

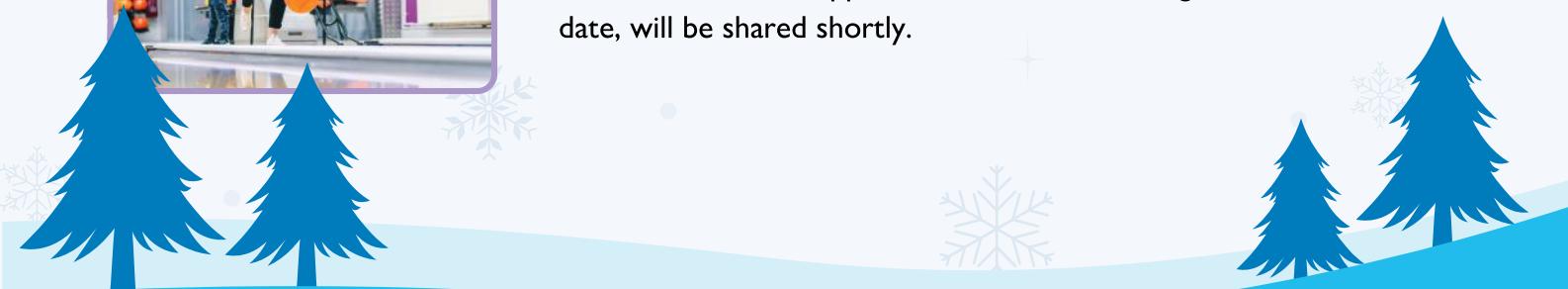
NEW Learn to Swim Parent Portal

Our new Parent Portal for swimming lessons will be coming soon to Uckfield & Hailsham Leisure Centre! This exciting update will give parents an easy way to track their child's progress, send notes directly between parents and teachers, and see which badges their child has achieved along the way. We'll be sharing more information very soon, so keep an eye out!



Online Bowling Bookings Coming Soon!

We are pleased to announce that online booking for our ten pin bowling lanes at Hailsham Leisure Centre will be available soon. Customers will be able to conveniently reserve lanes through our website and mobile app. Further details, including the official launch date, will be shared shortly.



COMMUNITY!



Freedom Leisure Celebrates Staff

Freedom Leisure recently celebrated its longest-serving team members at a special awards ceremony held at Hailsham Leisure Centre, recognising colleagues who have been with the organisation since its very beginning. The event marked Freedom Leisure entering its 25th year in partnership with Wealden District Council and was attended by local councillors who helped present the awards.

February Half Term!

Get ready for a fun-packed February half term in Wealden! There's something for every family to enjoy, whether you're looking to burn off energy or relax.

- **Hailsham Leisure Centre** is offering bowling, soft play, kids' club, and flume sessions
- **Uckfield Leisure Centre** has exciting flume sessions & floats
- **Crowborough Leisure Centre** - families can enjoy floats and fun swimming sessions alongside a lively kids' club

See our website & app for more information!



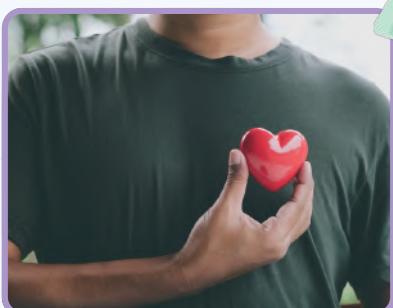
Aqua Classes at Crowborough Leisure Centre

Our Swim School Coordinator at Crowborough Leisure Centre, Jane, is now training to become an Aqua Fit instructor! This exciting step means we'll be able to offer more aqua classes and provide additional cover in the coming months, giving our members even more opportunities to dive in, stay active, and have fun in the pool.

Free NHS Health Checks

One You East Sussex are offering free NHS health checks for those aged 40-74. The team will be at Uckfield Leisure Centre on 26th January and at Crowborough Leisure Centre on 4th February.

Booking required - Please phone 01313 404600 or email nhshealthcheck@oneyoueastssussex.org.uk to book your appointment.





DISCOVER!



Memberships Made for the New Year!

Start the year with a membership that works for you. From 26th December to 31st January, enjoy 12 months for the price of 9 when you pay annually, or join on a monthly membership with no joining fee. It is a great way to build healthy habits and stay active all year.



Swim Stronger by Summer!

Give your child the confidence to enjoy a summer full of swimming. Starting lessons now helps children build essential water skills, improve technique and feel comfortable in the pool. Our structured swimming lessons support steady progress, helping children grow in confidence as they learn to swim safely and happily.

Member Testimonials



“Very lovely place”
- Katie, Hailsham



“1st time visitor, had a great time with kids”
- Janine, Uckfield



“Good selection of classes, well equipped gym, friendly helpful staff, family focused.”
- Crowborough



“Friendly staff, great facilities and good choice of classes. Well equipped gym,”
- Crowborough



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