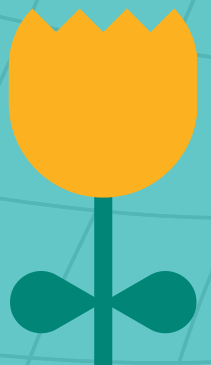
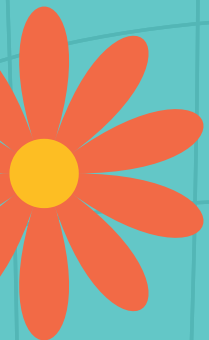


freedom flyer!



July 2026

There is plenty to explore
inside this month's edition!



WHAT'S ON



Step Up to the Challenge: HYROX Sim Race

Get ready to test your fitness at our HYROX Sim Race, coming to Crowborough Leisure on Sunday 5 July. Whether you take on the challenge solo or join forces as a pair, this high-energy event is the perfect way to push your limits and experience the thrill of HYROX-style racing. Sessions run from 11:00am, with limited spaces available, so be sure to book early by calling 01892 665488.

Dive Into Summer with our Crash Courses!

Make a splash this summer with swimming crash courses. These short, intensive sessions are a great way to boost your child's confidence in the water, help them progress quickly, or provide a fun introduction to swimming in a supportive environment. With small group classes and weekday lessons available throughout the holidays, it's the perfect time to build essential water skills. Contact your local site today to book.



Get Moving This Summer with Free Family Sessions!

Get ready for an action-packed summer with our Active Play sessions. Join us for a range of sports, games and outdoor activities designed for all ages. Sessions will take place across Hellingly Country Park and Horsebridge Rec throughout late July and August, making it easy to drop in and be part of the fun. See our posters in centre or visit www.freedom-leisure.co.uk

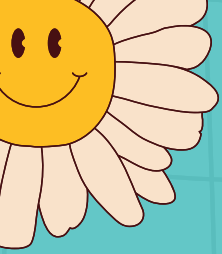
Celebrating Success in our Swim School

Get ready to celebrate progress, confidence, and achievement at our Badge Week! It's the perfect time for your child to show off everything they've been working so hard on. From building water confidence to mastering new skills, every swimmer has something to be proud of. During Badge Week, your child will have the chance to earn their next badge and even pick up extra awards for those standout efforts and milestones. More information coming soon!



10% Off Birthday Parties for Swim School

Swimming lesson members can now enjoy an added perk at Freedom Leisure, with 10% off birthday party bookings included as part of their membership. It's our way of saying thank you, giving families even more value while celebrating special occasions with fun, active parties in a welcoming environment.



SUMMER ACTIVITIES



Kids Holiday Clubs

Running throughout the school holidays, these fun-filled sessions are perfect for children aged 5 and over, offering a variety of activities to keep them engaged, active, and smiling. Whether it's sports, games, or making new friends, our holiday clubs provide a safe and exciting environment for kids to enjoy their break. Book your space with reception today at Hailsham or Crowborough Leisure Centre!

Floats & Flume

Make a splash this school holiday with our Flume & Floats pool sessions at Hailsham and Uckfield Leisure Centres, and Floats sessions at Crowborough Leisure Centre! Available every day throughout the holidays, these sessions are perfect for kids and families looking for fun, excitement, and relaxation in the water.



Bowling & Soft Play

Head to Hailsham Leisure Centre for a fun-filled family day out! Challenge each other to a friendly game of bowling and see who can score that perfect strike, or let the kids burn off energy in the soft play area packed with climbing, sliding, and adventure. Tickets can be pre booked online through our website or app

Summer Family Pass

Our Family Pass is your ticket to unlimited family fun this summer! For just £125 our pass includes access to swimming, bowling, soft play, fitness & more for the summer holidays at 7 sites across Wealden, Hastings & Rother! It's the perfect way to keep the family active & entertained all summer long! Enquire today in centre or over the phone or visit www.freedom-leisure.co.uk



Court Hire

Challenge the family or friends to a game on the courts this summer! Enjoy badminton, pickleball, table tennis & more at Crowborough & Uckfield Leisure Centre. Suitable for all ages to get involved come rain or shine! Court bookings can be made with reception or online through our website & app.



DISCOVER!



Your summer starts here!

Soak up the season with a membership that fits your lifestyle. Whether you love a refreshing swim, energising workouts or simply taking time for yourself, we have everything you need to stay active and feel your best all summer long. Scan the QR code to enquire or join today and start enjoying your summer with us.



Make a splash this July!

Make waves this summer with swimming lessons designed for all ages and abilities. From first splashes to building strong technique, our friendly teachers are here to help every swimmer progress with confidence. Scan the QR code to enquire and get started on your swimming journey today.



Member Testimonials



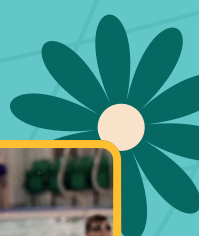
“A big shout out to Luc (Gym Fitness Coach). Luc went above and beyond in supporting me through my first gym visit. Luc is incredibly knowledgeable and he maintained encouragement throughout my time there. I left the Leisure Centre having had a very good experience. Also Tabitha & Jane who also made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

- Kim, Hailsham Leisure Centre



“This review is regarding the swim teaching school which operates through the week and on Saturdays. Both of our daughters have progressed steadily and with confidence through the structured approach. Water confidence is built from an early stage, and as the grades are passed, progressively stroke technique and stamina are added. I have always found the teachers to be very friendly and enthusiastic, our children always enjoy attending. I have no hesitation in recommending lessons here, we are really very happy with the swim school.”

- Gary, Crowborough 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