

the wealden freedom flyer!

HELLO SPRING



March 2026

PEOPLE!



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

Starting 2 March, Wealden members will 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.

The Big Freedom Open Weekend!

Our open weekends are back at Freedom Leisure this March! We've got a packed timetable of activities available for the whole family to enjoy! We've got soft play & inflatables at Crowborough, floats & flume at Uckfield, bowling at Hailsham and much more! Keep an eye on our social media pages for more information.



New Yoga Class Starts at Uckfield

Uckfield Leisure Centre is excited to announce a brand new yoga class, perfect for unwinding and rejuvenating! Join Elle every Tuesday from 5:30 PM to 6:25 PM for an invigorating session designed to improve flexibility, strength, and mindfulness. The class will offer a welcoming and supportive environment to enhance your well-being.

Swimathon 2026 is Here!

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. Visit www.swimathon.org to find your nearest participating centre, check their event date, and sign up to make every length count in the pool



NEW Water Polo Session

A new water polo session is launching at Crowborough Leisure Centre, running every Tuesday from 5:00pm–5:30pm, starting 14th April. The sessions are suitable for Stage 7+, offering a fun and active way to build confidence, teamwork, and water skills. If you'd like to find out more or register your interest, email jane.hand@freedom-leisure.co.uk



COMMUNITY!



Book your bowling online!

Beat the queues and secure your lane from the comfort of your own home. Bowling is available 7 days a week at Hailsham Leisure Centre. At weekends and during school holidays you can refuel at Strikes Diner, serving tasty hot dogs, soft drinks, and snacks. Perfect for a fun day out with family and friends. Book via our website or app today!

Easter Holiday Family Fun!

There's loads of family fun happening across our Wealden centres this Easter holiday 🐰 From action-packed holiday clubs to floats and flume sessions in the pool, plus soft play, bowling, and plenty more to keep everyone entertained. Whether you're looking to burn off some energy or enjoy quality time together, there's something for all ages to enjoy throughout the holidays.



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/

Uckfield Goes Solar in Drive Toward Net Zero

Uckfield Leisure Centre has gone 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.



SEND Swimming Lessons

We're pleased to announce new SEND swimming lessons starting from 14 April, designed to provide a supportive and inclusive environment in the pool. The session will run every Tuesday from 4:30pm–5:00pm, focusing on confidence, comfort, and skill development at each swimmer's own pace. For more information or to register your interest, please email jane.hand@freedom-leisure.co.uk

DISCOVER!



Join for £20 this March!

Spring is the season of fresh starts and new beginnings So why not kickstart your fitness journey with this fantastic offer. Join now for just £20 and PAY NOTHING until April on our monthly memberships. Offer ends 21 March. Scan our QR code or visit us in centre to get started!



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



“Good gym, pool, ten pin bowling. Staff always friendly and helpful”

- John, Hailsham



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

- Kev, Uckfield



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

- Crowborough



“Nice café and staff. Pool not too cold or busy.”

- Kelly, Hailsham



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