

the wealden freedom flyer!

October 2026

As October arrives, we're looking forward to everything autumn has to offer. With half-term just around the corner and plenty going on in the community, there's lots to enjoy this month.



PEOPLE



Welcome to Michael

Please join us in giving a warm welcome to Michael, the newest member of our gym team at Crowborough! Michael may be new to the team, but he's certainly no stranger to the centre, having been a member with us since Freedom Leisure first began 25 years ago. He's passionate about helping people of all fitness levels achieve their goals safely and confidently.

Full of Life Festival

The Full of Life Festival is underway! Adults aged 50+ can enjoy a variety of activities, events and workshops throughout September and October. Freedom Leisure is proud to support the festival and help our community stay active, connected and full of life. Please see our website for a list of activities running at your local Freedom Leisure centre.



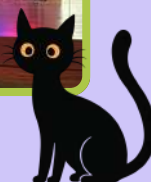
HYROX Young Stars Arrives This October

HYROX Young Stars is launching at Crowborough Leisure Centre this October! Designed for ages 8-15, these fun and energetic sessions help young people build fitness, confidence and teamwork skills while experiencing the excitement of HYROX training. Keep an eye on our social media pages & website for more information coming soon!



National Fitness Day Success

National Fitness Day was a huge success, with lots of new faces making the most of our free one day pass. We were also delighted to reach our challenge target of 2,026km across cycling, running and rowing. A big thank you to everyone who took part and helped make the day such a great achievement!



Crowborough 10K

Freedom Leisure is proud to sponsor the Crowborough Runners 10K & 5K Race on Sunday 1 November 2026. This popular community event welcomes runners of all abilities and is a fantastic opportunity to get active, challenge yourself, and support local sport in Crowborough. Visit www.nice-work.org.uk to find out more & secure your place!



COMMUNITY



Stronger for Life

We're proud to support Active Sussex by delivering Stronger for Life sessions at Uckfield Leisure Centre. The programme is designed to help people stay active, improve strength and balance, and enjoy the many benefits of regular physical activity in a supportive environment. We're delighted to be part of an initiative that helps our community stay strong, healthy, and independent.

Get Active for Less with our Junior Gym offer!

Join our Junior Gym Membership today and pay only £20 per month for your first 3 months. Available for 11-18 year olds, membership includes access to gym sessions, swimming and selected classes. Visit us in centre or sign up online at www.freedom-leisure.co.uk. Offer available until 20 October 2026.



Spooky Family Fun this October

Join us this October for spook-tacular fun across our Wealden sites in Hailsham, Crowborough & Uckfield!

Floats, Flume & Fun!

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



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!





DISCOVER!



Don't ghost your fitness goals this October!

Make this the month you commit to feeling your best. From 1st to 20th October, join your local Freedom Leisure centre for just £20 and take the first step towards a healthier, happier you. This frightfully good offer won't be around for long, so scan the QR code to enquire or sign up online today.



Boo-st their confidence in the water!

Give your little monsters a skill for life this Halloween season. Our swimming lessons help build confidence, improve water safety and develop swimming ability in a fun and supportive environment. Scan the QR code to enquire about swimming lessons at your local Freedom Leisure centre.



Member Testimonials



"Great family place as they have soft play, swimming pool and bowling. We just moved to the area and always come here."

- Charlie, Hailsham Leisure Centre



"Family friendly. Good café with good pool side vision"

- Priscilla, Uckfield Leisure Centre



"Friendly, helpful staff. Great at motivating you. Gym is very good especially since the refit"

- Kevin, 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