

the wealden freedom flyer!

September
2026



Autumn is here

Explore activities,
celebrate achievements
and see what's
happening near you
throughout the month.

PEOPLE



Swim school parent portal

We're excited to announce that the new Swim School Parent Portal will be launching very soon at Crowborough Leisure Centre. Through our app, you'll be able to easily keep up to date with your child's swimming progress, view achievements, track development, and stay informed about their journey through our swim school programme. Keep an eye out for more details coming soon!

Free NHS health checks at Hailsham Leisure Centre

Free NHS Health Checks are coming to Hailsham Leisure Centre on Monday 7 September. Delivered by One You East Sussex, these checks help you understand your current health and identify any potential risks of heart disease, stroke, diabetes and kidney disease. To book your appointment email nhshealthcheck@oneyoueastsussex.org.uk.



Rookie Lifeguard courses coming this September!

We're excited to announce that Rookie Lifeguard courses are coming to our swim school programme at Hailsham! These fun and engaging sessions will help young swimmers develop valuable water safety, rescue, and lifesaving skills while building confidence in and around the water. Keep an eye on our website and social media channels for more information and enrolment details coming soon.

Pre school activities at Crowborough

Looking for fun ways to keep little ones active and engaged? Crowborough Leisure Centre offers a fantastic range of pre-school activities for under 5s, including Tiny Tumblers soft play and bouncy castle sessions, Messy Monsters sensory play, Mini Movers dance classes, pre-school football, and dedicated soft play sessions. Scan the QR code to find out more.



Home education swim lessons at Hailsham

We're delighted to be launching Home Education Swim Lessons at Hailsham Leisure Centre from Tuesday 8 September, running weekly between 1:30pm and 2:30pm during term time. For just £28 per month, children will receive a weekly swimming lesson and enjoy free public swimming, offering excellent value while building confidence and skills in the water. Spaces are limited, so book early to secure your place!

COMMUNITY



Centre Manager announced as Uckfield Business Awards finalist

Congratulations to Elliot Key, General Manager at Uckfield Leisure Centre, who has been shortlisted as a finalist in the Young Employee Award category at the Uckfield Business Awards for his hard work & dedication. The winners will be announced at the Uckfield Business Awards Gala Dinner on 1 October at the East Sussex National Hotel.

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

Did you know that Wealden members 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



Celebrate National Fitness Day with Freedom Leisure!

Freedom Leisure is celebrating National Fitness Day and inviting adults aged 18+ to join us on Wednesday 16 September for a free gym session, swim, or group exercise class. Regular physical activity can help improve cardiovascular health, increase energy levels, boost mood, and support overall wellbeing. Whether you're looking to kick-start a healthier lifestyle, try a new activity, or simply enjoy moving more, National Fitness Day is the perfect opportunity to get involved and experience the benefits of being active.



At Freedom Leisure, we are committed to making fitness accessible for everyone. Our facilities cater for all abilities, creating an inclusive and welcoming environment where everyone can feel comfortable and confident. Our friendly and knowledgeable staff are always on hand to offer support, answer questions, and help you make the most of your visit. Come along, meet the team, and discover how Freedom Leisure can help you achieve your health and fitness goals in a fun, supportive setting.

TERMS AND CONDITIONS APPLY. PARTICIPANTS MUST BE AGED 18 YEARS OR OVER.

DISCOVER!



Half Price September!

As the seasons change, there's never been a better time to start your fitness journey. Join this September and enjoy 50% off monthly memberships, giving you the perfect opportunity to stay active, healthy and motivated throughout autumn. Scan the QR code to join today or enquire at your local centre for more information. Offer ends 20 September 2026.



Back to School, Back to Swimming!

With the new school term underway, now is the perfect time to get back into swimming lessons. Help your child build confidence, develop essential water skills and stay active all year round. Scan the QR code to enquire and secure your place today.

Member Testimonials



"Great pool and gym facility"

- Charlie, Uckfield Leisure Centre



"Very clean and well run. Good training / weight room with aircon and showers and large pool with sauna."

- Cat, Crowborough Leisure Centre



"Daughter had first swimming lesson here today. She was nervous but the instructor made her feel very relaxed. Thank you to all staff who seemed very friendly."

- Marco, 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