

the ashford freedom flyer!

Summer is here!

Discover the latest activities, events
and community updates



2026
JUNE



PEOPLE



Congratulations Coach Quinny!

A huge congratulations to Coach Quinny from everyone at Julie Rose Stadium on completing the London Marathon. This incredible achievement is a true testament to dedication, commitment and determination, and an inspiration to so many in our community. We are all incredibly proud, well done Coach Quinny!

Discovery Day at Tenterden Leisure Centre!

Discovery Day at Tenterden Leisure Centre was a fantastic success, giving visitors the chance to try free swimming lessons, meet the team and learn more about swimming lessons. Guests also enjoyed spinning the prize wheel for a chance to win great rewards, adding even more fun to the day. It was a brilliant opportunity to welcome the community, share what we offer and help more people get started on their swimming journey.



Tug of War Championships at Julie Rose Stadium!

Julie Rose Stadium came alive as the Ashford tug of war team hosted the UK Tug of War Championships. Spectators enjoyed incredible competition, with standout moments including the women's line-up and Maidstone giving it their all. A huge well done to everyone involved for making the event such a success, and congratulations to Stoke Lions Warriors on being crowned UK Tug of War Champions.

Thank You to Rother Garden Design!

We are very grateful to Josh and Jack from Rother Garden Design for refreshing the two planters outside Tenterden Leisure Centre. Their hard work has made a real difference to the front entrance, creating a warmer and more welcoming space for everyone who visits.



Meet Mylo!

We are excited to welcome Mylo as the new Fitness Manager for the Ashford contract. Bringing a passion for health, wellbeing and delivering great member experiences, Mylo is looking forward to supporting both colleagues and customers across our sites. Be sure to say hello and join us in giving Mylo a warm welcome to the team.



COMMUNITY



Live Music Festival at Julie Rose Stadium!

Join us on Saturday 18th July, 12pm to 9pm, for a fantastic day of live music at Julie Rose Stadium. Enjoy performances from Amelie Roden, Jack Bowden, Elevated, R&R, King of Everything, The Resolve and Karobela. With tickets just £5 for adults, free entry for under 16s and free parking on site, it is a great day out for friends and family. Scan the QR code to book your tickets now!

Sharing Best Practice at the Regional HC Meeting!

Emily, our Healthy Communities Manager, recently attended the HC Regional Meeting, bringing teams together to discuss all things HC. It was a great opportunity to celebrate the fantastic work happening across our sites, share successes and learn from best practice to continue improving the experience for both colleagues and customers.



Book Tickets for the Kent Pride Games!

Join us at Julie Rose Stadium on Saturday 27th June, 12pm to 9pm, for the Kent Pride Games, a vibrant celebration of community, teamwork and fun. Whether you are cheering on a team or enjoying the atmosphere, it is a brilliant day out for everyone. Scan the QR code to book your tickets and be part of the celebration.



Sports Hall Hire Available!

Looking for a space for regular sessions or a one off event? Our sports hall at the Stour Centre has availability for both ongoing bookings and single hires. Ideal for clubs, classes and events of all kinds. Get in touch today to find out more, email us at stour.bookings@freedom-leisure.co.uk.



New Classes at the Stour Centre!

We are excited to introduce a range of new exercise classes at the Stour Centre. Members can now enjoy early morning yoga on Mondays and Tuesdays, Sunday evening Body Pump, and relaxing monthly gong bath sessions. Book your classes easily through our app, and keep an eye on our Facebook page to find out more about upcoming gong bath sessions and other updates.



FREEDOM LIFE STORIES!



Meet Charley!

Charley is one of our talented FLAIR athletes in Ashford, whose passion for basketball started in primary school and has never faded. Now competing at Welsh International level, Charley continues to make an impact on the court while working towards future ambitions in both sport and education, supported by access to year-round training and facilities through the FLAIR programme.

What sport do you compete in and how did you first get involved?

Basketball, was introduced to basketball in Primary School during break and never stopped enjoying it.

What is your current national ranking?

Welsh International.

What has been your proudest achievement in your sporting career so far?

Representing Wales and being selected as an All Star player in a recent international tournament.

Who inspires you most in your sport and why?

Kobe Bryant, his dedication to succeed, his professionalism, drive and mentality was second to none.

What advice would you give to young people who want to follow in your footsteps?

Having fun in the sport needs to be number one priority.

Where do you see yourself in five years time within your sporting career?

Scholarship, to pursue educational and sporting goals.

If you could compete anywhere in the world, where would it be and why?

The USA, despite the high level of competence and skill level in Europe, the USA is still developing and showcasing the biggest basketball talent in the world.

What does being part of the FLAIR membership mean to you?

The access to an indoor court will allow me the opportunity of all year round training. The talent in the UK is strong and I need to be able to access facilities in poor weather conditions. To be able to access gym and swimming facilities is essential to facilitate strength and conditioning training along with recovery.





DISCOVER!



Make this summer your time to feel good

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.



Dive into confidence this June

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



“Great place for kids to burn off energy. Managed to walk in and pay for a swimming session and the soft play directly after. My son fell fast asleep the second he got home. Was worth the drive from Whitstable!”

- Frankie, Stour Centre



“Amazing service today from Bernice I came in with my 5 year old son and she was unbelievable. She was running the desk on her own, she had it all under control the phone was going she was serving people and making sure my son and I were ok as we came in to sign up in the store. She had managed to get us booked onto the next day swimming lessons. She made my life so easy and I left with a very happy 5 year old! She definitely deserves some credit.”

- Charlotte, Tenterden Leisure Centre



“Has great facilities.”

- Lee, Stour Centre



BE A PART OF THE ASHFORD FREEDOM FLYER!

If you have an idea for an article, an update from your area or a story to share, please email dannii.woodward@freedom-leisure.co.uk