



Hastings and St.Leonards Voluntary Lifeguards Newsletter – August 2025

www.hastingslifeguards.org.uk

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Well, if July was busy what was August! The weekend 9th & 10th August was one of the busiest – First Aid cover & tombola at Rural Past Times for both days, First Aid & Boat Safety cover at Bexhill Regatta as well as Hastings Carnival. To all those who helped – thank you so much, we couldn't have done it without you. Everyone who volunteered to help were amazing, (without preparation time and clearing up time) we totalled just over 170 volunteering hours – not bad over 48 hours. Congratulations everyone 😊

Diary Dates

2025 - Please come & get involved

Sun 7th Sept – Bexhill Triathlon

Friday 14th November – Club competition –
David Pollard Memorial Competition.
Competition at both Rookie and higher level

Sun 14th Dec – RNLI Sea Dip – safety cover

2026 – Sun 17th May – Bexhill Regatta

Sun 24th May – Bewl Triathlon

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**For sale: HLG T- bag T-shirts (Red and Yellow) –
ONLY £10 each.**

Rookie T-shirts, ALL SIZES £2 each – new

😊 If you have friends who wish to join, just
contact us - info@hastingslifeguards.org.uk

**Club Hoodies £27 each with the Club logo
and your name on them.**

August, we also ran open water sessions during the summer holidays. Thank you to the trainers for giving extra time to run these sessions and to those members who developed their open water skills and knowledge.

Hastings Winkle Club are celebrating their 125th Anniversary – we'd like to congratulate them and thank them for all their amazing work support local organisations including our club.

New Sport strand of Lifesaving training coming next month for everyone – all levels.



Thank you if you've signed up. If you not - PLEASE do.

It's free but every purchase helps the club.
See an easy guide how to get started on the Club's website.

