



Hastings and St.Leonards Voluntary Lifeguards Newsletter – March 2025

www.hastingslifeguards.org.uk

charity number 1147368 info@hastingslifeguards.org.uk



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Diary Dates

2025 - Please come & get involved

Mon 7th April – Sat 12th April – Beach

Lifeguard Course

Sun 25th May – Bewl Triathlon

Sat 14th June – Hastings Regatta

Sun 15th June – Bexhill Regatta

**Mon 23rd June - Fri 27th June – Safety in
Action, The Ridge Fire Station**

Sun 29th June – Ashburnham Triathlon

Sat 26th July – Emergency Services Day

Sat 9th Aug – Hastings Carnival

Sat 9th & Sun 10th Aug – Rural Past Times

Sun 7th Sept – Bexhill Triathlon

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**For sale: HLG Black & Yellow XL - T- bag T-shirts
– ONLY £5 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.**

HLG T-bag T shirts (Red & Yellow) reduced to £10



If you're interested in open water
training that includes board
rescues please let us know – email
info@hastingslifeguards.org.uk
There's some new awards in open
water for 2025.

Rookies - we are redesigning &
reprinting our Rookie Leaflet. If you
are a 2025 Rookie member. Please let
us know – NOW
info@hastingslifeguards.org.uk



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.

