



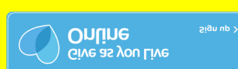
Hastings and St.Leonards Voluntary Lifeguards Newsletter – May 2025

www.hastingslifeguards.org.uk

charity number 1147368 info@hastingslifeguards.org.uk



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Photos show some of the club members who got up really early to provide safety cover for the Bewl Triathlon. Conditions were challenging for the swimmers with a strong wind. Thanks to all those who came and helped. First Stride Events were again very happy with our safety cover & we look forward to working with them at the 1066 Triathlon in September.

Diary Dates

2025 - Please come & get involved

Sat 14th June – Hastings Regatta

Sun 15th June – Bexhill Regatta

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

Mon 23rd June – Sat 28th June – Beach Lifeguard Course

Sat 26th July – Emergency Services Day

Sat 9th Aug – Hastings Carnival

Sat 9th & Sun 10th Aug – Rural Past Times, First Aid, PR & Fundraising

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

Safety in Action – 23rd to 27th June – anyone who could give a couple of hours helps? It's a great opportunity to pass on water safety knowledge to young people with other professionals.

New awards in open water for 2025. If you're interested in open water training that includes board rescues please let us know – email

info@hastingslifeguards.org.uk

Tombola Prizes – we are in need of suitable prizes for our two day tombola at Rural Past Times this year. It is our chance to spread the word about our Club as well as Fund Raise. If you have anything suitable please let us know.

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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.

