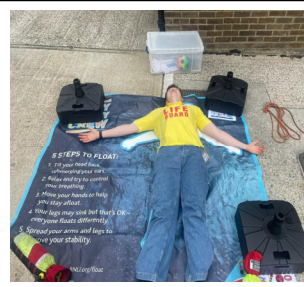




Hastings and St.Leonards Voluntary Lifeguards Newsletter – June 2025

www.hastingslifeguards.org.uk

charity number 1147368 info@hastingslifeguards.org.uk



Last week was a busy week – a beach lifeguard course and Safety in Action. Safety in Action was headed up by Jack & Esme who were amazing. The beach lifeguard course was challenged by the windy conditions but a few changes to the timetable and Joe ran a successful course. Well done everyone – a great week for the club.

Diary Dates

2025 - Please come & get involved

Sun 13th July – Hastings Regatta

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

Sun 14th Dec – RNLI Sea Dip

2026 – Sun 17th May – Bexhill Regatta

Sun 24th May – Bewl 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

We now have dates for open water sessions during the summer holidays for current members. Numbers will be limited for each session.

There are new open water awards, some include board rescues. If you're interested in these sessions – please register by email to:

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 appropriate please let us know.

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.



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

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