



Hastings and St.Leonards Voluntary Lifeguards Newsletter – July 2025

www.hastingslifeguards.org.uk

charity number 1147368 info@hastingslifeguards.org.uk



July has been another busy month. We provided Rescue Boat Safety and First Aid cover for Hastings Rowing Regatta. The weather and sea were good so it was a busy day with swimmers, paddle boards as well as the rowers.

Last weekend we took part in Emergency Services Day too – we shared water safety advice with parents whilst the children imagined they were driving the boat and helping those in the sea – perhaps some will in the future.

Diary Dates

2025 - Please come & get involved

Sat 9th Aug – Hastings Carnival

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

Sun 10th Aug – Bexhill Rowing Regatta

Sun 7th Sept – Bexhill Triathlon

Sun 14th Dec – RNLI Sea Dip

2026 – Sun 17th May – Bexhill Regatta

Sun 24th May – Bewl Triathlon

www.hastingslifeguards.org.uk

**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.**

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.

