

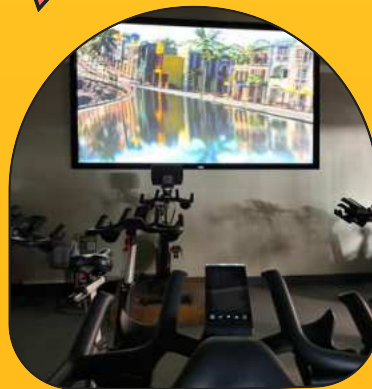
the *arrum* freedom flyer!



April 2026

See what's been happening,
discover what's coming up and
celebrate our community.

**DON'T
MISS
OUT**



This month, meet new faces, get inspired, and find out how you can take part in all the exciting events and activities happening at your local centre.

STAY ACTIVE, STAY CONNECTED

PEOPLE!



Meet Harry!

If you have been around the pool recently, you may have seen Harry keeping an eye on things. Harry has been part of the Arun team since 2024 as one of our lifeguards and brings great energy to every shift. He is always happy to help around the centre, from setting up the sports hall to supporting the team on poolside, where his focus is keeping everyone safe in and around the water.

Tracey's Challenge for a Great Cause!

Tracey, a member at Littlehampton Wave, recently took on an incredible challenge by cycling 100 miles on a spin bike alongside her training for the London Marathon, all to raise money for Kidney Care UK. To show our support, two spin bikes were set up in reception so members could hop on and take part on the day. Thank you to everyone who got involved and helped support Tracey and this fantastic cause.



Celebrating International Women's Day!

International Women's Day at Arun Leisure Centre on 8th March was a great success. Our free open day for women welcomed lots of visitors to the gym, giving everyone a chance to move, connect and celebrate together. It was fantastic to see so many people enjoying the space, bringing friends and family, and taking part in a day created just for our incredible community of women.

More for Our Swimmers!

When people join swimming lessons at Littlehampton Wave, they get more than just lessons. Extras include free casual swimming, discounts on crash courses, a free swimming hat, refer a friend rewards and discounted Wave Rave sessions. It's a great way for swimmers to have fun, stay active and enjoy all the benefits. Enquire today via our website.



Discovery Day at Littlehampton Wave!

We loved welcoming so many families to our Discovery Day. Guests had the chance to explore our learn to swim programme, meet our teachers, and see how we support swimmers at every stage, from their first splashes to building confidence and technique. Our taster sessions gave everyone a hands-on experience and the chance to find the right class to begin their swimming journey.

COMMUNITY!



New Virtual Cycling at Littlehampton Wave!

Exciting news for our members at Littlehampton Wave. Our Cycle Studio has been enhanced with a new virtual cycling offering. We've introduced Les Mills Virtual to our timetable, giving everyone access to classes including Les Mills RPM, Les Mills Trip and Les Mills Sprint. It's a great way to experience new workouts and take your rides to the next level.

May Half Term Day Camps!

Our Half Term Day Camps are back this May at Arun Leisure Centre and Littlehampton Wave! Running on 26th, 27th, 28th and 29th May, each day will be packed with fun activities to keep children entertained and active. Don't miss out! Save the date and book your child's place now via reception.



Arun Leisure Centre Floors Refreshed!

The new Pulastic sports hall floor and upgraded gymnasium floor at Arun Leisure Centre are complete and look fantastic. Delivered with Arun District Council, the improvements provide a modern, high-quality surface perfect for badminton, pickleball, netball, volleyball, five a side, roller skating, school use and more. We can't wait for you to come and experience the new floors for yourself.



Little Pickles Market Returns!

Little Pickles Market West Sussex returns to Littlehampton Wave on Sunday 3rd May. Explore thousands of pre-loved bargains and find something special for everyone. Entry is £1.50 for adults and free for little pickles, making it a perfect day out for the whole family. Save the date and come along to enjoy the fun!



Easter Half Term Fun!

Over Easter Half Term, from Monday 30th March to Friday 10th April, Arun Leisure Centre and Littlehampton Wave are packed with exciting children's activities. Check the news section of our website for full details on how to book and give your little ones a half term they won't forget!



DISCOVER!



Join for £20!

Pay only £20 when you join between 1st April and 20th April, then your full direct debit membership will begin with your first regular payment taken on 1st May. It is the perfect opportunity to spring into fitness and make the most of the year ahead. Scan the QR code to join now or enquire today.



Back to school, back to swimming!

Get ready for summer with our swimming lessons! Whether your child is perfecting their strokes or learning to swim for the first time, our incredible teachers will help them build confidence and skills in the water. Sign up now and make sure your little ones are summer ready.

Member Testimonials



"So clean and also the staff are very welcoming. Best leisure centre around for miles."

- Matt, Arun Leisure Centre



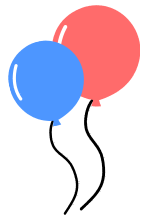
"Hi would like to give feedback about Abi from little leapfrogs. Abi is amazing. Abi welcomes the children by their name. Abi always interacts with the children and taking time to talk to adults aswell. My grandson adores her and looks forward to Thursdays. My granddaughter has got confidence now to approach Abi on her own which she would never do before."

- Linda, Littlehampton Wave



"It's nice, bright, clean and airy."

- Mark, Arun Leisure Centre



BE A PART OF THE ARUN FREEDOM FLYER!

If you have an idea for an article, an update from your area or a story to share, please email dannii.woodward@freedom-leisure.co.uk