

the *arrum* freedom flyer!



AUGUST 2025

PEOPLE!

Littlehampton Wave Day Camp Team!

Our Littlehampton Wave Day Camp team has been a huge part of the camp's success so far this summer. With exciting themed days and action-packed activities, children have been enjoying fantastic inflatables, sports, games, arts and crafts, plus swimming sessions – all expertly led by our friendly and dedicated staff. The fun continues until 29th August, so there's still time to join in the summer adventure!



Junior Activity Team Training!

Twelve of our Junior Activity staff recently passed their Paediatric First Aid course, and we've received fantastic feedback from their trainer, Louize, who said "I can honestly say every one of your team that I taught over the two days are an absolute credit to you and the sites. In over 12 years I have never had such a polite and respectful group! They were always back from breaks early and on time to start both days – this really was a first for me." Well done to the team for their hard work, professionalism and dedication. We're proud to have you representing us!



Meet the Active Play Community Team!

Keep an eye out for the Freedom Leisure Park and Play van this summer, packed with play equipment to keep children aged 3 to 12 entertained, and all the family is welcome! Sessions last two hours, are completely free, and run on weekdays during the summer holidays from 23rd July to 29th August, weather permitting. Children must be supervised by an adult over 18 at all times. Delivered in partnership with Arun District Council, these sessions are a fantastic way to get active and have fun together. Check out our website or Facebook page for session details.



Little Leapfrogs Has a Big Upgrade!

Hey Little Leapfrogs customers, we've got some exciting news to share! Tiny Tadpoles has arrived, with a brand new inflatable playzone designed especially for our under 2s to enjoy! And for our older Leapfrog members, we've added fantastic new equipment for you to explore and have fun with too. Plus, table service is now available at both sessions! Look out for Stevi and Martin, who'll be bringing snacks, drinks and takeaway hot drinks straight to your table. These drop-in sessions are perfect for under 5s, so come along, play and relax!



Mark's Incredible 24-Hour Triathlon Challenge!

Mark Walford trained right here at Littlehampton Wave to prepare for an incredible challenge, completing 24 Super Sprint Triathlons in just 24 hours in support of Alzheimer's Research UK. His effort included 150 miles of cycling, 37.5 miles of running and 6 miles of swimming! Mark's dedication and determination made this achievement possible, and we are proud to have been part of his journey. Join us in congratulating Mark for smashing his fundraising target and raising vital awareness for such an important cause.



COMMUNITY!

Freedom Leisure at the Energy Awards!

On Wednesday 2nd July, Ricky and Gavin attended the prestigious Energy Awards in London, where Freedom Leisure was proud to be nominated for four awards – and was the only leisure operator in attendance on the night. The nominations included:

- Energy Efficient Partnership of the Year
- Campaign of the Year
- Low Carbon Initiative Business Leadership
- Energy Champion of the Year – Individual Achievement

Although we didn't take home a win, being shortlisted in four categories is a fantastic achievement and highlights our ongoing commitment to sustainability. Well done to Ricky and Gavin for representing us on the night!



Les Mills Launch Day Success!

Our Les Mills launch days were a fantastic success, with great energy, packed classes and plenty of fun! Our members turned up ready to move, sweat and enjoy the latest Les Mills workouts. A huge thank you to everyone who took part and helped make the events such a hit. We can't wait to see you in a class again soon!



Pickleball Festival!

Join us for a fun filled morning of pickleball on Sunday 21st September at Arun Leisure Centre. With 8 courts in action and a friendly welcoming atmosphere, it is the perfect chance to play, socialise and enjoy some light refreshments. Open to everyone aged 16 and over with no experience needed. Book your spot today by contacting reception.



Badge Week Celebrations!

We've recently celebrated Badge Week at Arun Leisure Centre and Littlehampton Wave. It's a special time to recognise the fantastic progress our swimmers are making. Whether it's their first splash or their latest achievement, every stroke is worth celebrating! Swimmers have been proudly collecting badges, posing for photos and showing off their well-earned smiles. Well done to everyone, you've worked hard and we're proud of you!



New Blu Leisure Range Now at Littlehampton Wave!

Come and check out the brand new Blu Leisure range, now available at Littlehampton Wave! From stylish workout clothes to durable gym bags, reusable water bottles and comfy sports socks – this collection has everything you need for your fitness routine. Whether you're training in the gym or heading to a class, Blu Leisure helps you look and feel great. Explore the range today and upgrade your kit!



DISCOVER!



Join for a Fiver this August!

Join for just £5 and enjoy full access to the gym, swimming sessions and group exercise classes at your local community leisure centre. This limited time offer is a great way to start or restart your fitness journey in a welcoming and inclusive environment, whatever your age or ability. Scan the QR code to get started!

Member Testimonials



"Kids love it here. Swimming classes are really good, my daughter has been going for a few years now. The pool is really good but can get busy, especially the small pool. The leapfrog classes have been a family favourite since my eldest was a baby, especially Saturdads on the weekend."

- Ollie, Littlehampton Wave



"There is an excellent little soft play here for a very reasonable £4.50, the room is air-conditioned as well so is bliss for the hot summer! My son has swimming classes here which have been excellent, the teacher (Natalie) is so attentive and really good with the little ones. The swimming pool itself is really good too, it's never as busy as other local pools which is a big bonus."

- Ollie, Arun Leisure Centre



"I booked the 'little leapfrogs' party for my son's 5th party. The staff were amazing, we had Susie, who was amazing; so friendly and helpful. The young lad whose name I can't remember, he was lovely and so helpful, play football and interacted with the children. It really does cater to 0 - 5 year olds, such a safe bet for parties, definitely made the right decision. The party went amazingly and everyone who attended couldn't believe the value of what we got included in the party. When speaking to parents they had said they paid the price of the whole party, for a bouncy castle alone. Great location, great party, great staff, 100% recommend."

- Maddie, Littlehampton Wave



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