

the *arm* freedom flyer!

AUGUST 2026



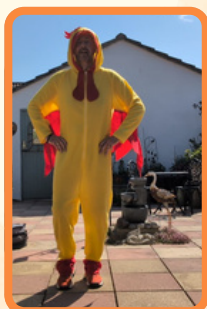
Summer is here! Make the most of the school holidays with fun activities, family swims and plenty of opportunities for children to stay active, build confidence and make new friends.



Make a splash this summer!
Learn to swim with Freedom Leisure



PEOPLE



Steve loved to dress up for the event!



Their 'devoted leader' Richard

Fundraiser for Alzheimer's Society!

Congratulations to Wave member Steve, who joined fellow line dancers in a month-long fundraising challenge for the Alzheimer's Society. Participants danced a line dance every day throughout May, raising an impressive £4,828.54 for the charity. Thanks to the generosity of friends and supporters, Steve contributed £260 to the total. Well done to everyone involved in this fantastic fundraising effort.

Meet Miray, Our New Personal Trainer!

We're delighted to welcome Miray to the Littlehampton Wave team as our newest Personal Trainer. If you see her out and about in the gym, don't be shy, stop by for a chat and say hello! Whether you're just starting your fitness journey or looking to take your training to the next level, Miray is looking forward to meeting members and helping them achieve their goals.



Congratulations to Fraser!

A huge congratulations to Fraser, who recently secured first place at the Tuff Fitty Heatwave. Organised by the brilliant Tuff Fitty Triathlon Club, the event brought together participants for a fantastic day of challenge and achievement. Well done, Fraser, on an outstanding result, everyone at Littlehampton Wave is proud of you!

Could You Inspire Others to Get Active?

We're looking for enthusiastic Aqua Instructors to join our team at Arun Leisure Centre. It's a rewarding role where you can help people build confidence, improve their fitness and achieve their goals, all while creating a fun and welcoming atmosphere. If you love fitness and enjoy motivating others, we'd love to hear from you. Scan the QR code to apply today.



Wave Member Features in TV Advert!

Littlehampton Wave member Karl recently featured in a national TV advert for Bulldog Skincare and Ironman, an opportunity that came through his involvement with the Tuff Fitty Triathlon Club. Karl said: "Training with like-minded people pushes me to achieve more every session." We're delighted to see his dedication recognised and wish him continued success in his triathlon journey.



COMMUNITY



Connecting with the Community at Bartons Primary School!

Our team was delighted to attend the Bartons Primary School Summer Fete, where Sam spent the day chatting with local families and sharing information about everything on offer at Arun Leisure Centre. From activities and memberships to community programmes, it was a great opportunity to connect with residents and answer questions. We even brought along a tombola, which proved popular with visitors throughout the day. Thank you to everyone who stopped by to say hello!

Summer Holiday Fun Awaits!

This summer, we have a fantastic range of activities to keep children active, entertained and having fun throughout the holidays. Scan the QR codes to find out more and start planning your summer adventures.



Arun Leisure
Centre



Littlehampton
Wave



Little Pickles Markets Returns to the Wave!

Get the date in your diary! Little Pickles Markets returns to Littlehampton Wave on Sunday 13th September, bringing thousands of fantastic pre-loved bargains for babies and children under one roof. From clothes and toys to equipment and accessories, it's the perfect opportunity to pick up quality items at great prices while giving preloved goods a new home. Whether you're expecting, have little ones, or are shopping for growing families, come along and grab yourself a bargain!

Big Powerhouse Wrestling Returns to Arun!

After a hugely successful debut show at Arun Leisure Centre, Big Powerhouse Wrestling will be back on Sunday 11th October. Doors open at 2:30pm for another afternoon of exciting family entertainment. Tickets are available now, simply scan the QR code to secure yours!



Adult Tap for Complete Beginners!

Join Charlotte Reader Dance this September for an Adult Tap Complete Beginners Course at The Windmill Entertainment Centre. This fun and welcoming 6-week course starts on Monday 14th September, running from 6:30pm to 7:20pm each week. Tap shoes are provided, so all you need to do is come along and give it a try. Scan the QR code to learn more and book your place.

DISCOVER!



14 days for just £28!

Make this summer your time to get moving. Join Freedom Leisure and enjoy 14 days for just £28, giving you access to our facilities. Whether you're looking to boost your fitness or try something new, there's never been a better time to get started. Hurry, offer ends 18th August. Scan the QR code and join today!



Dive into August!

Looking for a fun and active activity this summer? Our swimming lessons help children gain confidence in the water, learn essential life-saving skills and have fun while staying active during the school holidays. Scan the QR code to discover our lessons and get started today.

Member Testimonials



"Good range of activities and classes. Love the revamped gym."

- Jody, Littlehampton Wave



"Love it! Great staff, café, swimming pool. Amazing sitting area for parents. Kids adore it!"

- Marina, Arun Leisure Centre



"Very nice."

- Marian, 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