



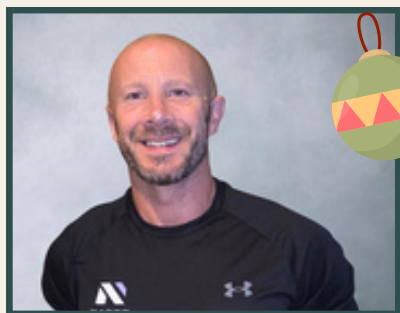
freedomleisure
where you matter

the *arrum* freedom flyer!



December 2025

PEOPLE!



Meet Sean, our new PT at Wave!

We are thrilled to welcome Sean to the team. He brings energy, experience and a love of fitness to our community and is ready to help you reach your goals. Sean says, "My goal here as a trainer is to build a community of people from different backgrounds with the same common goal; to improve their lives." Say hello if you see him around the centre and get ready to take your training to the next level.

Meet Oscar, our E&S Ambassador!

"As the Environment and Sustainability Ambassador, I'm really passionate about making our centre a greener and more sustainable place to work and visit. I enjoy looking at small changes we can make, whether that's reducing waste, saving energy, or improving how we look after our facilities, because those little steps add up. I also like working with the team to share ideas and encourage everyone to play their part. If you ever spot something we could improve or have suggestions, I'm always happy to chat."



Meet Ethan!

"Hello everyone! My name is Ethan, and I am proud to be both a Swim Teacher and Lifeguard at Littlehampton Wave, the very place where my own swimming journey began at just four months old!

Growing up beside the beautiful Sussex coast, my parents were adamant that swimming was a non-negotiable life skill for my brother, sister, and me. We all started in the Parent and Baby sessions at the original Littlehampton Swimming Centre, and none of us were allowed to stop lessons until we had completed

the full programme (which finished at Improver 3 back then). After that, we could choose our own path: join the Littlehampton Swimming Club or become a Little Lifeguard. I chose the Swimming Club, and I am so glad I did.

At Georgian Gardens Primary School, my Year 6 teacher, Ben (who represented GB as a reserve goalkeeper at the 2012 Olympics), encouraged me to join an inter-school water polo team. Mum didn't even know what water polo was at the time, but fast forward nine years, and I am now incredibly proud to be part of the Great Britain U20 Men's Squad, as well as the Worthing Senior Men's Team, where I now train and compete alongside him.

Swimming has opened so many doors for me, and I truly believe that introducing children to the water in their preschool years is the key to a lifelong love of swimming. Every day at The Wave, I get to see the joy, confidence, and laughter of our youngest swimmers, many of whom don't even realise they're in a lesson because they're having so much fun.

If you have any questions about swimming lessons at The Wave, for new or existing swimmers, any age, any ability, we would love to hear from you. Please give me a wave or come and say hello!

Looking forward to seeing you in the pool soon!"



COMMUNITY!



Start your lifeguarding journey at ALC!

Our lifeguard qualification course at Arun Leisure Centre runs from Monday 16th February to Sunday 21st February. If you are a strong swimmer aged 16 or over and looking for a role that builds confidence and valuable skills, this nationally recognised course could be the perfect next step. Places are limited and full attendance is required. To book, please email louis.sage@freedom-leisure.co.uk.

Power Hour Swim for Cancer United!

Our early morning swimmers came together for a special Power Hour relay in support of Cancer United. Two teams took to the water for a full hour of continuous twenty five metre relay swimming, creating an inspiring atmosphere of teamwork and community spirit. With twelve swimmers each giving £5 and many others adding to the collection at poolside, the event raised a fantastic £300 for this local charity. Thank you to everyone who took part and supported this meaningful cause.



We're supporting V2 Radio's Toy Appeal!

We're delighted to be supporting V2 Radio's Toy Appeal this year! This fantastic campaign makes sure children who might otherwise go without receive toys and books this Christmas. If you'd like to get involved, just drop your donated gifts into the collection basket at either Arun Leisure Centre or Littlehampton Wave. Donations are welcome until 7th December.

Christmas Wave Rave!

Enjoy a colourful Christmas themed swim on Saturday 20th December. Families and under 10s can join us from 6:15pm to 7:15pm and young people aged 8 to 16 can enjoy the later session from 7:30pm to 8:30pm. With music, lights and plenty of energy, this is a brilliant way to celebrate the season. Scan the QR code to book!



Kids Christmas Party Fun!

Get ready for festive fun for little ones! At Littlehampton Wave on 22nd December, Little Leapfrogs Christmas Special runs in the sports hall from 9:30am to 12pm, followed by a party in the studio for children aged 2 to 5 years from 1pm to 2:30pm, and a party for children aged 5 to 10 years from 3pm to 4:30pm. At Arun on 22nd December from 9:30am to 12pm, children aged 0 to 8 years can enjoy Leapfrogs and Inflatazone with Christmas music. It is the perfect chance for children to dress up in their party clothes. Please contact the relevant centre to book.



DISCOVER!



Festive Fitness Offer!

Step into a season of energy and feel good moments with our December membership offer. Join between 8th and 15th December and pay nothing until January. Enjoy the magic of staying active during the festive period and start the new year feeling refreshed and ready for more. Your journey begins now with no upfront cost.



Dive into December!

Help your child grow their skills with our special swimming lessons offer. Pay a £10 admin fee and they can enjoy free swimming lessons until the end of term, plus free casual swimming throughout. It is a great way for little swimmers to build confidence and have fun in the pool. This offer runs from 1st - 31st December.

Christmas Opening Hours for Arun Leisure Centre & Littlehampton Wave



Date	Hours
Monday 22 nd Dec	Normal opening hours
Tuesday 23 rd Dec	Normal opening hours
Wednesday 24 th Dec	6:30am - 4:30pm
Thursday 25 th Dec	CLOSED
Friday 26 th Dec	CLOSED
Saturday 27 th Dec	6:30am - 4:30pm
Sunday 28 th Dec	6:30am - 4:30pm
Monday 29 th Dec	6:30am - 4:30pm
Tuesday 30 th Dec	6:30am - 4:30pm
Wednesday 31 st Dec	6:30am - 4:30pm
Thursday 1 st Jan	CLOSED
Friday 2 nd Jan	Normal opening hours



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