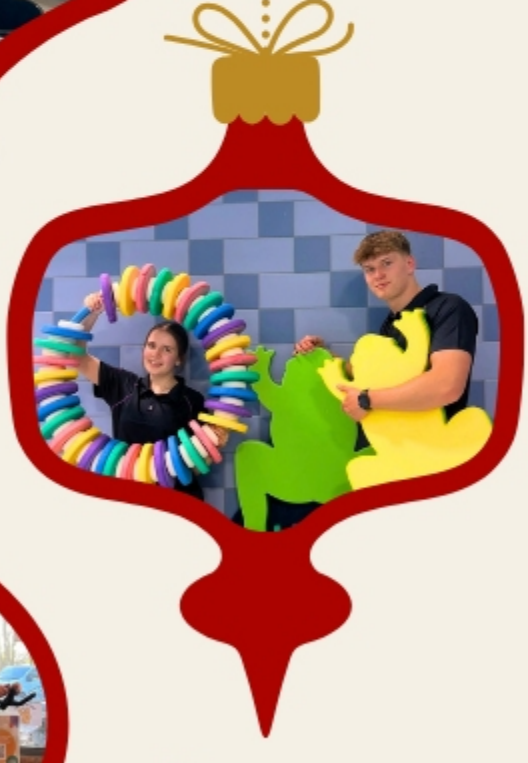
freedomleisure
where you matter

the arun freedom flyer!









December 2026

PEOPLE!



Going the Extra Mile for Children in Need!

Customers and staff at Arun Leisure Centre and Littlehampton Wave came together for a fantastic BBC Children in Need fundraiser, cycling an incredible 707.81 miles and raising £791.45, more than triple the original £250 target. From spin bike challenges and fitness classes to fundraising activities and donations, the event showcased the generosity, energy and team spirit of everyone involved.

Walking Together, Building Connections!

Our monthly Bersted walking group continues to bring people together. Whether joining to meet new people after moving to the area, regain confidence following a life change or simply enjoy an active social activity, everyone has their own reason for taking part. Some members have been walking with the group for more than five years. After each walk, the group enjoys a well-earned hot drink and biscuits, making the experience as much about connection as it is about keeping active.





People Making a Difference!

At Littlehampton Wave, it's our people and customers who help create positive change beyond the leisure centre. Thanks to the ongoing support for our toiletries donation point, a fantastic collection of essential items has been donated to My Sisters' House CIO, helping people facing difficult circumstances access everyday essentials. This simple initiative continues to show how small acts of kindness can have a meaningful impact on the lives of others.

A Bear-y Special Winner!

There were plenty of smiles at Littlehampton Wave as the winner of our Children in Need 'Name the Bear' competition collected her prize, the newly named Tim the Bear! The lucky winner was overjoyed to meet her new cuddly friend and immediately gave him a great big hug. Thank you to everyone who entered and helped support such a fantastic cause.





Celebrating Our Healthy Walk Leaders!

Our Healthy Walk Leaders play a vital role in helping people stay active, improve their wellbeing and build new connections. From dedicated volunteers who have been leading walks for an incredible 16 years to those just starting their journey, their enthusiasm and commitment make every walk a welcoming and enjoyable experience. We're proud to recognise and thank all of our Healthy Walk Leaders for the difference they make.

COMMUNITY!



Helping Young Women Thrive!

A supportive wellbeing programme for young women aged 11-18, helping to build confidence, self-awareness and positive coping skills through creative activities and group discussion. Sessions run every Thursday from 7th January to 25th March 2027, 4pm to 5:30pm at Littlehampton Wave. To find out more or book a place, call or text 07763 351069 or email info@thejunoproject.co.uk.

Little Pickles Market Returns to the Wave!

The popular Little Pickles Market is back at Littlehampton Wave on Sunday 24th January 2027. Browse thousands of quality pre-loved bargains for babies, children and families, with plenty of great finds at affordable prices. Entry is just £1.50 for adults and Little Pickles go free, so mark your calendars and join us for a fantastic day of shopping.





Make Waves this Christmas!

Dive into the ultimate festive pool party with a giant inflatable, live DJ, party lighting and plenty of fun in the water. Join us on Saturday 19th December, 7pm to 8:30pm, for a Christmas celebration like no other. Scan the QR code to book your place.

Christmas Holiday Day Camps!

Keep the children active, entertained and making memories this Christmas with our Holiday Day Camps. Packed with multi-sports, swimming and a variety of exciting activities, there's something for every child to enjoy throughout the holidays. Scan the QR code to book your place.





Flip, Tumble & Shine!

Give your child the chance to build confidence, improve coordination and have lots of fun with our gymnastics classes at Littlehampton Wave. Whether they're just starting out or looking to develop their skills, our qualified teachers will help them progress in a safe and supportive environment. Scan the QR code to sign up today and get them moving!

DISCOVER!



Festive Fitness Offer!

For a limited time, you can grab a December membership at half price, giving you full access to our facilities at unbeatable value. Plus, take advantage of great savings on annual memberships too. Don't miss out, scan the QR code and join today and make December your comeback month!



Make a Splash This Winter!

Give your child the gift of confidence this Christmas with our Swimming Lesson Offer. Join now for just £10 and pay nothing more until January, the perfect time to start a lifelong skill. But hurry, this fantastic offer ends on 15 December. Scan the QR code to find out more and secure your place today!

Member Testimonials



★★★★★

"We are looking to join a gym and this has great options. Staff very helpful."

- Graham, Littlehampton Wave

★★★★★

"1st time there & the staff were extremely polite & helpful, the changing rooms & toilet were spotless, also free parking is a bonus."

- Tina, Arun Leisure Centre

★★★★★

"This is a great pool to take my grandson. My brother lives in Rusty and we always swim here when we visit. Cheap clean with friendly staff who really help. This has a great community feel without moaning long distance splashers. A welcome difference from other places. Keep up the good work Arun leisure. You're making swimming fun for kids and adults alike."

- 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