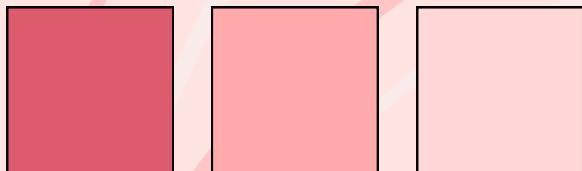


the *amum* freedom *flyer!*



February
Edition



PEOPLE!



5 Stars!

We're thrilled to celebrate our amazing team at Littlehampton Wave, who recently helped the centre achieve a 5-star food hygiene rating during an EHO visit. Their hard work, attention to detail and dedication to maintaining the highest standards make our café a safe and welcoming place for everyone. We couldn't be prouder of the team and the care they put into everything they do every day!

Meet George!

George is a friendly and familiar face on poolside at Arun Leisure Centre, with 11 years of lifeguarding experience. He enjoys being part of a supportive team and is always happy to help. Alongside lifeguarding, George is a Swim Assistant and is currently working towards his Swim Teacher qualification. Good luck George, we can't wait to see you teaching in the pool soon!



Supporting Our Community!

On Thursdays, our community transport service, in partnership with Arun District Council and Active Transport Sussex, helps older adults visit Littlehampton Wave. Guests can enjoy our Warm Space, followed by our Forever Active session. Visitors can stay afterwards to swim, use the gym, or relax in the café. Scan the QR code for full details.

Meet Sharon!

If you've visited Arun Leisure Centre, you've probably seen Sharon's friendly smile. One of our longest-serving cleaners, she takes pride in keeping the centre spotless, but it's the customers who make her day. From quick chats in the corridors to greeting familiar faces week after week, Sharon loves getting to know everyone who uses the centre and says it's their warmth and kindness that make her role so rewarding.



Meet Our Gymnastics Coaches!

Meet Molly and Hannah, our fantastic gymnastics coaches! Hannah has loved gymnastics since starting at Arun Leisure Centre at 3 years old and is passionate about helping children develop skills and confidence. Molly brings over 10 years of coaching experience, having started at the centre herself, and delivers inclusive sessions for all ages and abilities. Join them every week for fun and engaging gymnastics classes! Speak to reception to secure your child's place.



COMMUNITY!



Swimathon!

Join us for Swimathon in March! Take on a personal swimming challenge, set your own distance, and enjoy the motivation that comes from being part of a nationwide event. Scan the QR code to find your nearest participating centre, check their event date, and sign up to make every length count in the pool.

Welcoming Synergy Dance to ALC!

From Saturday 28th February 2026, Synergy Dance is joining Arun Leisure Centre with inclusive, high-energy classes for children and young people, including SEND Dance & Movement and Street Dance. Scan the QR code for full class details, or book now at reception. We can't wait to see your children join in!



Join our Team!

Arun Leisure Centre is looking for a passionate Fitness Instructor, and Littlehampton Wave is seeking a qualified Level 2 Gymnastics Coach to join our friendly teams. If you love helping people stay active, learn new skills, and be part of a welcoming environment, we'd love to hear from you. Scan the QR code for more information and to apply.

Pickleball Festival at ALC!

Join us at Arun Leisure Centre for a fun and fast-paced Pickleball Festival. Open to all abilities aged 16+, it's a great way to play, meet new people and enjoy the buzz of pickleball in a welcoming environment. The session takes place on Sunday 15th February from 9am to 12pm, £16 per person. Book your place at reception or by calling 01243 826612. Spaces are limited.



Refresh Coming Soon!

From Monday 16th February, Arun Leisure Centre will be updating the reception toilets. The refreshed space will have a bright new look, as shown in the illustration. Work is expected to take around 6 weeks, and the reception toilets will be closed during this time. This project is funded by Arun District Council as part of our ongoing partnership to upgrade the leisure centre. Thank you for your patience while we carry out these improvements.



DISCOVER!



Come & try out your local leisure facilities with a day of fitness on us



1 DAY FREE PASS*



One Day Free Pass!

This one day free pass gives you the chance to experience everything our centres have to offer. Enjoy full access to our facilities and see how Freedom Leisure can fit into your routine. Scan the QR code for more information and to find out how to get started.



Swim Stronger by Summer!

Build confidence in the water and develop strong swimming skills with our swimming lessons. Our lessons follow Swim England's Learn to Swim pathway, giving your child a structured way to develop at their own pace. If you're interested in swimming lessons with us, scan the QR code to enquire today.



“Perfect swimming pool!”

- Chris, Littlehampton Wave



Member Testimonials



“Amazing soft play for younger children, great, friendly and helpful staff. My daughter absolutely loves the centre especially the soft play!”

- Jack, Arun Leisure Centre



- Daniel, 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