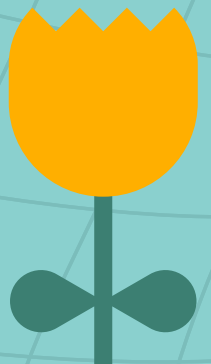
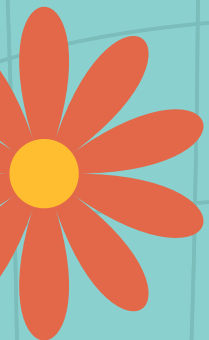


the *arrum* freedom flyer!



July 2026

There is plenty to explore
inside this month's edition!



PEOPLE



Refreshed Gym Brings New Energy to Members!

Our newly refreshed gym at the Wave has already made a fantastic impression, with members enjoying the modern equipment and refreshed space. The atmosphere has been buzzing, and it has been great to see so many people making the most of the improved facilities. A huge thank you goes to Arun District Council, whose support through Section 106 funding has helped make this investment possible, creating a space that supports a healthier and more active community.

Healthy Communities Team Supports Local Schools!

Our Healthy Communities Team were out and about on Friday 19th June, visiting Barton's Primary School, Bognor Fair and River Beach Primary School in Littlehampton. The team enjoyed meeting members of the local community while running a tombola to raise funds for the school PTA, helping to support valuable school initiatives. If you would like the Healthy Communities Team to attend your event, please get in touch at donna.martin@freedom-leisure.co.uk.



Les Mills Launch Brings Incredible Energy!

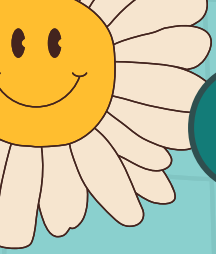
A huge thank you to everyone who joined the Les Mills Launch on 20th June at Arun Leisure Centre and Littlehampton Wave. The energy throughout the day was incredible, with so many participants fully embracing the brand new releases. From start to finish, the atmosphere was electric, and the sessions showcased everything that makes Les Mills classes so popular.

COMING SOON

Exciting New Water Play Features Coming This Autumn!

We are thrilled to announce that brand new Hippo Leisure water play features are on their way to our multi use pool at Littlehampton Wave, arriving in autumn 2026. Delivered in partnership with Arun District Council, this fantastic project continues our shared commitment to enhancing local leisure facilities and creating unforgettable experiences for the whole community.





COMMUNITY



Stretchability Supports Men's Mental Health!

Mind and Body Stretchability sessions at Littlehampton Wave are helping to boost men's mental health through gentle activity and social connection. With time for a tea or coffee after each session, participants can relax and chat, creating a supportive community, with one attendee sharing that it has "transformed my social life".

Age UK Pop Up Welcomes Community Support!

Last month, Samantha from Age UK hosted a pop up session at the Wave, sharing valuable information about the many vital services available to the local community. The drop in was warmly received, with positive feedback highlighting the support and kindness shown on the day. Age UK will return for another session on Tuesday 6th October, with exciting plans also being explored for future partnerships, including activities such as badminton and chair fitness for older people.



Healthy Walks at Littlehampton Wave!

The Healthy Walks group at Littlehampton Wave offers a wonderful way to stay active while enjoying the seafront surroundings. Taking place every Wednesday morning, the walk follows the scenic route to The Arun View, finishing with a well deserved tea or coffee and a chance to socialise. Open to all, it is a friendly and relaxed session, perfect for anyone looking to enjoy gentle exercise and good company.

NHS Pop Up Supports Community Health!

Last month, an NHS pop up took place at Arun Leisure Centre, offering free blood pressure checks and providing helpful information on local health services. The session gave members of the community the opportunity to receive quick health checks and access guidance on support available in the area, making it a valuable and accessible resource for promoting wellbeing.



Active Play Sessions Bring Fun to Local Communities!

During May half term, our Active Play sessions took place across Mewsbrook, Rustington, Westmeads and Hotham Park, providing free, fun activities for local families. Thanks to funding from Arun District Council, 161 children along with their families and guardians attended, enjoying a range of engaging outdoor sessions. Following such a fantastic turnout, we are excited to be bringing these sessions back to the community again this summer.

DISCOVER!



Your summer starts here!

Soak up the season with a membership that fits your lifestyle. Whether you love a refreshing swim, energising workouts or simply taking time for yourself, we have everything you need to stay active and feel your best all summer long. Scan the QR code to enquire or join today and start enjoying your summer with us.



Make a splash this July!

Make waves this summer with swimming lessons designed for all ages and abilities. From first splashes to building strong technique, our friendly teachers are here to help every swimmer progress with confidence. Scan the QR code to enquire and get started on your swimming journey today.



Member Testimonials



“Thank you so much to you and your team for your kindness and support ensuring a good drop-in session this morning, it was very much appreciated.”

- Samantha (Age UK), Littlehampton Wave



“Just started going here. Very friendly which certainly helps. Pool very nice.”

- Val, Arun Leisure Centre



“Wonderful place! Not just for exercise for social interaction too. The centre looks/feels well kept. Staff are lovely too especially a few lifeguards in particular. Dylan, Miya and Abi who are always up for a chat and makes my son who goes for a swim with his friends feel really welcome! Thanks Littlehampton Wave.”

- Sandra, 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