

the *arun* freedom flyer!

HELLO SPRING



March 2026

PEOPLE!



Sam and Steve out in the Community!

Our team members Sam and Steve have been out and about in the local community, sharing all the ways Freedom Leisure can help you stay active and have fun. From fitness sessions to family activities, they're spreading the word and making it easier for everyone to get involved.

Helping us make every party even better!

In February, our team at Littlehampton Wave worked with Kidzivity and Vicki, the Children's Activities Manager for Freedom Leisure, on a special training video. The session focused on setting up parties and sharing the best ways to make every celebration fun and memorable. This means our staff are even better prepared to create exciting, stress-free parties your child and their friends will love.



Meet Donna, our new HC Manager!

Hi, I'm Donna, new Area Healthy Communities Manager. I've worked extensively in Education, Community Engagement, Outreach and Business development in areas such as health, wellbeing and life skills and I am passionate about providing inclusive and fun community activities for children, teens, young adults and families and vulnerable groups such as the elderly and those with additional needs such as mental health, SEND and Physical disabilities and combatting social isolations. I'm very excited to support the local community to get moving and drive some fun new initiatives.



Meet Pete, Inspiring Fitness and Awareness!

Pete has been inspiring our community at Arun Leisure Centre for over 35 years, bringing energy, heart and dedication to every class. His commitment goes beyond fitness. Last year he faced cancer while continuing to teach, showing incredible courage and commitment. Pete champions men's health, mental wellbeing and prostate awareness, encouraging everyone to talk, learn and get checked. We are proud to have him on our team, inspiring with his strength, humour and positivity every day.



Meet Connor, Our New PT at Littlehampton Wave!

I am passionate about helping people build strength, confidence, and long-term healthy habits, not just quick transformations. My coaching journey started from my own experience in the gym, where I learned that real progress comes from understanding how training, nutrition, recovery, and mindset all work together. Through that process, I developed a holistic coaching approach focused on sustainable progress, improving movement, strength, mobility, and overall lifestyle, not just aesthetics or short term results. I love helping people feel comfortable in the gym, especially those who are new to training or unsure where to start.



COMMUNITY!



Plank Challenge Showdown!

Last month, members at Arun Leisure Centre and Littlehampton Wave went head to head in our plank challenge. Participants picked up challenge cards, filmed their planks, trained for two weeks and then recorded their second attempt to see who could achieve the biggest percentage improvement. Congratulations to everyone who took part and gave it their all. Keep an eye on our socials for more gym challenges coming soon.

New Blu Leisure Stock Now at Arun Leisure Centre!

Fresh styles and essential kit have arrived at Arun Leisure Centre! Check out our new Blu Leisure range, perfect for all your fitness sessions. From comfortable gym wear to accessories that make your workout easier, our latest stock has something for everyone. Pop in and see what's new today!



Discover the difference we are making!

Scan the QR code to explore our latest Healthy Communities reports and see how we are supporting health, wellbeing and physical activity across the Arun community.

Our Coaches Support Gymnastics Competition!

In February, Sam, Molly and Hannah joined Chichester High School for a gymnastics competition with four junior schools. They supported student judges, judged events and took part in the Sports Ambassadors display, showcasing the talent of our coaches while helping make the event a success.



Half Term Fun at Arun & Wave!

A huge thank you to our community for joining us this half term for our Magic Shows and Circus Skills workshops in partnership with Arun District Council. It was fantastic to see families come together, try something new and create lasting memories. We look forward to welcoming you back for more events in the future.

FREEDOM LIFE STORIES!



Meet Caroline & Corrine, two amazing members at Arun Leisure Centre!

At Arun Leisure Centre, fitness is about more than physical strength. It is about mental wellbeing, kindness and compassion for others. Meet Caroline and Corrine, two amazing members of our community who were spotted wearing awareness hoodies spreading a message that truly matters: “The world is a better place with you in it.”

Caroline shared: “I love wearing these hoodies. Knowing that someone could read this and feel loved when they need it most is such a good feeling.”

Corrine added: “Don’t be afraid to start your fitness or weight-loss journey. Everyone starts somewhere. Making the decision to start is what matters.”

- ♥ You are enough
- ⊘ No judgement
- ⊘ No pressure
- 🤝 Just support

At Freedom Leisure, we are proud to be a safe, welcoming space for everyone, at every stage of their fitness and wellbeing journey.

Thank you, Caroline and Corrine, for spreading positivity, kindness and love throughout our community.



DISCOVER!



Join for £20!

Pay only £20 when you join between 1st March and 20th March, then your full direct debit membership will begin with your first regular payment taken on 1st April. It is the perfect opportunity to spring into fitness and make the most of the year ahead. Scan the QR code to join now or enquire today.



Learn to Swim with Us!

Dive into confidence and fun at Freedom Leisure. Our swimming lessons are designed to help all ages and abilities improve their skills in a safe, supportive environment. Scan the QR code to enquire and make a splash today!

Member Testimonials



"Thanks so much for putting this on it was great and so nice to have an affordable activity to do in half term thank you!"

- Jo, Littlehampton Wave



"I attend weekly Omnia classes with Pete. His guidance enthusiasm creates a great atmosphere and his commitment to the class is outstanding. Well done Pete."

- Rebecca, Arun Leisure Centre



"I have just started training with Connor and can't fault his enthusiasm and knowledge, for the first time in a long while I feel confident of achieving my goals. If you are unsure book a trial no hard sell and loads of encouragement."

- Bob, 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