

the *arrum* freedom flyer!

Wow!



**May
2026**



PEOPLE



Meet Carolynn!

As our Aquatics Manager at Arun Leisure Centre, Carolynn works behind the scenes to support our teachers and keep everything organised, from day to day admin to making sure lessons run smoothly. Her organisation, care and dedication make a huge difference to our swim school and the whole team. We truly appreciate everything she does.

Freedom Circuits with Ness!

Start your morning strong with Freedom Circuits every Tuesday at 6:45am in the Sports Hall at Littlehampton Wave. Led by Ness, this 45 minute full body workout combines strength and cardio to get your muscles moving and leave you feeling energised for the day ahead. Book your space on the Freedom Leisure app today.



Omnia with Pete!

Build strength, improve mobility and move with confidence in Omnia, taught by Pete at Arun Leisure Centre. These small group sessions are designed to support recovery, rehabilitation and overall fitness in a safe and welcoming environment. With supportive coaching and adaptable exercises, Pete will help you progress at your own pace while improving strength, balance and wellbeing.

Bret Takes on Virtual Les Mills Sprint!

At Littlehampton Wave, our General Manager Bret recently took on a Virtual Les Mills Sprint session and what a workout it was. This 30 minute high intensity interval training class combines short bursts of effort with recovery to create a fast and effective calorie burning workout. Think you can match it? Book your spot now on the app and give it a go!



Wave Kickers!

Our Mini Wave Kickers at Littlehampton Wave were thrilled to receive their end of term certificates! Abi and the team have loved inspiring the next generation of footballers with this fun and active programme, helping young players develop skills, confidence and a love for the game.

COMMUNITY



Make Waves Pool Disco!

Join us for our Make Waves pool disco at Littlehampton Wave on Saturday 23rd May! Dance, splash and have a fantastic time in the pool. Scan the QR code to book your spot and get ready for a fun-filled session.

Little Pickles Market Returns!

Little Pickles Markets West Sussex are back! Come along on Sunday 3rd May, 10am - 11:30am at Littlehampton Wave and shop thousands of preloved baby, toddler and children's items at a fraction of the retail price. Entry is just £1.50 per person (children go free). It's the perfect chance to pick up bargains and explore a fantastic community sale.



Open Day Success!

Our recent Open Day at Arun Leisure Centre was a huge success. It was fantastic to see so many people enjoying the day and getting involved across the centre. Our Lucky Lockers were a big hit and it was great to see everyone having such a brilliant time. Thank you to everyone who came along and made the day so special.

The West Green Water Play!

The West Green is the perfect spot for family fun, with a water play area, climbing, sand play, sports zones, picnic lawns and hammocks. Enjoy food, markets and modern accessible facilities while soaking up the seaside vibes. Pop down and make the most of this coastal space!



Easter Egg Collection!

Thank you to everyone who supported our Easter Egg collection for Littlehampton and District Foodbank. We were delighted to see so many generous donations from our community, helping bring a smile to local families over Easter. Your kindness and support made a real difference, and we are grateful to everyone who took part.

FREEDOM LIFE STORIES!

Meet Steve, a member at Littlehampton Wave!



Hello Wavers!

Steve here, with grateful thanks to those participating in and involved with organising and hosting the Littlehampton Wave promoted Plankathon!

I was definitely 'on board' with the Wave gang that got down on their hands, forearms and feet for this challenge. I'm blessed to be in good health, and able to push myself to test my limits, both in the Gym and the Les Mills and Wave-inspired classes - I really appreciate these so a big thank you!

So, why did I take on this particular challenge? First and foremost to push myself, alongside the impressive instructor mentors that the LA Wave has, and to demonstrate that you CAN achieve more than you think, no matter what your age or physical capabilities. I myself am coping with Dupuytren's Contracture - a progressive hand condition where the palm fascia thickens, forming nodules and tight cords that pull fingers (usually the ring and little finger) into a permanently bent position. This now makes exercises like open-handed planks, press-ups and other floor activities more painful and restricted. I work around this by folding fingers underneath or gripping dumbbells, which helps a little as the condition progresses (Hospital operation pending). What I'm saying here is not to let things deter you from trying something different... you might just surprise yourself!

I was thrilled to be allowed to do this while away on holiday and sending timer pictures, and happy with my 46 minute (and 4 seconds) result! My thanks to those on my side and checking time (you know who you are!). For anyone interested in how I achieved this...

- Start with short planks! 1 or 2 minutes, and extend this each time; for me 2, 7, 13, 25, 31, 46 minutes. Once you start you might find bigger jumps become possible!
- Use a towel to rest your hands and forearms on.
- Have a stopwatch handy to check your progress.
- Play some motivating music to distract yourself!
- Find a quiet, rested time when you feel 'ready' ('next week' won't work here I'm afraid).
- Regular attempts are best, 'daily' was good enough for me, but don't give up if you miss one - muscle memory will kick in.

Don't be afraid to try something new, either solo or with a friend - Roger Bannister knew he could, practised hard and beat that first 4 minute mile that inspired many others onto further greatness! At the end of the day, be the best 'you' that you that you can be, and good luck!



DISCOVER!



Join the Action This May!

Step into your own fitness adventure this May. From 1st to 31st May you can start a fitness membership with no joining fee. Enjoy access to the gym, swimming and a wide range of classes designed to help you move more, feel great and build healthy habits. Your next chapter starts here.



Help Your Little Hero Learn a Skill for Life!

Give your child the confidence to become a water hero with our swimming lessons. Designed to help build confidence and learn essential skills, our structured lessons guide them in a fun and supportive environment. It is a great way to help your child stay active while learning a skill that will last a lifetime.

Member Testimonials



“Very well run, organised and friendly.”

- Luke, Littlehampton Wave



“Thank you so much the kiddies had a fab time! And especially enjoyed the ticket hunt!”

- Charlotte, Arun Leisure Centre



“A good place to go for a swim.”

- Iris, 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