

the *arrum* freedom flyer!

November 2026

As autumn settles in and winter approaches, there's plenty to explore across our centres and communities.

This month, discover what helps make Freedom Leisure such a vibrant place to be.





PEOPLE



Celebrating our Team and our EGYM Launch!

Our team at Littlehampton Wave recently completed specialist training with EGYM, giving them the knowledge and confidence to help members get the most from our brand new equipment. A big thank you to EGYM for their expert support as we continue to bring innovative, personalised fitness experiences to our members.

Pedal into the Weekend with Freedom Indoor Cycling!

Looking for a great way to switch off after a busy week? Join Heather at Littlehampton Wave for Freedom Indoor Cycling, a welcoming and motivating class that will help you de-stress, boost your fitness and leave feeling refreshed. Taking place every Thursday from 6:25pm to 7:15pm in the Indoor Cycle Studio, it's the perfect way to clear your mind, get moving and start the weekend feeling your best.



Our Community is Growing at Arun Leisure Centre!

It's fantastic to see more people joining us at Arun Leisure Centre and making the most of our gym. As part of our ongoing improvements, we're refreshing the space with a bold new colour scheme to create an even more welcoming environment for our members. Whether you're starting your fitness journey or working towards your next goal, there's never been a better time to be part of our community.

Investing in Local Young People!

At Bersted Park Community Centre, our Bersted Youth Club provides a safe, inclusive and welcoming space for young people aged 11-16. Through a range of activities including football, table tennis, arts and crafts and social games, the club helps young people build confidence, develop friendships and connect with their local community.



Big Powerhouse Wrestling Returns!

Last month, Big Powerhouse Wrestling brought fantastic family entertainment to Arun Leisure Centre. If you missed it, or can't wait to experience it again, they're already set to return on Sunday 11th July 2027 with another action-packed show featuring world-class, larger-than-life wrestlers. Scan the QR code to get your tickets.



COMMUNITY



Free Falls Prevention Course!

We're proud to be working with AHS Wellbeing to deliver a free Falls Prevention Course at Littlehampton Wave. This 24-week programme helps improve strength, balance and confidence for those who have experienced a fall or may be at risk. Sessions take place every Wednesday from 1:30pm to 2:30pm, with tea and coffee available after each session. Participants can be referred by their GP or self-refer through AHS Wellbeing.

Swim 10k this November for Cancer Research UK!

Make a splash for a great cause this November. Cancer Research UK is challenging people across the country to swim 10 kilometres throughout the month, and Freedom Leisure is proud to support this fantastic fundraising challenge. Whether you're a regular swimmer or looking for a new goal, every length brings you closer to making a difference. Scan the QR code to sign up, get involved and help support life-saving cancer research.



Pickleball Festival!

Join us for an exciting morning of pickleball at Arun Leisure Centre on Sunday 6th December, from 9am to 12pm. Whether you're completely new to the sport or an experienced player, this fun and friendly festival is open to all abilities aged 16+. For just £16 per person, you'll enjoy a great mix of games, activity and social play. Spaces are limited, so book your place today by contacting reception on 01243 826612.

Ladies Supporting Local Women!

Generous donations from Sam's Sit to Get Fit group at Arun Leisure Centre have provided £192 worth of toiletries for My Sisters' House. The campaign is continuing at Littlehampton Wave, helping to support local women and families in need. A huge thank you to everyone who has donated.



From Coffee Grounds to Great Causes!

Customers at Littlehampton Wave have helped raise £266.58 for the British Heart Foundation by taking home used coffee grounds from the café to use as plant feed and leaving a donation in return. A simple, sustainable idea that's making a real difference. Thank you to everyone who has supported this fantastic initiative.

DISCOVER!



Bring a Friend, Train Together, Save Together!

Know someone who would love being part of our fitness community? Refer a friend to join Freedom Leisure and when they become a member, you'll receive one month FREE membership as our thank you. It's the perfect way to stay motivated, achieve your goals together and share everything our centre has to offer. Scan the QR code to find out more.



Make a splash this November!

With autumn in full swing, now is the perfect time for your child to dive into a skill for life. Our swimming lessons help children gain confidence in the water, improve their technique and have fun while staying active all season long. Scan the QR code to learn more.

Member Testimonials



"We had our reservations about new app based equipment, with fears us older, less techno people would miss out, but thanks to Lana and Sue's tuition today, we feel confident that we will be able to use the machines. It's also great that we now have far more machines, so less queueing for machines, as we have more choice."

- Sue, Littlehampton Wave



"Really good swimming facilities always clean staff always helpful and friendly."

- Wendy, Arun Leisure Centre



"Good place for visiting sauna, swimming pool, friendly helpful staff."

- Rita, 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