

the *arrum* freedom flyer!

October 2026

As October arrives, we're looking forward to everything autumn has to offer. With half-term just around the corner and plenty going on in the community, there's lots to enjoy this month.



PEOPLE



Ferring Healthy Walkers Celebrate 15 Years!

Ferring Healthy Walkers recently celebrated their 15th anniversary, bringing together past and present walkers and volunteer walk leaders to mark this incredible milestone. The event recognised the health benefits, friendships and strong sense of community that the group has built over the years, with certificates awarded to members celebrating up to 15 years of attendance.

Wave Warriors Paddle to Bronze Glory!

A team of members from Littlehampton Wave, joined by friends and supporters, took to the water at the Arundel Festival for the Arts Dragon Boat Race and achieved a fantastic result. Competing as the Hawaiian Wave Warriors, the team secured an impressive third-place finish and bronze medals on their first attempt at the event. Facing 11 other teams in challenging windy and rainy conditions, the Wave Warriors showed great teamwork, determination and community spirit.



Worthing Thunder Scores Big at Our Day Camps!

A huge thank you to Worthing Thunder for visiting our Day Camps at Arun Leisure Centre and Littlehampton Wave. Campers enjoyed basketball coaching, skill challenges and meeting professional players, plus every child received a free ticket to the team's first match of the season. Book your place on our October half term Day Camps now via our website!

Member of the Month: Peter!

At 86 years old, Peter Nolan is an inspiration to everyone at Littlehampton Wave. After stepping into a gym for the first time in February, Peter has made fantastic improvements in both strength and mobility. In August, he completed his first ever 5K Parkrun with his son Roger and PT Sean, running the entire distance and finishing with a sprint. Just two weeks later, Peter was back again, taking on another Parkrun in challenging wind and rain. His commitment, positivity and perseverance make him a truly deserving Member of the Month.



Littlehampton Wave Marks Diamond Anniversary!

Littlehampton Wave Lifesaving Club came together for a special evening to celebrate two significant anniversaries. Swimmers took part in a sea swim at Littlehampton, with a couple of lifesaving exams included along the way, before gathering at The Wave for a hot drink and celebratory cake. The event also marked 60 years since the club's Chair and Lead Instructor, David, completed a relay Channel swim with a team of six Portsmouth lifeguards. The club is keen to welcome new members, so if you'd like to get involved, contact info@lwlscl.co.uk.





COMMUNITY

Proudly Supporting the Littlehampton 10K!

Our team was proud to support the Littlehampton 10K by running a water station along the route. It was a pleasure to cheer on participants, provide refreshments and be part of such a fantastic community event. Well done to everyone who took part!

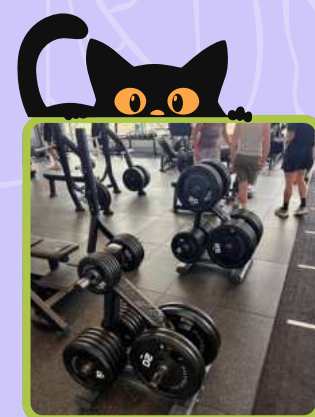


Pickleball Festival!

Join us for a fun and friendly Pickleball Festival on Sunday 6th December, from 9am to 12pm. Entry is just £16 per person, making it an affordable and enjoyable morning for everyone. Book your place today at Arun Leisure Centre reception or call 01243 826612. Spaces are limited, so don't miss out!

Gym Equipment Boost Thanks to Funding Partnership!

Gym users are set to benefit from a range of new equipment at Littlehampton Wave, made possible through our partnership with Arun District Council and S106 funding. The latest additions include sandbags and a dedicated storage rack, a new 1-10kg dumbbell rack, an equipment storage rack for cable attachments and extra Olympic weight plates for the free weights area. These improvements will help members enjoy greater choice and flexibility in their workouts while enhancing the overall gym experience.



Chatty Café Offers a Warm Welcome!

Looking for good company and a friendly conversation? Littlehampton Wave's Chatty Café takes place every Thursday from 1pm to 3pm, providing a relaxed space to meet new people and enjoy a chat. Whether you're popping in for a quick coffee or staying for the whole session, you'll find a warm welcome waiting. Come along and join us, we look forward to seeing you there!

Men's Mind & Body Stretchability!

Join our friendly men's group at Littlehampton Wave and enjoy gentle activity, social connection and improved wellbeing. Members have reported increased confidence, better fitness and lasting friendships. Whether you'd like to improve your health or meet new people, everyone is welcome. Sessions are on Tuesdays at 11:30am - 12:30pm.



Les Mills Launches Were a Huge Success!

Our recent Les Mills launches at Arun Leisure Centre and Littlehampton Wave were a fantastic success, with great energy and amazing support from our members. A special thank you to Les Mills Master Instructor, Claire Buck, who joined us at Littlehampton Wave and helped make the event extra special. Thank you to everyone who attended. We can't wait to see you again soon in our classes!





DISCOVER!



Don't ghost your fitness goals this October!

Make this the month you commit to feeling your best. From 1st to 20th October, join your local Freedom Leisure centre for just £20 and take the first step towards a healthier, happier you. This frightfully good offer won't be around for long, so scan the QR code to enquire or sign up online today.



Boo-st their confidence in the water!

Give your little monsters a skill for life this Halloween season. Our swimming lessons help build confidence, improve water safety and develop swimming ability in a fun and supportive environment. Scan the QR code to enquire about swimming lessons at your local Freedom Leisure centre.

Member Testimonials



"Joining this group has made me more confident in talking to new people and I've noticed an improvement in my ability to exercise, particularly my breathing. I do feel healthier and I recently went out and walked further than I'd done in years! It has improved my confidence in social situations by being in the group."

- Member of Men's Mind and Body Stretchability class, Littlehampton Wave



"Great leisure centre, swimming is so reasonable and it never feels too busy. Free parking and nice and hot clean showers and changing rooms!"

- Clio, Arun Leisure Centre



"Good range of activities and classes gym upgrade is good. Staff friendly."

- Jody, 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