

# the *arrum* freedom flyer!



Back to  
school!



$$1+2=3$$



**SEPT  
2025**



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# PEOPLE!

## Summer Day Camp Recap!

Our summer Day Camps at Arun Leisure Centre and Littlehampton Wave have been a fantastic success! Children of all ages enjoyed action-packed days full of games, sports, and fun activities. It has been wonderful to see so many young people making new friends, staying active, and creating great summer memories. We can't wait to welcome everyone back for the next holiday season!



## Swim England Films at Wave!

Swim England recently chose Littlehampton Wave as the location for filming the next Love Swimming campaign. The team captured inspiring sessions with children, teachers, and parents, highlighting the joy of learning to swim. A big thank you to everyone involved, including the staff, on-site experts, and participants, for making the day such a success.

## Meet Kat!

Kat will be teaching the new Pilates class at Littlehampton Wave. She qualified in Mat Pilates in 2013 and Reformer Pilates in 2024. Initially inspired to expand rehabilitation exercises in Therapy, Kat soon discovered the wider benefits of Pilates. She has learned that challenging the body does not always mean sweating hard, and that precision, control, and breath can make all the difference in building strength and flexibility.



## Archie's 100 Press Ups Challenge!

This September, Archie from Begin2live, one of our Personal Trainers at Littlehampton Wave, is taking on the 100 press ups a day challenge to raise money for Cancer Research UK. As part of the challenge, he is also donating £5 from every one-off session booked to the cause. One-off sessions are a great way to fine-tune your workout and get expert guidance to help you reach your fitness goals. Join Archie in supporting this fantastic cause and make your sessions count!



# COMMUNITY!

## Welcome to The West Green!

Arun District Council is delighted to welcome you to The West Green, Littlehampton! It's a vibrant space for families, friends, and visitors to enjoy. Water play areas are open daily from 11am to 6pm, perfect for having fun, while kiosks offer delicious treats, coffee, and bites to eat from fantastic local vendors. We hope you enjoy this beautiful space as much as we do.



## 3G Pitch Refurbishment!

Our 3G pitch at Arun Leisure Centre is getting a fresh new surface! The pitch has been fully relaid and will soon be ready for football again. We can't wait for everyone to get back out there and enjoy top-quality, all-weather play. Keep an eye out for the official reopening and get ready to hit the pitch.

## New Classes Starting in September!

Exciting new classes are launching this September at Arun Leisure Centre and Littlehampton Wave. At Arun, join the new indoor cycle class every Thursday at 7:15pm. Over at Littlehampton Wave, there is something for everyone with Monday Pilates at 5:15pm, Wednesday Beginners Cycle at 10:30am, Wednesday Body Balance at 10:30am, Wednesday Indoor Cycle at 6:15pm, Thursday Functional Strength at 6:05pm, and Saturday Shapes at 9:00am. Find a class that suits you and start moving this September!



## Pickleball Festival this September!

Pickleball fans, don't miss our Pickleball Festival on Sunday 21st September at Arun Leisure Centre. From 9am to 12pm, eight courts will be running simultaneously, welcoming players of all abilities aged 16 and over. Tickets are £15 per person and include fresh fruit and a half-price Costa coffee voucher. Join us for a fun, friendly, and action-packed morning and secure your spot at reception today!

## Free Workshops for Young Women!

From September, our Healthy Communities team is partnering with The Juno Project to offer a series of free 8-week workshops at Littlehampton Wave for young women aged 10 to 13. The sessions are designed to help participants thrive, building confidence, friendships, and a positive outlook on their future, all while having fun. To book a place or find out more, contact The Juno Project on 07838 607155 or email [info@thejunoproject.co.uk](mailto:info@thejunoproject.co.uk)



# DISCOVER!



## September Savings!

This September we've got two great ways to save. Enjoy half price on direct debit memberships or get 12 months for the price of 9 with an annual membership. It's the perfect time to get back into your fitness routine after summer and make the most of everything we have to offer. Hurry though, these offers end on 20th September!

## Learn to Swim with Us!



With the new school year underway, it's a great time to start swimming lessons. Learning to swim builds water confidence, supports physical development, and teaches a vital life skill. At Freedom Leisure, our qualified teachers follow Swim England's Learn to Swim pathway, providing a safe and supportive environment for children of all abilities. Scan the QR code to enquire about our lessons and help your child gain skills for life.

## Member Testimonials



"Fantastic place great for swimming, Callum in particular is so helpful and friendly! Will be coming back for sure."

- Kerry, Arun Leisure Centre



"Situated right near the beach at Littlehampton. They have a large car park where people who use the centre can get 3 hours free parking which is a excellent bonus. The facilities there are excellent and when we went with the grandchildren we used their swimming pool which was designed for youngsters and the water temperature is quite warm. I haven't used any of the other facilities but my daughter says that the gym and everything else is fantastic. Always seem to have friendly staff at reception and it has a nice café that sells drinks and food at a reasonable price."

- Phil, Littlehampton Wave



- Charles, Arun Leisure Centre



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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](mailto:dannii.woodward@freedom-leisure.co.uk)