

# the *annual* freedom flyer!

September  
2026



**Autumn is here**

Explore activities,  
celebrate achievements  
and see what's  
happening near you  
throughout the month.

# PEOPLE



Arun Leisure  
Centre



Littlehampton  
Wave

## Day Camp Fun!

Our Summer Day Camps were a huge success, filled with smiles, laughter and unforgettable experiences. If your child loved the fun or would like to join us for the first time, bookings for our October Day Camps are now open. Simply scan the QR codes to secure your child's place and let them be part of the next adventure!

## Omnia with Kasia!

Kasia is one of our friendly fitness instructors at Arun Leisure Centre, bringing energy, encouragement and expert guidance to every class. She leads our popular Omnia sessions on Thursdays at 5:15pm and Saturdays at 10am, helping members improve their fitness through a fun mix of cardio, strength and conditioning exercises. Her positive approach and motivational coaching make every workout enjoyable and rewarding.



## Member of the Month: Celebrating Isis' Incredible Achievement!

Congratulations to Isis, Littlehampton Wave's Member of the Month, after an incredible win at the Eastbourne Middle Distance Triathlon. Completing a 1.9km sea swim, 90km bike ride and 21.1km run, Isis crossed the finish line as the overall winner. A fantastic achievement that reflects hard work, dedication and determination, inspiring members across the centre. Everyone at Littlehampton Wave is incredibly proud and wishes Isis the best of luck for the next challenge, Ironman Kalmar in Sweden.

# COMING SOON



## A New Fitness Experience is Coming to Arun LC!

Exciting changes are on the way at Arun Leisure Centre as preparations begin for a major gym refurbishment and equipment upgrade. Thanks to investment from Freedom Leisure, in partnership with Arun District Council, members will soon benefit from a completely refreshed fitness space featuring state-of-the-art equipment, innovative fitness technology and a modern new look. The upgraded gym will offer an enhanced experience for everyone, from those just starting their fitness journey to regular gym-goers looking to take their training to the next level. With brand-new cardio, strength and free weights equipment, alongside technology designed to support personalised workouts and track progress, the transformation will help members stay motivated and achieve their goals. This exciting investment reflects our ongoing commitment to creating high-quality facilities that help our communities stay active, healthy and inspired.



# COMMUNITY



## New Bersted Youth Club Launches This September!

A brand-new Youth Club is launching at Bersted Park Community Centre on 19th September, providing a welcoming space for young people aged 11 to 16. Running every Saturday from 1pm to 4pm, the club will offer a variety of activities including table tennis, football, arts and crafts, games and much more. The new club aims to give local young people the opportunity to have fun, make friends, learn new skills and enjoy a safe, supportive environment within their community.

## Junior Basketball Launches at Littlehampton Wave!

Littlehampton Wave is introducing new Junior Basketball sessions for children aged 5 to 7. Taking place every Monday from 4:15pm to 5:15pm, the instructor-led sessions are designed to help children develop fundamental basketball skills in a fun, active and supportive environment. For more information, contact reception on 01903 725451 or speak to a member of the team.



## Pickleball Festival Comes to Arun Leisure Centre!

Get ready for a fun-filled morning of Pickleball at Arun Leisure Centre's upcoming Pickleball Festival on Sunday 13th September from 9am to 12pm. Open to players of all abilities, the event is a fantastic opportunity to enjoy one of the UK's fastest-growing sports, meet fellow players and get active in a friendly and welcoming atmosphere. Spaces are just £16 per person. To book your place, call reception on 01243 826612.

## Little Pickles Markets Returns!

Little Pickles Markets is back at Littlehampton Wave on Sunday 13<sup>th</sup> September, from 10am - 11:30am. This event brings families the perfect opportunity to shop thousands of quality pre-loved baby and children's items at fantastic prices. As well as finding great bargains, visitors can support a more sustainable way to shop by helping keep quality items in use and out of landfill.



## Hall Hire Available at Bersted Park Community Centre!

Looking for a space for your club, class or event? Bersted Park Community Centre has hall space available for regular block bookings, making it the perfect venue for dance classes, sports activities, community groups, meetings and special events. With flexible hire options and a welcoming community setting, we would love to help bring your activity to life. To find out more or make an enquiry, call 01243 859108 or email [bersted@freedom-leisure.co.uk](mailto:bersted@freedom-leisure.co.uk).

# DISCOVER!



## Half Price September!

As the seasons change, there's never been a better time to start your fitness journey. Join this September and enjoy 50% off monthly memberships, giving you the perfect opportunity to stay active, healthy and motivated throughout autumn. Scan the QR code to join today or enquire at your local centre for more information. Offer ends 20 September 2026.



## Back to School, Back to Swimming!

With the new school term underway, now is the perfect time to get back into swimming lessons. Help your child build confidence, develop essential water skills and stay active all year round. Scan the QR code to enquire and secure your place today.

## Member Testimonials



"Good pools, larger changing rooms for families available poolside so nice and easy to access."

- Craig, Arun Leisure Centre



"Great pool, good café all reasonable prices. Very friendly staff. Great for families."

- Kayle, Littlehampton Wave



"My son attends swimming lessons with ALC and yesterday there was a mix up with his lessons, due to the staff making an error. I emailed last night asking if the manager could call me so I could discuss this. The manager phoned this morning and listened to the issue I had. He was really polite and said he would phone me back once he had looked into it. He phoned me back really quickly and solved my problem. Even though we had the error im so happy with the service I received to resolve this."

- Channele, Arun Leisure Centre



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