

the *arrun* freedom flyer!



Halloween special

Autumn Adventures



OCTOBER 2025

PEOPLE!

Meet Our New General Manager!

We are delighted to welcome Neville Chapman as the new General Manager at Arun Leisure Centre. Neville brings a wealth of experience in leisure and community engagement, with a strong passion for helping people get active and enjoy everything the centre has to offer. Be sure to say hello when you see him around the centre as he is looking forward to meeting our members and the local community.



Welcome Molly to the Team!

We are excited to introduce Molly as the new Head Gymnastics Coach for the Arun contract. With her knowledge, energy and passion for gymnastics, Molly is committed to supporting young gymnasts and helping them reach their full potential. She is looking forward to meeting our gymnasts, working with families and building on the success of our gymnastics programme.



Celebrating National Fitness Day!

National Fitness Day was celebrated in style at Littlehampton Wave! The team hosted gym floor tasters, PT sessions, and the thrilling Hang Tough Challenge. Everyone got involved, bringing energy and encouragement to all who joined in. A huge thank you to everyone who took part and helped make the day a fun and active celebration of fitness!



The Wave Supports Littlehampton 10k!

Our team had a fantastic time on Sunday at the Littlehampton 10K! We were proud to run the water station and hand out water to all the amazing runners taking part. It was brilliant to see so many people out enjoying the event and we loved being part of the day. Well done to everyone who took part!



COMMUNITY!

One Big Walk!

In September, Littlehampton Wave hosted our annual One Big Walk! Volunteer walk leaders and walkers from across the Healthy Walks in Arun programme came together to celebrate activity, health, wellbeing, fun and friendship. Despite the gloomy forecast, 44 dedicated walkers braved the weather for a refreshing seafront stroll. A big thank you to everyone who joined and made the day so special! For a full programme of walks or more information, please email hcarun@freedom-leisure.co.uk.



Wave Stars in Swim England Campaign!

We are thrilled to share that the latest Swim England #LoveSwimming campaign was filmed right here at Littlehampton Wave. This campaign focuses on introducing babies, pre-schoolers and Key Stage 1 children to swimming and features some fantastic videos of parents, teachers and children. A huge well done to our Littlehampton Wave Team, who hosted the shoot and can be seen as the stars in the teacher videos. We are proud to be part of such an inspiring campaign promoting swimming for all ages.

FA Accredited 3G Pitch!

Our 3G pitch at Arun Leisure Centre is now officially FA Accredited and listed on the 2025/26 FA 3G Pitch Register. This recognition confirms the pitch meets the strict requirements for FA-affiliated football, making it suitable for both competitive and recreational matches. With a high-quality, reliable surface, it provides the ideal space for football at every level.



The Juno Project!

Our new partner for September is The Juno Project, a charity dedicated to supporting young women to thrive. They will be visiting Littlehampton Wave every Wednesday afternoon and evening for eight weeks, offering guidance, support and activities to help young women build confidence and wellbeing. For more information or to book, call or text 07838 607 155 or email info@thejunoproject.co.uk.

Wave Hosted Free PT Sessions!

On National Fitness Day, our personal trainers at The Wave, Archie, Kim and Connor, offered free 30-minute sessions to support the community and inspire everyone to get active. Their guidance and encouragement made it easy for members and visitors to try something new and enjoy a fun, energising fitness experience.



DISCOVER!



3 Day FREE Pass!

From 6th to 26th October, enjoy a 3-day free pass at Freedom Leisure! Explore our gym, classes, and facilities at your own pace. Bring a friend or come along on your own and discover the fun of getting active. Scan the QR code to enquire about memberships and get started today.



Leaves Fall, Confidence Rises!

Give your child the gift of confidence in the water this October! Our friendly teachers follow Swim England's Learn to Swim pathway, guiding children of all ages and abilities to develop skills, stay safe, and have fun while learning to swim. Classes are designed to build confidence and technique step by step, making every lesson enjoyable and rewarding. Scan the QR code to enquire and secure your child's place today!

Member Testimonials



"Today I took my daughter age 13 for a junior gym induction. Sue was an absolute breath of fresh air. Millie is home educated and struggles with communication. Pre gym nerves were completely replaced with a really positive experience. Millie can't wait to go again!! I was blown away with the kindness and compassion shown. Sue you are amazing!! Totally understood Millie and had her chatting away!! Totally recommend going on a Tuesday if you have home Ed children that need a little bit extra! Thank you Sue."

- Unknown, Arun Leisure Centre



"Absolutely brilliant swimming pool. Used to go to splash point but my friend suggested the wave instead so I tried it and I will never go back to splashpoint!! The Wave had warm water, clean changing rooms, felt welcoming when walking in. This will now be where we go swimming."

- Georgie, Littlehampton Wave



- Louise, 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