

# the *arm* freedom flyer!

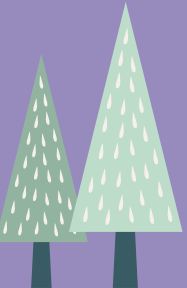
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Happy  
New  
Year



January is  
here!





# PEOPLE!



## Christmas Jumper Day brings festive cheer!

Christmas Jumper Day at Littlehampton Wave was a fantastic celebration in support of Save the Children, bringing the community together for two fun filled festive days. The centre was full of colour and Christmas jumpers, with face painting in reception, a cycle challenge to cover 93 miles, magical reindeer food on sale for charity, and a lively aerobic fitness class led by Jas. It was wonderful to see so many people getting involved and helping to support such a brilliant cause.

## Connecting at the Area Managers' Day!

The Area Managers' Day at Maidstone United was a great opportunity for Freedom Leisure colleagues to connect, share experiences, and strengthen working relationships. Gez led engaging team-building activities on the tennis courts at Freedom Leisure Maidstone, encouraging teamwork and collaboration across the group.



## Christmas Gala raises over £500 for charity!

A huge well done to all the swimmers who took part in the Christmas Gala. Thanks to their fantastic efforts during the Power Hour in November and the gala itself, over £500 has been raised for local charity Cancer United. We would also like to say a big thank you to the swimmers who generously donated, your support has made a real difference and is very much appreciated.

## Festive Costa drinks made by our team!

Get into the festive spirit at Arun Leisure Centre with our Christmas Costa drinks, made with care by our friendly café team. Whether it is a warming treat after a workout or a cosy catch up with friends, our staff are always ready to serve your favourite seasonal drinks. From chocolatey classics to festive favourites, it is the people behind the counter who make every cup feel special. Pop into the café and enjoy a little taste of Christmas.



## Supporting our community every Thursday!

Every Thursday at Littlehampton Wave, our friendly team helps bring the community together. Supported transport from Community Transport Sussex makes it easy for people to get to the centre, where they are welcomed into our Warm Space to relax and chat before taking part in the Forever Active session. Afterwards, visitors can enjoy a swim, gym visit, or some quiet time before heading home.

# COMMUNITY!



## New pool inflatable arrives at Arun Leisure Centre!

Something exciting has arrived at Arun Leisure Centre with our brand new pool inflatable now in place. It was great to see it delivered and ready to make a splash, bringing even more fun and energy to the pool. We are looking forward to seeing it enjoyed by our swimmers and becoming a popular addition at the centre.

## Born to Move at Littlehampton Wave!

Let your child discover the joy of movement with our Born to Move classes at Littlehampton Wave. Led by our instructor Abi, these fun and imaginative sessions use specially written music and easy to follow actions to help children fall in love with being active. Classes focus on developing key movement skills including running, jumping, balancing, coordination, and concentration, all in a playful and engaging way that builds confidence and keeps children moving happily.



## Warm Spaces this Winter!

Our Warm Spaces are available this winter. If you need a warm place to relax or would like some friendly company, you are welcome to drop in and spend some time with us. Sessions run at Arun Leisure Centre on Mondays from 1pm to 4pm, and at Littlehampton Wave on Thursdays from 9am to 1pm. Warm Spaces are completely free and open to everyone, offering a welcoming place to get warm, enjoy a drink, and feel supported during the colder months.

## Registered Safe Spaces for our community!

Arun Leisure Centre and Littlehampton Wave are officially registered Safe Spaces, supported by the Sussex Police and Crime Commissioner. If you feel unsafe or at risk, you can come into either centre and our team will be there to help, whether that is contacting someone you trust or giving you a safe place to take a moment.



## Fresh pizza now at Littlehampton Wave!

Fresh pizza has arrived at Littlehampton Wave, giving you another tasty option to enjoy during your visit. Our café now serves pizza that can be pre-ordered from 12pm and enjoyed at any time throughout the day. Choose from a pepperoni pizza for £9.50 or a margherita for £7.50, both freshly made and ready to enjoy when you are. Treat yourself next time you visit and enjoy a hot pizza made just for you.





# DISCOVER!



## Memberships Made for the New Year!

Start the year with a membership that works for you. From 26th December to 31st January, enjoy 12 months for the price of 9 when you pay annually, or join on a monthly membership with no joining fee. It is a great way to build healthy habits and stay active all year.



## Swim Stronger by Summer!

Give your child the confidence to enjoy a summer full of swimming. Starting lessons now helps children build essential water skills, improve technique and feel comfortable in the pool. Our structured swimming lessons support steady progress, helping children grow in confidence as they learn to swim safely and happily.

## Member Testimonials



"Super leisure centre and warm space."

- Amanda, Arun Leisure Centre



"Good place. With top facilities."

- Paul, Littlehampton Wave



"Good place to keep healthy."

- P H, Arun Leisure Centre



"Good value leisure centre. Swimming and changing facilities are excellent. Gym is well equipped. Staff very friendly and helpful. Good parking and nice coffee bar."

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