

the *arrum* freedom flyer!

Summer is here!

Discover the latest activities, events
and community updates

2026
JUNE



PEOPLE

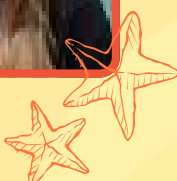


Celebrating David's Incredible Fundraising Journey!

In May, David took on the Bognor Regis Prom 10k Road Race, walking every step alongside friends to raise money for Cancer Research UK. After bravely battling tonsil cancer in 2020 and 2023, and more recently undergoing major surgery for tongue cancer, David showed remarkable strength and determination just four months into recovery. His resilience and fighting spirit are truly inspiring, and we are incredibly proud of everything he has achieved.

Sofia Visits Littlehampton Wave!

We were delighted to welcome Sofia from My Sisters' House CIO to Littlehampton Wave, where she shared more about the incredible support they provide within our community. As part of the visit, we launched a new donation box at the centre, inviting visitors to contribute toiletries for those in need. It was a fantastic opportunity to connect, raise awareness and support an important local cause.



Welcome Mandy, Our New Personal Trainer!

We are excited to welcome Mandy as a Personal Trainer at Littlehampton Wave. After overcoming her own health and confidence challenges, Mandy transformed her fitness journey with the help of a personal trainer and is now the fittest and healthiest she has ever been. Passionate about helping others, she is dedicated to building confidence and supporting members to achieve goals they once thought were out of reach.



Congratulations Euan!

A huge congratulations to Euan, one of our long standing lifeguards, who recently completed the London Marathon. This is an incredible achievement and a true reflection of his hard work, dedication and determination. We are all really proud of him, so if you see Euan around the centre, be sure to congratulate him.



Wear Green Day Fundraiser at Littlehampton Wave!

We recently celebrated Mental Health Awareness Week with our Wear Green Day fundraising event at Littlehampton Wave. Staff and customers came together for a 12 hour cycle ride challenge, showing fantastic support for the Mental Health Foundation. Together, we raised £57.20 for a brilliant cause. Thank you to everyone who took part, donated and showed their support, it really does make a difference.



COMMUNITY

Gym Refresh Coming Soon!

We are excited to give you a sneak peek of the brand new equipment arriving as part of our upcoming gym refresh at Littlehampton Wave. New additions include a half squat rack, Olympic flat bench, weight tree, linear leg press, chest press, Glute Drive and more, all designed to help take your training to the next level. To make this upgrade possible, the gym will be temporarily closed from Sunday 14th June at 2pm until Saturday 20th June. During this time, members are welcome to use the facilities at Arun Leisure Centre. We cannot wait to welcome you back to a refreshed and improved space!



Arun Wellbeing Pop Up at Littlehampton Wave!

We were pleased to welcome Arun Wellbeing to Littlehampton Wave for a pop up during Mental Health Awareness Week. The team offered valuable information, advice and support, helping to highlight the importance of looking after both physical and mental wellbeing. Thank you to Arun Wellbeing for joining us and to everyone who stopped by to learn more.



Mental Wellbeing Week at ALC!

We recently celebrated Mental Wellbeing Week at Arun Leisure Centre, spreading positivity, kindness and friendship throughout the centre. Visitors were invited to take a positive Post-it note from our window and leave one for someone else in return, sharing kind words, motivational quotes and uplifting thoughts. It was a simple but powerful way to brighten someone's day and support wellbeing across our community.



Free Save a Life Workshop!

Join us at Arun Leisure Centre on Wednesday 3rd June for a free RLSS Save a Life Workshop, designed to give you practical skills that could help save a life. Learn adult basic life support including CPR, how to help someone who is choking, water safety, and how to find and use an AED. Open to both members and non members, this is a valuable opportunity to build confidence in an emergency. Spaces are limited, so please contact reception on 01243 826612 to book early.



Little Pickles Market Returns!

Little Pickles Market is back at Littlehampton Wave on Sunday 12th July from 10am to 11:30am. Come along and browse thousands of pre loved bargains, perfect for families looking to pick up great finds at affordable prices. Entry is just £1.50 per adult and children go free, making it a fun and budget friendly morning out.





DISCOVER!



Make this summer your time to feel good

Soak up the season with a membership that fits your lifestyle. Whether you love a refreshing swim, energising workouts or simply taking time for yourself, we have everything you need to stay active and feel your best all summer long. Scan the QR code to enquire or join today and start enjoying your summer with us.



Dive into confidence this June

Make waves this summer with swimming lessons designed for all ages and abilities. From first splashes to building strong technique, our friendly teachers are here to help every swimmer progress with confidence. Scan the QR code to enquire and get started on your swimming journey today.

Member Testimonials



“Great lunch.... great service... sensibly priced.”

- Craig, Littlehampton Wave



“I am pleased with the reception and cafe staff at Littlehampton Wave. Very friendly and helpful, nothing too much trouble, make my visit very enjoyable. Thank you.”

- J, Littlehampton Wave



- Eileen, Arun Leisure Centre



- Marcin, 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