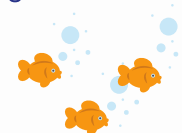


Welcome to the Summer Learn to Swim Newsletter!

Hello and welcome to our Summer edition of the Learn to Swim newsletter! As the sun shines brighter and the days get longer, it's the perfect time to make a splash and celebrate all the amazing progress our swimmers are making. Inside, you'll find important updates, fun tips, and everything you need to know about what's happening at Littlehampton Wave and Arun Leisure Centre this summer



MEET OUR NEW TEAM MEMBERS AT WAVE



Hi, I'm Izzy, the new Aquatics Manager here at Littlehampton Wave, and I have the pleasure of overseeing our Learn to Swim programme. I've been part of Freedom Leisure for over 7 years, and I'm genuinely passionate about helping children develop in the water. Learning how to swim is a vital life skill – one that builds confidence, promotes safety, and opens up a lifetime of opportunities in and around the water. That's why I'm so proud to be part of a programme that supports children on this important journey. Feel free to reach out to me at izzy.drinkwater@freedom-leisure.co.uk.



Hi, I'm Bret the new General Manager here at Wave! I've worked in health and fitness since 2010, holding management roles at David Lloyd and Nuffield Health. I'm passionate about group fitness and previously taught Les Mills and freestyle classes here at Littlehampton Wave. I love bringing communities together through fitness – from Couch to 5k to children's programmes. After 18 months living in Barcelona, I'm excited to be back in the UK and can't wait to work with you all at Littlehampton Wave!



BADGE WEEK

A huge WELL DONE to everyone who achieved a badge during badge week! Your hard work, consistency, and dedication are truly inspiring. Whether it was your first badge or your fiftieth, every milestone counts – and we're proud of each and every one of you. Our next badge week is starting w/c 3rd November! Mark your calendars and keep up the great work – we can't wait to see what you'll achieve next!



Swim England My Learn to Swim App: This free app is a brilliant way of digitally storing your child's swimming certificates and badges. Every time they receive a certificate, you can scan it in the app to store it, and at the same time unlock new characters to take pictures with. There are also some fantastic videos that show what your child will learn in each stage. You can download the app on Apple or Android smartphones here: <https://www.swimming.org/learntoswim/my-learn-to-swim->

Summer Holidays at Littlehampton Wave & Arun Leisure Centre

BOTH



Free Casual Swimming

Every swim school member is entitled to unlimited free swimming in open swim times. We'd love to see as many of you as possible enjoying the pool in between lessons. Swimming is a fantastic activity for the whole family and one that can be enjoyed all year round, so why not come and join us through the winter months for a swim – you can even grab a lovely Costa Coffee from our café afterwards!

WAVE



WAVE RAVE

Our first event sold out – now it's your turn to join the party! Get ready for a live DJ, epic lights, and a giant pool inflatable – all in one unforgettable family pool rave

Friday 15th August - 7:00–8:30pm

For under 16s & families

£5 members | £6 non-members

Book now before it's gone!

WAVE



Take on the Challenge of our Giant Pool Inflatable!

Ready for some summer fun? Our huge inflatable is back in the pool, perfect for confident swimmers who want to climb, bounce and slide their way across the water!

From 24th July to 2nd September

Every Tuesday, Thursday and Friday

ARUN



Soft Play the Summer Away

Our soft play area is a fantastic way for kids to burn off energy, develop motor skills and make new friends. It's perfect for children to explore, climb and play in a safe and colourful space designed just for them.

For opening times and prices, visit:

<https://www.freedom-leisure.co.uk/.../soft-play-bognor.../>

ARUN



Floats and Fun Sessions

Make a splash this summer with our Floats & Fun sessions in the main pool. Children aged 8 and up who are competent swimmers can enjoy our fantastic pool inflatable, while younger swimmers under 8 can still join the fun with floats and the flume.

Refer a Friend

As we all know, sharing is caring! Did you know that if you refer a friend to join our swim school here at Littlehampton Wave, if your friend joins, you will be entitled to one month of lessons for half price! This is an unlimited offer, so the more friends you refer, the more half price months you get! Please make sure that your friend mentions your name when booking to ensure you receive the correct discount.



The Importance of Wearing Swim Hats

Just like judo belts, hat colours show what stage your child is at in lessons. Working towards the next hat is a great motivator – and we'll be celebrating every achievement!

Different hat colours also help lifeguards and teachers keep children safe by making it easy to see who's in the right section of the pool.

Plus, hats help keep hair out of faces and pool water clean – win-win!



Check out our new board at Wave

We've added brand new chalkboards at reception to help keep you updated with everything happening at Littlehampton Wave!

You'll now see two key boards:

- Today's Cover – Find out which instructors are covering classes that day, so there are no surprises when you arrive.
- What's On Today – A quick view of everything happening in the centre, from swim sessions and special events.

These boards are updated daily, so make sure to take a look when you check in – it's the easiest way to stay in the know and make the most of your visit!



BECOME A LIFEGUARD WITH WAVE

We're on the lookout for future lifeguards at Littlehampton Wave – and it could be you, or someone you know! If you're 16+ and looking for a fun, active, and rewarding job, why not train to become a qualified lifeguard. Email joshua.rymer@freedom-leisure.co.uk for more info.



Lessons return on Wednesday 3rd September

All Pre school, Adult & Baby and Adult & Toddler lessons restart on Wednesday 3rd September.

BANK HOLIDAYS

Are lessons will now be running on bank holidays.

Christmas Break

All of our lessons pause from Saturday 20th December 2025 for 2 weeks for our Christmas break, the lessons will restart on Monday 5th January 2026.



Wave's Walkthrough Video

If you are new to swimming lessons or just want a quick refresher, our [walkthrough video](#) is a great way to see what to expect when you arrive. It covers where to go, what to bring and how the centre is set up for lessons.

Reminders



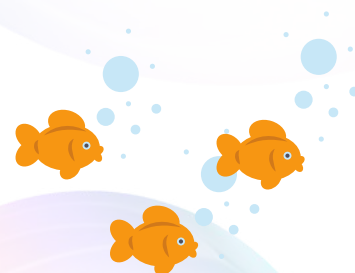
Photography Policy

Please remember that photography and filming are not permitted on poolside. This is to protect the privacy of all our swimmers and families. Thank you for respecting this policy.



No Access to Poolside

For health and safety, and to keep the poolside area clean and calm, we kindly remind all parents and guardians not to enter poolside before, during or after lessons. Thank you to everyone who already follows this guidance. Your support helps keep lessons running smoothly and safely.



And lastly a message from Oscar!

Hey everyone – it's Oscar the Dolphin here!

With all the fun happening in the pool (especially our awesome Wave Raves), don't forget to follow these quick safety rules:

- ✓ Listen to the lifeguards
- ✓ No running on poolside
- ✓ Take turns on the inflatables
- ✓ Stay with your adult if you're under 8
- ✓ Be kind and have fun!



Get in Touch

Have questions or need more info? We're here to help!

littlehamptonswimschool@freedom-leisure.co.uk or izzy.drinkwater@freedom-leisure.co.uk
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