

Freedom Flyer

- December 2025 -



Explore what's happening across our Freedom Leisure Centres



Desborough Leisure Centre
Kettering Swimming Pool
Corn Market Hall



What's happening at Desborough Leisure Centre



Explore our Newly Released Group Exercise Timetable!



At the start of December, we launched our NEW group exercise timetable, packed with a range of classes to keep you active and motivated. The new timetable provides a great mix of daytime, lunchtime and evening classes featuring new LES Mills classes!

Our new timetable includes Circuits, Legs, Bums & Tums, Pilates, Spinning, Tai Chi, Yoga, Zumba, BodyBalance, BodyCombat and BodyPump.

Have you tried any of our new classes yet?

Remember, all exercise classes are free for members, with pay as you go options also available for non-members.

New Desborough Accessible Wellbeing Walks



During November, in partnership with North Northamptonshire Council, we launched our new Desborough Accessible Wellbeing Walks.

Accessible Wellbeing Walks are every Thursday at 10am.
Meeting point is outside Costa, High Street NN14 2ND.

These walks are perfect for anyone who:

- Has limited mobility
- Uses walking aids or mobility scooters
- Cannot walk far due to ill health
- Would like to walk to help with rehabilitation
- Would like to meet new people and get more fresh air

Update on Maintenance Works Happening at Desborough



You may have noticed that there have been a variety of centre upgrades taking place over the last couple of months, this is to help improve our facilities and make our centre more sustainable.

Works include:

- Installation of Solar Panels to support renewable energy use.
- Upgraded LED lighting throughout the centre to help energy efficiency
- New boilers to improve heating performance
- Installation of air source heat pumps to enhance energy efficiency and reduce emissions

These improvements are part of our commitment to provide energy efficient and environmentally friendly facilities for our community and members.



What's happening at Kettering Swimming Pool



Explore our Newly Released Group Exercise Timetable!



At the end of November, we launched our NEW group exercise timetable!

We doubled the number of exercise classes and expanded our range of classes to suit all abilities. The new timetable now provides a great mix of daytime, lunchtime and evening classes featuring our new LES Mills classes too!

Our timetable includes Aqua Aerobics, Pilates, Zumba, Yogalates, BodyCombat, BodyPump and GRIT.

Have you tried any of our new classes yet?

Remember, all exercise classes are free for members, with pay as you go options also available for non-members.

We are Hiring Swimming Teachers!



We are currently looking to hire Swimming Teachers!

Are you passionate about swimming and helping others build confidence in the water? Join our friendly team and make a real difference in the lives of swimmers of all ages and abilities!

If you know someone who would be interested in this job opportunity? Feel free to let them know.

Visit our website or speak to a member of the team today!



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View Our Christmas Opening Hours



Our opening hours will change over Christmas and the New Year and our Swim Schools will be taking a short break over the festive period. Please see below to view our centre's opening hours!

	Desborough Leisure Centre	Kettering Swimming Pool	Corn Market Hall
Christmas Eve	7:00am - 2:00pm	7:00am - 2:00pm	7:00am - 2:00pm
Christmas Day	Closed	Closed	Closed
Boxing Day	Closed	Closed	Closed
Saturday 27 December	8:00am - 4:00pm	8:00am - 4:00pm	8:00am - 4:00pm
Sunday 28 December	8:00am - 4:00pm	8:00am - 4:00pm	8:00am - 4:00pm
Monday 29 December	8:00am - 4:00pm	8:00am - 4:00pm	8:00am - 4:00pm
Tuesday 30 December	8:00am - 4:00pm	8:00am - 4:00pm	8:00am - 4:00pm
New Year's Eve	7:00am - 2:00pm	7:00am - 2:00pm	7:00am - 2:00pm
New Year's Day	Closed	Closed	Closed
Friday 2 January	Open as usual	Open as usual	Open as usual
Swim School		Finish on 23 December Restart on 5 January	



Christmas Fun

Explore All Our Activities



Join us for some fun over the Christmas Period

Stay active during the Christmas period, whether you want to hit the gym for a workout, burn off some Christmas chocolate in an exercise class or enjoy quality family time in the pool, we have got you covered.

Explore our Centre's Exercise Timetable and Pool Timetable Below



Desborough Leisure Centre



Scan the QR Code
or [click here](#)
to view their
Timetable!



Kettering Swimming Pool



Scan the QR Code
or [click here](#)
to view their
Timetable!

You can also visit our socials or app to keep up to date!

WE WOULD LIKE TO WISH ALL OUR CUSTOMERS A
**MERRY CHRISTMAS &
A HAPPY NEW YEAR.**



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