

Freedom Flyer

- December 2025 -



Explore what's happening across our Freedom Leisure Centres



The Nene Centre
Splash Leisure Pool
The Pemberton Centre



What's happening at The Nene Centre



Christmas Wish Tree Collection for Hermitage House



We would like to say a massive thank you to all our customers who kindly donated and supported our Christmas Wish Tree. Your gifts will help make sure every resident at Hermitage House receives a present this Christmas.

Your generosity will help make someone's Christmas truly magical!

Good Boost Programme Coming Soon to The Nene Centre



We are excited to announce that in the New Year, we will be launching the Good Boost Programme

Good Boost is a multi-award-winning social enterprise working with community, leisure, and health partners to deliver therapeutic, low-impact exercise programmes. Designed for people with musculoskeletal conditions or those taking a gentle step back into fitness, Good Boost offers personalised, rehab-focused exercises that target key areas such as the lower back, shoulder, hip, and knee. Participants can also work toward goals like improving strength, balance, or cardiovascular fitness.

Text Keep an eye out for more information about our Good Boost sessions starting in 2026.

Neddy & Elffy Causing Chaos at The Nene Centre



Neddy and Elffy, our naughty elves have been up to all sorts this December!

From surfing on the floats and whizzing down the slide in the pool, to taking over the radio on pool side, chilling in the sauna and dodging the floor is lava!

Keep an eye out for the naughty elves on your next visit, you never know what they will get up to next.



What's happening at Splash Leisure Pool



Congratulations to Elisa Our Swimmer of the Month



Congratulations to our swimmer of the month Elisa!

Elisa is an absolute pleasure to teach and makes teaching very enjoyable. She is always keen to learn new techniques and takes on feedback brilliantly. Her perseverance with developing her butterfly stroke shows her amazing swimming ability and dedication.

We truly enjoy teaching Elisa at our swim school, keep being yourself, working hard and you will continue to exceed! Well done, Elisa! Congratulations from the swim team!

Our Aqua Christmas Party



Our Aqua Ladies came together and enjoyed a very festive Christmas party, full of laughter, delicious snacks and lots of Christmas spirit!

It was wonderful to see so many of our regular aqua customers attend, thank you all for making it a special gathering!

Update on our Health Suite Refurbishment



Update on our Health Suite Refurbishment

We are delighted to update you on the Health Suite refurbishment works taking place at Splash Leisure Pool.

Thank you for your patience while our Health Suite remains closed during these refurbishment works.

We are pleased to share that we expect to reopen the Health Suite on Wednesday 28 January 2026.

We are very excited to improve your Health Suite experience with a refresh, including redecoration of the area, new flooring and upgraded air conditioning, all designed to give you a more comfortable, relaxing and enjoyable experience. Please note our swimming pool and gym remain open as usual.

We truly appreciate your patience and continued support while the refurbishment works take place.



What's happening at The Pemberton Centre



Shoney Coach Awarded Talent Coach of the Year at UK Coaching Awards



We are incredibly proud to announce that earlier this month, the Head Coach at Eclipse Gymnastics, Shoney, was awarded Talent Development Coach of the Year at the UK Coaching Awards!

This achievement is a testament to Shoney's dedication, passion and commitment to nurturing the next generation of gymnasts. Her hard work inspires everyone around her and we feel truly fortunate to have such an exceptional leader guiding the Eclipse Gymnastic Club here at Pemberton!

We would like to thank Shoney for everything she does at Eclipse and congratulate her on this incredible award!

Getting Festive with our Jingle & Mingle Event



We recently hosted a Jingle and Mingle event, an opportunity for our customers come in and socialise with a morning of nibbles, socialising and festive fun. It was wonderful to see everyone come together to celebrate, enjoy some festive treats and get in the festive spirit!

We also celebrated Barbara achieving a lifetime membership at The Pemberton Centre. Barbara has been with us for many years and has even taught some exercise classes, this marked a very a special occasion.



Coming Soon! Les Mills New Release!

LES MILLS

**New Releases Launch
8 to 11 January 2026!**

We are excited to announce that we have our LES Mills New Releases coming to The Pemberton Centre in January!

You are invited to a fun filled event giving you a taste of all the NEW releases for our LES Mills exercise classes, featuring LES Mills Shapes, BodyPump, BodyBalance, BodyCombat, LES Mills Core, RPM, Functional Strength, GRIT Mash Up, Cardio Strength.

Join us on from Thursday 8 January to Sunday 11 January!

Everyone is welcome, speak to reception for more information and to book your place!



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!

	The Nene Centre	Splash Leisure Pool	The Pemberton Centre
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 20 December Restart on 5 January	Finish on 20 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



Nene Centre



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



Splash Leisure Pool



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



Pemberton Centre



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.



freedomleisure
where you matter