



The Nene Centre Swim School Newsletter

October 2025

Welcome to our Swim School Newsletter for The Nene Centre in Thrapston. Read our newsletter for all the latest updates and news.

What's included in our Newsletter:

- Badge Week
- October Crash Course
- Rookie Lifeguard Sessions
- Adult & Child Swim Sessions
- October Half Term Activities
- Free Casual Swimming

Celebrating Badge Week

We will be celebrating Badge Week in our swim school this week (Monday 13 October to Sunday 19 October 2025).

This week, during our swimming lessons we will be celebrating the progress and achievements of our amazing swimmers!

Don't forget to celebrate your child's success with a picture of them and their certificate in our selfie frame!





October Half Term Crash Courses

Our October half term crash courses are available to book!

Our 4 day intensive swimming course will be running from Monday 27 October and Thursday 30 October at the Nene Centre for the following stages:

- Stage 1 & 2 from 8:30am to 9:00am
- Rookie Lifeguard from 8:30am to 9:30am
- Stage 3 from 9:00am to 9:30am
- Pre-school from 9:00am to 9:30am
- Stage 2 from 9:30am to 10:00am

Book today!



To book your place please visit reception, contact us on 01832 734090 or [click here to book](#).

Rookie Lifeguard Sessions



Rookie Lifeguard sessions are a program that teaches children basic water safety, rescue, and lifesaving skills in a fun and engaging way!

Monday Evenings from 6:30pm to 7:00pm

If you are interested in our Rookie Lifeguard sessions, speak to reception today!



Adult & Child Swim Lessons

Know someone who is looking to introduce their child to water? Discover our adult and child swimming lessons, where parents can introduce their child to water in a fun, safe and supportive environment.

Wednesday Mornings from 11:00am to 11:30am

Friday Mornings from 11:00am to 11:30am

If you are or anyone you know is interested in our adult and child swim lessons, please speak to reception today!





October Half Term Fun across Freedom Leisure

Explore all our half term activities across The Nene Centre, Pemberton Centre and Splash Leisure Pool.

If you're looking for exciting ways to keep the children active and entertained during the half term see what's happening, from:

- Crash courses
- Fun & Floats sessions at The Nene Centre
- Eclipse holiday clubs at Pemberton
- Inflatable fun sessions at Splash Leisure Pool
- Halloween Xplorers
- Halloween colouring competition!



The Nene Centre



View our half term activities Scan the QR code or [click here](#)

Pemberton Centre



View our half term activities Scan the QR code or [click here](#)

Splash Leisure Pool



View our half term activities Scan the QR code or [click here](#)

Free Casual Swimming for Swim School Members

Did you know that every swim school member can enjoy FREE casual swimming* during the holidays?

We love seeing as many of you as possible enjoying the pool 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 during the Holidays for a swim?



*Excluding Inflatable Sessions



Polite Reminder About Electronics on Poolside



Please can we politely remind parents not to use mobile phones or any other electronic devices on poolside or in the wet side changing village.

Can we remind parents/guardians, if they wish to watch their children during their lessons to please make sure you are behind the glass barrier of the small pool or double glass doors, thank you.