

# LED Leisure Facilities

See the list below to find out what facilities are available

## Swimming Pools

Exmouth Swimming and Leisure  
Honiton Swimming and Leisure  
Sidmouth Swimming Pool

## Tennis Indoor

Exmouth Tennis and Leisure

## Tennis Outdoor Courts

Axe Valley Leisure  
Broadclyst Leisure  
Coburg Field, Sidmouth  
Colyton Leisure  
Honiton Swimming and Leisure  
Ottery St Mary Leisure  
Phear Park, Exmouth  
Seafield Gardens, Seaton

## Squash Courts

Exmouth Swimming and Leisure  
Honiton Swimming and Leisure  
Sidmouth Leisure

## Fitness Gyms

Axe Valley Leisure  
Exmouth Swimming and Leisure  
Honiton Swimming and Leisure  
Ottery St Mary Leisure  
Sidmouth Leisure

## Entertainment and Leisure

Exmouth Pavilion

## Leisure Parks

Seaton Seafield Gardens  
(Outdoor tennis and putting)  
Sidmouth Coburg Field  
(Outdoor tennis, bowls and putting)  
Exmouth Phear Park  
(Outdoor tennis, bowls, pitch and putt, crazy golf, putting)

## Exercise, Fitness and Dance

Axe Valley Leisure  
Colyton Leisure  
Exmouth Tennis and Leisure  
Exmouth Swimming and Leisure  
Honiton Swimming and Leisure  
Ottery St Mary Leisure  
Sidmouth Leisure  
Sidmouth Swimming Pool

## Indoor Sports Halls

Axe Valley Leisure  
Broadclyst Leisure  
Colyton Leisure  
Exmouth Swimming and Leisure  
Ottery St Mary Leisure  
Sidmouth Leisure

VENUE	CONTACT	VENUE	CONTACT
Axe Valley Leisure	01297 35235	Honiton Swimming & Leisure	01404 42325
Broadclyst Leisure	01392 464676	Ottery St Mary Leisure	01404 814317
Coburg Field, Sidmouth	07792 169835	Phear Park, Exmouth	01395 277514
Colyton Leisure	01297 552000	Seafield Gardens, Seaton	07734 568957
Exmouth Tennis & Leisure	01395 223355	Sidmouth Leisure	01395 577679
Exmouth Swimming & Leisure	01395 266381	Sidmouth Swimming Pool	01396 577057
Exmouth Pavilion	01395 222477		

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# Swimming

LED swimming pools in Exmouth, Honiton & Sidmouth



## Activities and Events at LED swimming pools

Leisure East Devon offers a wide range of activities at their swimming pools in Exmouth, Honiton and Sidmouth. Whether it is individual lane swimming, exercise classes or fun sessions for children, there are plenty of activities and events for all the family. This leaflet shows the range of LED swimming activities. Refer to individual centre insert for full details.

# What are you looking for?



## THE SWIMMING POOL

LED provide a wide variety of sessions for beginners and splashers, to serious swimmers and lifesavers. When there are classes or special sessions on during public swimming, a restricted area of the pool will be available.

## LANE SWIMMING

Available at certain times of the day, allowing you to train or just clock up the distance. Please see the timetable on this leaflet for times.

## SWIMMING LESSONS / COURSES

LED run a comprehensive programme of lessons for both adults and children, including one-to-one lessons and pre-school sessions. All classes are taught by qualified swimming teachers and follow the ASA National Teaching Plan. Prior enrolment is required as some classes may have waiting lists. Please contact the specific centre for information on School Holiday Crash Courses.

Regular professional courses are run at Honiton Sports Centre and Exmouth Sports Centre for the RLSS National Pool Lifeguard Qualification (Unit 1 and Unit 2) and various Life Saving and First Aid courses are also held.

For further information about any of our courses please see our Swimming Course leaflet or ask at reception.

## AQUACISE

Swimming for the physically and visually disabled with additional expert supervision. Transport can be arranged and volunteers are always welcome.

## PULSE SESSIONS

These are held for people participating in our G.P. referral scheme and are tailored more to individual needs. They are run by qualified instructors. Ask your G.P. if this may be of benefit to you.



## AQUAFLEX

Aquaflex is a gentle mobility exercise class in the water with qualified Instructors.

## AQUAFIT

Aqua Aerobics is a more vigorous low impact exercise class in water with an instructor.

## FUN SPLASH

With a giant inflatable, rafts and floats – a fun Saturday afternoon. Additional holiday fun sessions run throughout the School Holidays. Please see notice boards for information during school holidays. The pool is cleared before and after each session and adults must be accompanied by children.

The giant inflatable, rafts and floats can also be hired for birthday parties. For further details please ask at reception.

## SAFETY INFORMATION

For general swimming, children under 8 must be accompanied by a responsible adult (16yrs and above) to a maximum of 2 under 8's to 1 adult.

For safety information regarding Fun Sessions please refer to the Centre Specific Insert.

## MEMBERSHIPS

Admission prices are dependant upon the level of membership held. Leisure East Devon Ltd. offers several membership options that may help to save you money! Membership entitles the user to discounted rates at all of Leisure East Devon's facilities.

## FURTHER INFORMATION

For further information, conditions of hire/usage and bookings please contact the appropriate centre.

