



August 29 2008

Free fitness fun for Exmouth

Exmouth residents are set for a day of free sports and activities on 6 September when local leisure centres host action packed open days.

Exmouth Swimming and Leisure Centre, alongside Exmouth Tennis and Leisure Centre, will be running taster sessions and demonstrations of a variety of sports and leisure activities between 10am and 2pm. The centres, which are managed by Leisure East Devon (LED), are set to offer a host of fun activities to try, from swimming to spinning, aerobics to table tennis. Specialist health instructors will also be on hand to show new guests around the well-equipped gym.

As well as the free activities, there will be the chance to enter a draw to win a 12-month Gold membership worth £300, and if you decide to become a member on the day, the joining fee will be waived.

“We hope our open days will appeal to people who perhaps aren’t regular gym-goers and show just how much variety there is on offer,” said David Pagett, Chief Executive of LED. “Exercise should be a part of everyone’s life, it’s just a case of finding out what you enjoy. Going to the gym is obviously a great way of exercising but it’s certainly not the only way. The open day on 6 September is the perfect opportunity to try out different sports and activities – whether it’s tennis or swimming, there is something to suit everyone.”

Exmouth Swimming and Leisure Centre’s open day highlights include free swims and Aquatone classes, a kids’ fit session and a spinning session, as well as many other activities.

Visitors to Exmouth Tennis and Leisure Centre will have the chance to take part in a range of fun tennis sessions and competitions for children, teenagers and adults.

For full details of the timetable of free sessions and demonstrations, visit www.LEDleisure.co.uk/opendays2008

Places on many of the taster sessions are limited so to book a space call 01395 266381 for Exmouth Swimming and Leisure Centre or 01395 223355 for Exmouth Tennis and Leisure Centre, or simply pop along to one of the centres and watch one of the exciting demonstrations.

For those with a taste for fine music, the LED-run Exmouth Pavilion will be playing host some of the region's most admired brass bands at the finals of the South West Brass Band competition, also on 6 September. Rehearsals will be held in the picturesque gardens, providing spectators with the chance to soak up the wonderful music. The spectacular final performances will be held later in the main hall.

LED is a charitable trust that operates leisure centres, parks and the Exmouth Pavilion. It employs more than 300 staff at 13 facilities.

Ends

Notes to editors:

1. Leisure East Devon Ltd was established on 1 January 2006. East Devon District Council's leisure facilities and equipment assets are leased to it. www.ledleisure.co.uk
2. The facilities are: Axe Valley Sports Centre; Broadclyst Sports Hall; Colyton Sports Centre; Colin Tooze Sports Centre (Ottery St Mary); East Devon Tennis Centre; Exmouth Sports Centre and Swimming Pool; Exmouth Pavilion; Exmouth's Phear Park; Honiton Sports Centre and Swimming Pool; Seaton's Seafield Gardens; Sidmouth's Coburg Road; Sidmouth Sports Centre and Sidmouth Swimming Pool.

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