



September 10 2008

## **Hundreds flock to leisure centre open days**

Hundreds of local adults and children seized the chance to take part in a range of free fitness activities when local leisure centres hosted action-packed open days on Saturday 6 September.

Exmouth Swimming and Leisure Centre, alongside Exmouth Tennis and Leisure Centre hosted an exciting programme of free taster sessions and demonstrations in activities ranging from aerobics to table tennis. Visitors flocked to the Leisure East Devon (LED)-managed centres, eager to test out the facilities on offer and try out a variety of fitness classes. Diving and swimming were among the most popular sessions, as were football and squash.

“It was great to see so many new people visiting the centre and taking part in the wide range of activities that were available to them,” said Peter Binks, Manager of Exmouth Swimming and Leisure Centre. “The open day also gave Exmouth Swimming and Leisure Centre and LED the opportunity to inform local people about ways of achieving a healthy and active lifestyle that is so important these days. There is a real buzz in the country after the Olympics, and hopefully this will carry on and encourage more people to get active so they can enjoy all the benefits that exercise brings.”

For those who decided to take out memberships to the centres on the day, extra savings were available with the normal joining fee being waived. LED has reported a higher than expected take-up of this offer – an indication of the success of the open days and the fun had by all who took part.

“It was fantastic to see so many people enjoying the tennis activities we had on offer,” added Jo Louis, Manager of Exmouth Tennis and Leisure Centre.

“With Andy Murray doing so well at the US Open this week, we hope that we’ve inspired more people to get active through sports like tennis and we’re looking forward to welcoming the new visitors back in the near future.”

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

Ends

**Picture captions:**

DSC04318: Youngsters take advantage of the free tennis sessions held at Exmouth Tennis and Leisure Centre

DSC04324: A young tennis fan enjoys the free coaching sessions at Exmouth Tennis and Leisure Centre

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](http://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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