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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.

Honiton Swimming and Leisure Centre and nearby Ottery St Mary Leisure Centre hosted an exciting programme of free taster sessions and demonstrations in activities ranging from trampolining to pilates. 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.

Among the most popular activities for children were trampolining at Ottery and a fun splash session at Honiton, where children had great fun trying to make it to the end of a giant inflatable obstacle course. For adults, pilates proved extremely popular at Ottery, and the studio cycling, boxercise and Latin DX Salsa aerobics really hit the mark at Honiton.

“The open day was a great success,” said Luke Tyler, Manager of Ottery St Mary Leisure Centre. “We had a fantastic turn out in all the activities, especially the junior sessions, which is really encouraging. Our exercise tasters for adults were also well attended, especially pilates. In fact, out of the eight pilates sessions we are running this term, we now have only four spaces left, which are in the beginner’s class on a Wednesday morning.”

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 great that so many people took the opportunity to come and see what LED have to offer, meet our coaches and try out some of our activities," said Simon Davey, Manager of Honiton Swimming and Leisure Centre. "The timetable was crammed full with a real variety of activities all day, and with the belly dancing taster and inflatable fun splash session, it goes to show that we have more than just sports on offer. The open day has proved to be a fantastic way to showcase Honiton Swimming and Leisure Centre, and who knows, we may have even discovered one or two future Olympic stars too!"

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:

IMG_0372: A young visitor to Honiton Swimming and Leisure Centre makes the most of her free Kindergym session.

IMG_0385: The free martial arts taster session at Honiton Swimming and Leisure Centre proved popular with the younger visitors.

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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