



August 29 2008

Free fitness fun for Sidmouth and the Axe Valley

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

Sidmouth Swimming Pool and Sidmouth Leisure Centre, along with nearby Axe Valley and Colyton Leisure Centres, 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 football, trampolining to pilates. Specialist health instructors will also be on hand to show new guests around the well-equipped gyms.

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 fantastic 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 gymnastics or basketball, there’s something to suit everyone.”

Sidmouth Leisure Centre’s open day highlights include a core fitness class and taster sessions for circuit training and total body conditioning, as well as gymnastic and basketball sessions for children. Sidmouth Swimming Pool will be offering a variety of taster swimming lessons for adults and children, as

well as Aquafit taster sessions – ideal for those who enjoy the water and want to focus on their overall fitness.

The free programme at Axe Valley Leisure centre includes Pod-Bod, a workout using a Pod to strengthen your body, and Cardio Jam, a fun dance-style work out. Other activities will include table tennis, trampolining and face painting for children.

Colyton Leisure Centre's timetable features Fit 2 Pump, a body bar class for all abilities, and another packed programme including football, badminton and aerobics.

For full details of the timetable of free sessions and demonstrations, visit www.LEDleisure.co.uk/opensdays2008

Places on many of the taster sessions are limited so to book a space call 01395 577679 for Sidmouth Leisure Centre, 01395 577057 for Sidmouth Swimming Pool, 01297 35235 for Axe Valley Leisure Centre or 01297 552000 for Colyton Leisure Centre, or simply pop along to one of the centres and watch one of the exciting demonstrations.

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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