

07 September 2009

Sporty open days prove popular in East Devon

Hundreds of residents across East Devon made the most of their chance to sample a variety of free sports and fitness activities at Leisure East Devon's (LED) open days this weekend (5 and 6 September).

The action packed days were hosted by LED at its centres across the region including Honiton Swimming and Leisure Centre, Ottery St Mary Leisure Centre and Colyton Leisure Centre to offer children and adults the opportunity to try out a range of fun taster sessions without paying a penny. Activities on offer included swimming, tennis, football, martial arts, squash, dance and aerobics classes, gym tours and much more. There was also plenty for the children to get stuck into with team sports, soft play and face painting as well as Funsplash sessions in LED's pools.

"We're delighted with the number of new faces we saw in our centres this weekend," said David Pagett, Chief Executive of LED. "The feedback we've had has certainly indicated that everyone enjoyed themselves and we hope that people of all ages who came along found a fitness activity or sport that they enjoy and would like to continue with."

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:

[Open Day 2009 005.jpg] A local youngster enjoys a soft play session at Honiton Swimming and Leisure Centre's Open Day

[Open Day 2009 019.jpg] The gymnastics club at Honiton Swimming and Leisure Centre give an impressive demonstration

[Open Day 2009 032.jpg] Inflatables prove popular with young people at Honiton Swimming and Leisure Centre

[Open Day 2009 032.jpg] The BodyPump class gives local women a tough but enjoyable free workout!

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 Leisure Centre; Broadclyst Leisure Centre; Colyton Leisure Centre; Ottery St Mary Leisure Centre (Colin Tooze Sports Centre); East Devon Tennis Centre; Exmouth Swimming and Leisure Centre; Exmouth Pavilion; Exmouth's Phear Park; Honiton Swimming and Leisure Centre; Seaton's Seafield Gardens; Sidmouth's Coburg Road; Sidmouth Leisure Centre and Sidmouth Swimming Pool.

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