



## Taekwondo training at l'Oumière sports center



L'île d'Oléron is a peaceful and protected island.  
As an image of of Jeju-do in South Korea, high-level Taekwondo can be practised here in harmony with the environment and the personal equilibrium necessary for athletes preparing for their sport.

### FEATURES

- A hall with **two contest areas**.
  - The hall has an area of **457m<sup>2</sup>**,
  - A pit installation reduces the risk of injury,
  - Spectator seating for 175 of which 5 are accessible for people with disabilities.
  - 35m<sup>2</sup> of changing rooms for athletes;  
8 column showers with one accessible to people with disabilities; toilet block,
  - 11m<sup>2</sup> of fully equipped changing rooms and facilities for referees.
- Situation: main building of l'Oumière sports centre.

LOYALTY • PERSEVERANCE • HUMILITY • SELF-CONTROL • RESPECT

### TOP-LEVEL

- The French Taekwondo team trained here in 2018.





## THE ADVANTAGES OF L'OUMIÈRE SPORTS CENTRE

- An athletes' recovery centre to be opened in 2022,
- A secure sports centre with security cameras, available to all,
- Accommodation close to the sports centre,
- A new weights room of 155m<sup>2</sup>, fully equipped and available,
- Two outdoor stadia and a synthetic coated athletics track,
- A multisport hall equipped for basketball and handball,
- A teaching and meeting room,
- Bus parking.



## CONTACTS

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