

**ALL ACTIVITIES FREE!**

THE LEARNING  
REVOLUTION

TRANSFORMATION  
FUND

BIS

**ALL ACTIVITIES FREE!**

**ACTIVITY: SQUASH AND RAQUET BALL**

A free four week course to introduce and develop your play. All equipment provided. Fun active sessions – all abilities welcome at Okehampton Squash Club.

**VENUE: OKEHAMPTON SQUASH COURTS**

**DATE(S): THURSDAY 4<sup>TH</sup> FEBRUARY  
THURSDAY 11<sup>TH</sup> FEBRUARY  
THURSDAY 18<sup>TH</sup> FEBRUARY  
THURSDAY 25<sup>TH</sup> FEBRUARY**

Men and women welcome

**TIME(S): 6.20 p.m. – 7.20 p.m. Women  
7.20 p.m. – 8.20 p.m. Men**

**CONTACT:**

**OCRA – 01837 54546**  
**www.ocrasport.org.uk**



**ACTIVITIES: OCRA are running a four week series of outdoor skills taster sessions**

**An introduction to fire from sparks plus camp fire cooking.**

Saturday 6<sup>th</sup> February 10-1pm

**Shelter building in a natural environment using natural materials.**

Saturday 20<sup>th</sup> February 10-1pm

**Knife, wood craft tools and whittling to create your own utensil from wood.**

Saturday 6<sup>th</sup> March 10-1pm

**Woodland environment, insects, wildlife and preserving the environment for all.**

Saturday 20<sup>th</sup> March 10-1pm.

**VENUE: Alder Lake & Woodlands**

**CONTACT:**

**OCRA – 01837 54546**  
**www.ocrasport.org.uk**



**ACTIVITY: 'Be more active'  
HEALTHY LIVING COURSE**

Come and try lots of different ways to becoming regularly active. A fun and practical course to help benefit and develop your lifelong fitness.

*Free pedometer for each participant*

**VENUE: PARKLANDS LEISURE CENTRE  
OKEHAMPTON**

**DATE(S): FRIDAY 26<sup>TH</sup> FEBRUARY**  
All adults are welcome

**TIME(S): 10.00 a.m. – 1.00 p.m.**

**CONTACT:**

**OCRA 01837 54546**  
**www.ocrasport.org.uk**



**ACTIVITY: Get back on your bike for the summer**

**CYCLE MAINTENANCE AND CYCLE SKILLS**

A fun and practical workshop getting you and your bike ready for a scenic group ride. Bring your friends, work colleagues, you and your partner and have fun with your bike. Bikes can be provided if necessary. Adults of all ability welcome.

**VENUE: OKEHAMPTON YOUTH HOSTEL**

**DATE(S): SATURDAY 13<sup>TH</sup> MARCH**

**TIME(S): 10.00 a.m. – 1.00 p.m.**

**CONTACT:**

**OCRA 01837 54546**  
**www.ocrasport.org.uk**

