

O.C.R.A. Newsletter

June 2011



Come and choose from:-

BIKE RIDING, FOOTBALL, SQUASH, NETBALL, FENCING, SWIMMING, ARCHERY, DANCE TRAMPOLINING, BASKETBALL, ATHLETICS, TABLE TENNIS, CLIMBING & ASSAULT COURSE, ART, CLAY, COLLAGE, SEWING, MASK MAKING, MULTI-MEDIA, PAINTING, BEADS, AND MUCH MUCH MORE

AGES 6 - 14 YEARS



SPORT & ART DAYS

10.00 a.m. - 3.00 p.m.



O
C
R
A



BIG LOTTERY FUNDED

Two hour after school summer clubs have started



- Exbourne
- Northlew
- Hatherleigh
- Bridestowe
- Lydford
- Okehampton - Friday Night OCRA
- Lew Trenchard
- North Tawton
- Chagford
- South Tawton

Boasley Cross Primary School and Lifton Primary School BLF Clubs starting in June.

Please contact OCRA or your local school for details on ages, times etc.

A selection of these activities will be available on our Sport & Art Days

www.ocrasport.org.uk - www.ocrasport.org.uk - www.ocrasport.org.uk

ACTIVITIES FOR 8 - 16 YEARS

TRAMPOLINING CAMP

Wednesday 1st June

10 a.m. - 1 p.m. 8 - 16 Years - Girls & Boys £8

Come and try trampolining. Learn and develop new skills or build on your existing skills.

Great fun! OCRA Club Coaches

TENNIS CAMP

Wednesday 1st June

10 a.m. - 3 p.m. 8 - 14 Years Boys & Girls £12

Skills, Games and Competitions

All Abilities Welcome

Run in conjunction with Okehampton Tennis Club



Horse Riding on Dartmoor

Wednesday 1st June - Meet at College gates at 2.15 p.m.

Return at 5.00 p.m. - £19.00 per person

Help put your horse in their stable, untack & brush down

Please wear warm and appropriate clothing

Ages 10 - 18



OCRA FAMILY BUSHCRAFT & OUTDOOR ADVENTURE DAY



Saturday 25th June - 10 a.m.-3 p.m.

Enjoy cooking lunch on an open fire.

Investigate the woodlands, learn bushcraft skills, games and much, much more!

Adults £12, Children 6 years and over £8

OCRA Bushcraft & Outdoor Adventure

A fun packed day - camp fire cooking

build a five minute fire, woodland, tracking & bushcraft games!

Drop off at Alder Lake at 10.00 a.m. and collect your child at 3.00 p.m.



£15 per day - includes lunch. Friday 3rd June - Ages 8 - 16

Please bring a snack, something to drink and if wet, wellies for the Woodland area.

Directions available on request. Kayaking not available.



ACTIVITIES FOR JUNE 2011 FOR CHILDREN, YOUNG PEOPLE & ADULTS

<p>Dancercise Classes for Adults Okehampton Community College Gym</p> <p>TUESDAYS & THURSDAYS 7 - 8 p.m.</p> <p>A simple, fun and energetic exercise class to music with dance choreography that will let you enjoy and express yourself while getting your heart rate up and keeping your body healthy</p> <p>£2.50 per session Wear trainers & comfortable clothes</p>	<p>OCRA FENCING CLUB For ages 6 - 16 - £24 for 6 weeks Tuesdays at Parklands Leisure Centre 5-6.30 p.m.</p> <p>all abilities catered for, equipment provided, competition, skills & electric fencing</p> <p>FENCING EQUIPMENT NOW AVAILABLE FOR 6-8 Yr OLDS</p>	<p>FOOTBALL/MULTI-SPORT Registration forms MUST be completed 6 - 16 years - FREE! Friday nights at Parklands Term Time Only 6 - 8 p.m. Come and join in our Fun & Exciting Football and Multi-Sports Club BIG LOTTERY FUNDED</p> 
<p>OCRA TRAMPOLINE CLUB Wednesdays 7 - 16 years 6 - 7 p.m. or 7 - 8 p.m. £24 for a 6 week course All abilities welcome Beginners to Competition Level</p> 		<p>BADMINTON Adult/Youth Ongoing - Equipment provided Monday Nights - 7 - 9 p.m.</p>
<p>MULTI SKILLS CLUB (4½-6 yrs) THURSDAY NIGHTS @ PARKLANDS 5 - 6 p.m. ~ FUN ~ £12 for 6 weeks <i>Multi Skills - essential for childrens' overall physical development in all sports</i> TERM TIME ONLY Places available</p>	<p>FREESTYLE STREET DANCE HIP HOP & MUSICAL THEATRE Continuing for College Years 7, 8, 9 & 10</p> <p>Wednesday Evenings Cost: £18 3.30 - 4.30 p.m. Dance Studio at Parklands ALSO for ages 7-11 Tuesday Evenings Cost: £24 4.30 - 5.30 p.m. Dance Studio at Parklands 6 week course for both groups</p>	<p>GYMNASTICS & MOVEMENT CLUB <i>Thursday Evenings</i> 3-5 yrs 5.15-6.00 p.m. 6-8 yrs 6.00-6.45 p.m.</p> <p>GYMNASTICS & MOVEMENT CLUB <i>Friday Evenings</i> 3-5 yrs 4.30-5.15 p.m. 6-8 yrs 5.15-6.00 p.m. 9+ 6.00-6.45 p.m. GREAT COACHES Cost: £15 for 6 weeks course</p>

Please note all OCRA Term Time Clubs will restart Week Beginning 06/06/2011

www.ocrasport.org.uk - 01837 54546 - www.ocrasport.org.uk

Limited places for these Exciting Days for 6 - 14 Year Olds

Things to bring:- Packed lunch - Indoor/Outdoor Clothing - Drinks - Sun lotion & Hat

OCRA SPORT AND ART DAYS Ages 6-14

Cost; £9.50 per first child of the family and £7.50 each child thereafter

Swimming available every Thursday afternoon on Sport & Art Days £1.75 extra -please book on the day limited places.

Tuesday 31st May O.C.R.A. Sport & Art

Thursday 2nd June O.C.R.A. Sport & Art

Wednesday 1st June Trampolining Camp

Wednesday 1st June Tennis Camp

Wednesday 1st June Horse Riding

Friday 3rd June Bushcraft & Outdoor Adventure

OCRA Family Bushcraft Day Saturday 25th June

Children will need to be registered by an adult the first day the child attends. If there are no places available, OCRA will inform you

NAME(S): AGE(S):

ADDRESS:

Telephone Number: email address:

Don't Stop Me Now Reference Number:



BOOK EARLY using this slip which must be returned with payment.

PLEASE MAKE CHEQUE'S PAYABLE TO OCRA & send to

O.C.R.A. Okehampton Community College, Mill Road, Okehampton, Devon EX20 1PW

Telephone (01837) 54546 - Registration now available from 09.45 a.m.

ON SPORT & ART DAYS + ALL CAMPS PLEASE REGISTER YOUR CHILD IN THE SPORTS HALL AT PARKLANDS LEISURE CENTRE

OCRA IS A CHARITY THAT AIMS TO MAINTAIN AND IMPROVE SPORTING/RECREATIONAL OPPORTUNITIES AND FACILITIES FOR OKEHAMPTON & THE SURROUNDING AREAS