


# ACTIVITIES FOR SPRING 2010 FOR CHILDREN, YOUNG PEOPLE & ADULTS

<p><b>SQUASH &amp; RACQUET BALL</b> Coaching &amp; matches at Okehampton Squash Club. Mini squash 6 - 9 years junior squash 10 - 16 years + Adults</p>	<p><b>FREESTYLE STREET DANCE HIP HOP AND AEROBICS</b> Tuesday evenings 12<sup>th</sup> January 3.30 - 4.30 p.m. Dance Studio at Parklands 5 Week Course for College years 8, 9 &amp; 10 For the special rate of £12.50 Limited places, please book</p>	<p><b>FOOTBALL/MULTI-SPORT</b> 6 - 16 years Come and join in our fun &amp; exciting Football and Multi-Sports Club Friday nights at Parklands 6 - 8 p.m. £2.00</p> 
<p><b>FENCING</b> Youth/Adult @ College Gym Monday Nights 7 - 8.30 p.m. Great Coach - Equipment provided</p>	<p><b>BADMINTON</b> Adult/Youth Ongoing - Equipment provided Monday Nights - 7 - 9 p.m. Come and Play @ Parklands</p> <p><b>OCRA</b> sport art x-treme activity 01837 54546</p>	<p><b>OCRA TRAMPOLINE CLUB</b> 7 - 16 years £24 for a 6 week course Next course re-starts Wednesday 6<sup>th</sup> January Limited places 2 sessions available 6 - 7 p.m. &amp; 7 - 8 p.m.</p>
<p><b>GYMNASICS &amp; MOVEMENT</b> Course restarts on Friday 8<sup>th</sup> January. 3-5 yrs 4.30-5.15pm 6-8 yrs 5.15-6.00pm 9+ 6.00-6.45pm FRIDAY NIGHTS - GREAT COACH Wear comfortable clothing Cost: £15 for 6 weeks course</p>	<p><b>FREESTYLE STREET DANCE</b> 'Funky Moves - High School Musical' &amp; MUCH MORE! Tuesday evenings 12<sup>th</sup> January 4.30 - 5.30 p.m. Cost: £20 Dance Studio at Parklands 5 Week Course for ages 8 - 12 Years Limited places, please book</p>	<p><b>OCRA FENCING CLUB</b> For ages 8 - 13 - £20 for 5 weeks Tuesday 12<sup>th</sup> January at Parklands Leisure Centre Great coaches - all abilities catered for Equipment provided competition, skills and electric fencing</p>
<p><b>MULTI SKILLS CLUB (4½-7 yrs)</b> THURSDAY NIGHTS @ PARKLANDS 5-6pm ~ FUN ~ £1.50 per week Multi Skills - essential for childrens overall physical development in all sports - Places now available - Restarts on 7<sup>th</sup> January</p>		

[www.ocrasport.org.uk](http://www.ocrasport.org.uk) - OCRA - 01837 54546 - OCRA - [www.ocrasport.org.uk](http://www.ocrasport.org.uk)

## 01837 54546 - New & Exciting Opportunities for Spring 2010 - [www.ocrasport.org.uk](http://www.ocrasport.org.uk)

### FREE ADULT COURSES

OCRA are running a 4 week series of outdoor skills taster sessions in the New Year. The sessions are free, thanks to funding from Learn Devon, and are open to anyone over the age of 19. For more information or to book your place please contact OCRA.

**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.

### SKATEBOARDING, STREET SURFING, IN-LINE SKATES, BMX CLUB STARTING IN FEBRUARY

A fantastic new exciting club run in conjunction with the "Skate Warehouse" for young people 11 years and over.

A weekly club on Thursday  
3.30-4.45pm in the College Sports Hall

- Music • Jumps • Grinds • FUN • Starts 4<sup>th</sup> February
- £1.50 per week

Bring your own equipment.  
Safety helmets must be worn.  
Call OCRA to add your name to our list.



**NEW**

Keep up to date with all  
**OCRA Activities & News**  
[www.ocrasport.org.uk](http://www.ocrasport.org.uk) OCRA 01837 54546

### OUTDOOR PURSUITS



**NEW** For years 12 & 13 (6<sup>th</sup> form)  
5 sessions starting on  
Wednesday 24<sup>th</sup> February  
Exciting programme of activities that include:-  
Climbing and High Ropes,  
Kayaking and Canoeing  
where you will work towards  
British Canoe Union  
Paddle Power Start Award.  
Watch out for more information  
coming to you in the New Year

**BOXING CLUB COMING SOON TO OKEHAMPTON FOR YOUNG PEOPLE 12-16 YEARS AND ADULTS.**

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Please contact OCRA  
or more details.