

# Holiday Schemes

## Sports Clubs



# OCRA

sport • art • x-treme • activity  
play • adventure • dance

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## Activity Camps

## Woodland Adventure



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

<p><b>Dancercise Class for Adults</b> Okehampton Community College Gym 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 per session Wear trainers &amp; comfortable clothes</p>	<p><b>OCRA FENCING CLUB</b> For ages 8 - 15 - £28 for 7 weeks Tuesdays at Parklands Leisure Centre Term Time Only - 5 - 6.30 p.m. all abilities catered for, equipment provided, competition, skills and electric fencing. Course restarts Tuesday 7<sup>th</sup> September</p> <p><b>New equipment available in October for 6 - 8 year olds</b></p>	<p><b>FOOTBALL/MULTI-SPORT</b> 6 - 16 years - £2.00 Friday nights at Parklands Term Time Only 6 - 8 p.m. Come and join in our fun &amp; exciting Football and Multi-Sports Club</p> 
<p><b>OCRA TRAMPOLINE CLUB</b> Wednesdays 7 - 16 years £28 for a 7 week course Term Time Only Restarts 8<sup>th</sup> September Limited places 2 sessions available 6 - 7 p.m. &amp; 7 - 8 p.m.</p> 	<p><b>BADMINTON Adult/Youth</b> Ongoing - Equipment provided Monday Nights - 7 - 9 p.m. Come and Play @ Parklands</p> 	<p><b>GYMNASTICS &amp; MOVEMENT</b> 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. FRIDAY NIGHTS TERM TIME ONLY GREAT COACHES Wear comfortable clothing Cost: £17.50 for 7 weeks course</p>
<p><b>MULTI SKILLS CLUB (4½-6 yrs)</b> THURSDAY NIGHTS @ PARKLANDS 5 - 6 p.m. ~ FUN ~ £2.00 per week Multi Skills - essential for children's overall physical development in all sports Restarts 16<sup>th</sup> Sept - TERM TIME ONLY</p>	<p><b>DANCE</b> Street Dance, Hip Hop &amp; Musical Theatre - Cost: £28 Tuesday Evenings Term Time Only Restarts Tues 7<sup>th</sup> Sept 4.30 - 5.30 p.m. Dance Studio at Parklands 7 Week Course for ages 8 - 12 Years</p>	<p>New and available in September <b>MULTI SKILLS &amp; GYMNASTICS CLUB</b> 3-5 yrs 5.15-6.00 p.m. 6-8 yrs 6.00-6.45 p.m. THURSDAY NIGHTS TERM TIME ONLY If you have placed your child's name on the Gym Club waiting list, we will contact you.</p>

**Please contact OCRA to book a place for your child in any of the above clubs**

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