

Holiday Schemes

Sports Clubs



OCRA

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

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www.ocrasport.org.uk



Activity Camps

Woodland Adventure

ACTIVITIES FOR SUMMER 2010 FOR CHILDREN, YOUNG PEOPLE & ADULTS

<p>New Dancercise Class for Adults 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>Introductory cost £2 per session Wear trainers & comfortable clothes</p>	<p>OCRA ACTION CLUB IS BACK THIS SUMMER in Chagford, Hatherleigh, Bridestowe, South Tawton, Boasley Cross, Northlew, Exbourne, Lewdown, Okehampton, North Tawton & Lydford.</p> <p>The OCRA Action Club is an exciting after school club which invites children and young people to come along join in the fun and free play for two hours. The club offers children and young people the equipment to create their own free play and choice of activities for two hours.</p>	<p>FOOTBALL/MULTI-SPORT 6 - 16 years - £2.00 Friday nights at Parklands Term Time Only 6 - 8 p.m. Come and join in our fun & exciting Football and Multi-Sports Club</p> 
<p>OCRA TRAMPOLINE CLUB Wednesdays 7 - 16 years £24 for a 6 week course Term Time Only Limited places 2 sessions available 6 - 7 p.m. & 7 - 8 p.m.</p> 	<p>BADMINTON Adult/Youth Ongoing - Equipment provided Monday Nights - 7 - 9 p.m. Come and Play @ Parklands</p> 	<p>GYMNASTICS & MOVEMENT 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 COACH Wear comfortable clothing</p>
<p>MULTI SKILLS CLUB (4½-6 yrs) THURSDAY NIGHTS @ PARKLANDS 5 - 6 p.m. ~ FUN ~ £2.00 per week <i>Multi Skills - essential for childrens overall physical development in all sports</i> TERM TIME ONLY</p>	<p>DANCE 'High School Musical - Glee' & MUCH MORE! Cost: £24 Tuesday Evenings Term Time Only Restarts Tues 8th June 4.30 - 5.30 p.m. Dance Studio at Parklands 6 Week Course for ages 8 - 12 Years</p>	<p>OCRA FENCING CLUB For ages 8 - 13 - £24 for 6 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</p>

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

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